

TOTSLOT

NEW CHURCH INITIATIVE FOR PARENT AND BABY/TODDLER GROUPS



The importance of bonding and attachment

The quality of the bond that children develop with their parents, particularly as babies and toddlers, is fundamental to their wellbeing. When parents 'tune in' to and respond to their child's needs, cries or distress, children learn how to manage their own feelings and behaviour, and develop confidence and self reliance. Children without secure parental bonds are more likely to have behaviour and literacy problems. A recent UK study by the Sutton Trust (Baby Bonds) suggests around 40% of children are insecurely attached. According to the study, around 1 in 4 children avoid their parents when they are upset, because they ignore their needs. For more info on the importance of attachment see www.suttontrust.com

Promoting attachment in the under 2s is a high priority for public sector staff working with young families. However, public funds are very stretched and preventative work is limited. Very few parents can or do access a parenting course in their child's formative years, for a number of reasons: lack of time; lack of sleep: lack of local support. Can the church step into the gap?

Are you a pioneer?

Camilla Douglas, a member of Winchester Vineyard with 20 years' experience writing resources for parents (e.g. *Time Out for Parents*) has developed a range of proven materials for parents with babies/toddlers called GroBrain (www.grobrain.co.uk). She is looking for pioneers who would like to be trained to deliver these materials in 'bite sized' chunks ('TotSlots') in church-run parent and baby/toddler groups. Early trials of this project in Hampshire have been really encouraging, and it feels the right time to expand the initiative.

What's involved?

Do you have someone in your church with a passion for parenting? Ideally they will also have had training in group facilitation but this is not essential. In association with Jane Auld at the National Parenting Initiative, we are planning two training evenings in Bristol so you can start delivering TotSlot in your church group.

Cost £20 per person for both evenings
TotSlot Resource Pack and Manual £80

If you are interested to know more, please email jane@thenpi.org.uk
We will confirm details to you in the New Year