



The Training Centre
36 Woodfield Park
Amersham
Bucks HP6 5QH
01494 431720
www.babyeducation.co.uk
cranstonkate@uko2.co.uk

Postnatal Carers (Maternity 'Nurses') play a tremendously important role in the early lives of 'new mums' and their newborn babies. This training programme is an attempt to bring PNC's professional recognition and to regulate training practices; it is suitable for those with either a recognised qualification in child/baby care or display a good level of understanding of child/baby related care issues.

The N.E.S.T. course offers a complete training programme with on-going tutorial support, advice and guidance; it is designed as a learning tool to build confidence and to promote the education of new mums with new babies, *and is suitable for all age groups*, providing you have a genuine interest in 'new' mum and newborn care.

N.E.S.T. also steps outside the home environment and explores the areas of law that govern all of us who work within the child/baby care industry. Important areas such as 'PND' (postnatal depression), breast-feeding, routine, nutrition for the new mum, multiple births and special areas of care are some of the topics covered on the course in some depth.

We train in small groups in order to deliver the best possible teaching practice, and to give each learner the opportunity to express their own views and ideas. The course is conducted over two full days (usually weekends) with two assignments to be completed within 6 weeks of the course, which are then graded and submitted for accreditation.

N.E.S.T. also offers:

- The opportunity to join our unique non-profit making *work experience* programme for those who successfully pass through the course
- Referral to an expert maternity placement service
- One day courses (see enclosed brochure)

N.E.S.T. also offers individual courses for those who wish to specialise in one particular area of child/newborn care.

Please take a minute to read the Terms & Conditions overleaf.

I hope you enjoy the course!

Kate Cranston-Stephens

Kate Cranston-Stephens, BA(HONS), MDipEd., DPNC
Founder, N.E.S.T.

'A highly intense, informative & motivating course'
(E. Walsh)

COURSE CONTENT

- The 'Whole Role' Of The Postnatal Carer (Maternity Nurse)
- What new parents expect from you
- Care of the Newborn: The First Days; The Latest Research; Breast feeding & formula feeding; PND; hygiene; sleep; routine; keeping records; sickness: colic & reflux, SIDS (Sudden Infant Death Syndrome); the Role of the Midwife, Health Visitor & G.P.
- Care of the 'New Mum': Health; Communication; Support; Recognising Postnatal Depression
- 'Special' Mums, 'Special' Babies
- Preparing Your Portfolio for presentation to clients and agencies
- Being Professional: Interview Techniques, Agencies, Keeping Record, The Law, CPA
- Assignment Details
- Work Experience Register

COURSE TIMES

- Saturday 9.30 am to 5.30 pm; lunch & light refreshments provided
- Sunday 10 am to 4 pm; lunch & refreshments provided
- 6-weeks to produce coursework

DIRECTIONS

- By tube: Amersham is the last stop on the Metropolitan line tube from Baker Street (45+mins)
- Mainline from Marylebone (35+mins).
- By road: M40 (AA route finder website gives door-to-door instructions). Parking available. The Training Centre is a short taxi ride from the station (5 minutes drive) or a 15-minute walk (see tourist board website for a map of Amersham)

ACCOMMODATION

- The local tourist board can offer advice on local accommodation for an overnight stay; B&B prices vary between £35 and £65. 01494 732023 or visit www.amersham.org.uk/tourist; or contact Cherry Trees B&B (close by and with an excellent reputation) on 01494 729321/07764 582243

REFRESHMENTS

- Although lunch and light refreshments are provided throughout the day there are many local eateries, shops & cafes are within walking distance of the Training Centre & the town itself

TRAINING COURSE COSTS

- £380 inclusive of all course materials, ongoing tutor support, lunch & light refreshments
- A £50 non-refundable deposit is required with each completed booking form (see terms & conditions for details)

ONE DAY SPECIALIST COURSES (inclusive refreshments & course materials)

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|---|-----------|------|
| • One day BREAST FEEDING & ROUTINE | 9.30-5.30 | £160 |
| • One day COLIC & REFLUX; ROUTINE | 9.30-5.30 | £160 |
| • One day PND (Postnatal Depression) | 9.30-5.30 | £160 |
| • One day MULTIPLE BIRTHS | 9.30-5.30 | £160 |
| • One day SPECIAL CARE BABIES | 9.30-5.30 | £160 |
| • Half day NEW MUM INFORMATION COURSES (in the home/group courses)
per person (minimum 4 people) | | £ 60 |

N.E.S.T.

TERMS & CONDITIONS

- The total cost of each course is inclusive of all course materials, ongoing tutorship, lunch & light refreshments; accommodation is optional and separate
- A non-refundable deposit of £50 is required to book a place on the course, the balance payable 7 days prior to the course unless otherwise stated or agreed
- Course places are limited & cannot always be guaranteed, confirmation of attendance a.s.a.p. will avoid disappointment
- Students who have paid in full for the course and cannot attend will be offered an alternative course date
- N.E.S.T. the lecturers and speakers accepts no liability in the event that the content of the course does not meet individual requirements
- N.E.S.T. reserve the right to alter the advertised course, venue and teaching staff & reserve the right to decline applications
- N.E.S.T. reserve the right to cancel or re-schedule a course
- Successful completion of the course in no way guarantees employment as a PNC (maternity nurse)
- Current materials used on the course have been well researched. Should any student wish to discuss information of a conflicting nature, an appointment to do so may be made
- Course material holds a copyright and may not be copied or used without prior written permission of the company
- N.E.S.T. does not accept liability for any loss or damage of property during the extent of this course, before or after. It is the responsibility of the student to take care of all personal belongings & possessions

TRAINING COURSE INFORMATION

- All our training courses are presented by accredited professionals
- Courses and lectures regularly include expert guest speakers
- All courses are held either at our Buckinghamshire training centre or at other venues by arrangement with external bodies or organisations
- Lunch & light refreshments are provided while on site
- Diplomas will only be awarded on successful completion of all course work
- All assignments are submitted to two Assessors – an internal and an external marker; late work will be subject to an automatic fail unless an explanation is submitted for discussion by a panel. The decisions of this panel are final and no further correspondence will be entered into once agreement has been reached and the student notified.

The terms and conditions on the booking form shall be deemed to represent a contractual agreement between the two parties

*Cheques to be made payable to: K Cranston-Stephens, N.E.S.T.
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