

Cert HE Birth and Beyond Practitioner

The Cert HE Birth and Beyond Practitioner provides the training and qualification required to become an *NCT Birth and Beyond Practitioner* and to facilitate NCT Birth and Beyond Courses. These courses are based on the Preparation for Birth and Beyond Framework launched by the Department of Health in October 2011 and aim to prepare all parents for the transition to parenthood through a focus on six key themes explored in antenatal courses.

(Six Key Themes: Our Developing Baby; Changes for Me and Us; Giving Birth and Meeting our Baby; Own Health and Wellbeing; Caring for our Baby; Who is there for Us)

This course is for those wishing to work with and support parents as they prepare for the transition to parenthood. It is also the core training for those wishing to develop a wider and more advanced skill base by studying the Level 5 Birth and Beyond Modules.

Themes

The programme adopts six core themes which working across all of the 5 modules linking practice and content. These themes weave all the modules together provide a deep and rich learning experience which allows students to layer their learning.

1. Research and Research-based Practice
2. Reflective Practice
3. Listening and Group Facilitation Skills
4. Adult Learning
5. Support of the Developing Family
6. NCT Ethos and Values

1. Aims and Learning Outcomes

The Aims of the programme are to:

- Develop *NCT Birth and Beyond Practitioners* who are fit for practice and who accept responsibility for personal development.
- Equip *NCT Birth and Beyond Practitioners* with the ability to respond to the changing social context of parenting
- Enable students to have an understanding of the significance of issues of diversity in their practice.
- Develop the attitudes, values and skills in students that reflect the NCT vision and underpin effective evidence-based practice.
- To develop critically reflective practitioners who have the ability to utilise contemporary knowledge, research and evidence on which to base their practice.
- Provide a rewarding and transformational learning experience which ensures the development of a range of transferable academic and practical skills which meet the needs of students, parents, NCT and the NHS.
- Promote an ethos of partnership with other NCT practitioners and health and social care professionals, enabling parents to benefit from a holistic approach.

Learning Outcomes for the programme:

On successful completion of the course students will be able to:

1. Demonstrate knowledge and an understanding of the key features affecting the health and wellbeing of both parents and baby across the transition to parenthood.

2. Identify a range of ways in which groups can effectively be used to promote learning, self-realisation and support.
3. Learn independently using reflection, evaluation, feedback, self-directed study and time management skills to meet set objectives.
4. Demonstrate an ability to access up-to-date knowledge, research and evidence, and to evaluate it before use in practice.
5. Demonstrate group facilitation skills which meet the practical, emotional and relationship needs of parents across the transition to parenthood.
6. Demonstrate person-centred skills when working with parents, showing respect for an individual's beliefs and needs and valuing their experience.
7. Evaluate the effectiveness of the *NCT Birth and Beyond* courses that they facilitate, identifying strategies for improving their practice.
8. Demonstrate a range of strategies for working effectively with groups and for promoting adult learning in a holistic and experiential manner.
9. Demonstrate appropriate and effective communication and interpersonal skills.
10. Assume personal responsibility for practice, learning and continuing development, whilst also being able to identify personal support needs.
11. Demonstrate a non-judgmental attitude which values individuals, their needs and their experiences.

2. How does the Programme Work?

Completion of 5 Modules

The Cert HE Birth and Beyond consists of 5 mandatory modules which can be completed in either 1 year (full-time) or 2 years (part-time).

- Facilitating Learning in Groups
- Reflective Practice

These 2 modules develop the skills that students will need in order to become a *NCT Birth and Beyond Practitioner*, and these are completed over the academic year from September to June.

- Developing Baby
- New Family: Changes and Challenges Part 1
- Women’s Ability to Give Birth

These 3 modules focus on the knowledge and understanding needed as a *NCT Birth and Beyond Practitioner*, and these are completed over 4 to 5 months.

Whether you choose to study full or part-time, the work is evenly distributed throughout the year to enable you to work effectively and meet the given targets.

If you choose to study full-time your year will look like this:

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug
Facilitating Learning in Groups (30 credits)	Start									End		
Developing Baby (30 credits)	Start			End								
Women’s Ability to Give Birth (15 credits)				Start			End					
New Family (30 credits)						Start				End		
Reflective Practice (15 credits)	Start									End		

If you choose to study part-time over 2 years, you can choose whether to take New Family in the 1st or the 2nd year – this is to give you the flexibility to plan your study around your personal commitments. Your 2 years will look like this:

Year 1

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug
Developing Baby (30 credits)	Start			End								
New Family (30 credits)						Start				End		
Reflective Practice (15 credits)	Start									End		

Year 2

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug
Facilitating Learning in Groups (30 credits)	Start									End		
Women's Ability to Give Birth (15 credits)				Start			End					
New Family (30 credits)						Start				End		

You will facilitate your first NCT Birth and Beyond Course during your training

Once you have successfully completed the programme you will be awarded a **Cert HE Birth and Beyond Practitioner**

