



BORN TO CARRY

Developing excellence in baby sling skills

Peer Supporter Course Terms and Conditions

The Peer Supporter Course is designed for people who work with parents, wanting to be able to give these parents safe and consistent advice about slings. The course covers topics such as the benefits of babywearing, sling safety, baby handling and the basics of positioning, as well as an introduction to the most common types of slings and how to use them and help parents to get them comfortable. It is not a consultancy course (therefore does not cover more advanced topics such as back carrying or wrapping beyond the FWCC) and is not designed to teach you how to train or teach others, but to support parents on a peer to peer level. Once the course is over, your confidence will increase with local practice; a vital part of becoming a good peer supporter. The course will start your journey.

Relevant insurance will be available for those who complete the course, through BGi and Therapist Insurance.

Booking a Place on a Course

If you are joining a course please book a place via the booking link.

If you have any queries before booking, please email me so we can discuss.

If you are planning fitness or dance classes, please read this <https://www.carryingmatters.co.uk/sling-fitness-dance-babywearing/> and email me before you book. I have particular criteria that need to be met to offer you a place.

- Babywearing (the use of a sling or carrier) should be the main focus of your class, not something being added onto an pre-existing class. In my experience, adding slings on afterwards does not work well; the safety of babies and their parents is paramount at all times.
- I will expect you to be committed to ensuring best practice for all the babies and parents who come to your class.
- You will need Level 3 or beyond postnatal fitness training (with an emphasis on the postnatal pelvic floor - please note that I have attended pelvic floor for fitness professionals training myself), and can provide a certificate of assessment and completion if required.

I reserve the right to cancel your place (and refund you) if it is clear that my course isn't what you need.

Fees are generally non-refundable, but can be transferred across to another course. In the unlikely event that the course needs to be cancelled by the trainer (such as sickness) all fees will be refunded.

Pre-course questionnaire

Please fill out your pre-course questionnaire least one week before the course begins. I tailor the course to the needs of the participants and it really helps me to have the information I need in advance.

<http://goo.gl/forms/bKDMvEZrtT>

Practicalities of the day

Slings: During the course we will explore different methods for front/hip carrying a baby in a soft sling. A selection of carriers will be available for you to try out but the main focus for you will be to learn how to use the most common type of easily accessible carriers.

Dolls: All practicing during the course is done with dolls. We do however recommend that you consider acquiring your own doll for use with your clients. If you have one, please bring it with you! You may wish to practice with your own child or carry them during the day; this is at your discretion and at your own risk. A small amount of weighted dolls are provided during the course.

Babies in arms: Babies in arms are welcome to attend the course with their parent if needed. Breast and bottle feeding is welcome.

Roaming children can make learning difficult, please be aware of this when booking onto the course and consider your child's needs/tolerance; the day is long and there is a lot to get through.

Please be advised that to allow for easy learning of other participants you may be asked to step outside of the training room if your baby disrupts the course. Please be aware that you are responsible for the care and safety of your own child(ren) throughout the day, and please be aware that your learning and that of others may be impaired by the presence of your child.

Refreshments: Tea, coffee, drinks and snacks will be provided at the venue. There will be a longer break for lunch; you are responsible for bringing your own lunch.

Post-course questionnaire and reading

You will be sent a post-course questionnaire after finishing the day. This allows me to check your understanding of the most important features please read the questions care-

fully. You will also be sent a feedback form. Once these have been received you will be sent your certificate of attendance that is needed for accessing insurance via PDF or post (your local library insurance may cover you as part of their group policy, please check).

If I feel that your coursework hasn't met the required minimum I will discuss this with you and I reserve the right not to issue a certificate of completion.)

Please note that training with me does not in any way mean affiliation with Carrying Matters, Dr Rosie Knowles or Born to Carry. Training does not offer any form of endorsement of your service.