



heart-to-heart: for
children and teens



Heart-to-heart is a fun and effective early help attachment programme for parents/carers and their children/teens to attend together. It can be delivered with groups, 1:1 or through a home-visiting model and is split across two approximate age ranges; 5-9 years and 10-15 years. This flexible programme is based on the latest attachment research which shows that supporting the parent-child attachment relationship sets the scene for the best outcomes for children right into adulthood.

Heart-to-heart practitioner training gives you all you need to become a heart-to-heart programme practitioner including:

- A strong grounding in the latest attachment theory and research including what we now know about how attachment security is operationalised within the parent-child relationship
- Practical skills sessions equipping you with all you need to deliver heart-to-heart programmes including specialist attachment skills
- Access to online printable resources to support delivery including an example 6-week programme and additional creative resources
- Pre- and post-programme outcome measures
- A fully-accredited Practitioner Certification with 12 CPD points

Training: Heart to Heart Practitioner training (CPD accredited)

Date: Sat 14th and Sun 15th April (2 days)

Venue: Flannerys hotel, Renmore, Galway

Cost: €250

Deposit of €75 and completed booking form to secure place

Training provided by Big Toes Little Toes Ireland

in association with UK Charity Big Toes Little Toes

Email ireland@bigtoeslittletoes.org for booking form

Contact Ruth at 087 6547377 for further information