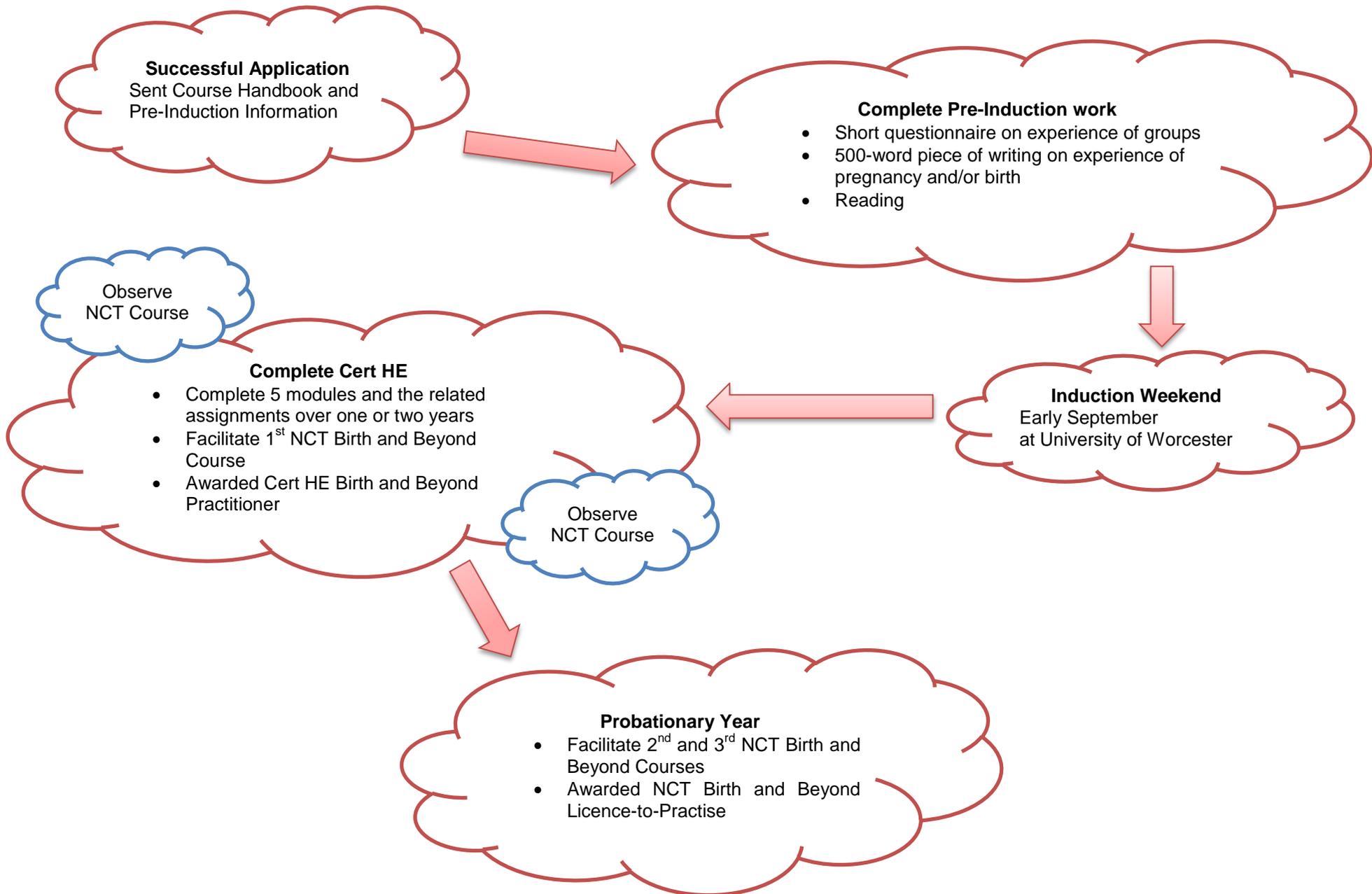
Probationary Year

The year following the completion of your training is known as your Probationary Year. This is our chance to support you as you continue to develop the skills and knowledge you will need as a practitioner. During this year you will:

- Continue to attend tutorials
- Facilitate 2 more NCT Birth and Beyond Courses which will be NCT assessed
- Be supported by a NCT Mentor

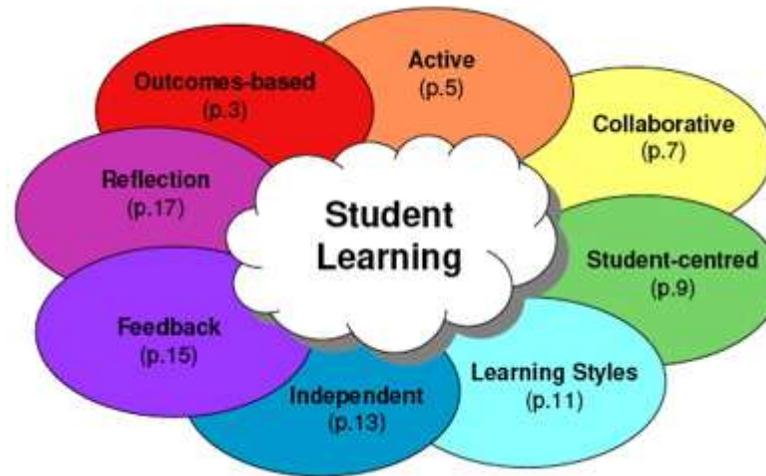
Once you have successfully completed your 2 probationary NCT Birth and Beyond Courses you will be awarded an **NCT Birth and Beyond Licence-to-Practise**

Training Pathway to become NCT Birth and Beyond Practitioner



3. How is the Programme Delivered?

This programme is delivered using a variety of teaching and learning strategies which reflect the range of wide range of individual learning styles found amongst adult students. These strategies also reflect the fact that this programme allows for blended learning: students will combining self-directed learning at home (often involving online resources) with face-to-face learning during tutorials and study days.



The Programme is delivered through:

The Induction Weekend

The programme starts in September with an Induction Weekend 8/9th Sept 2012 which provides you with the opportunity to meet other students and some of your Tutors. This will be held at the University of Worcester.

You will be introduced to NCT College, and to the principles of learning and teaching in Higher Education. You will also be given information about SOLE (the University's Student Online Learning Environment), electronic learning systems (Blackboard and Pebblepad) and library resources. There will be guidance on study skills, time management and how to look after yourself. The induction days are mandatory and a

vital part of your programme. The aim is to help you make a really good start to your studies, and to feel confident that you know where to turn to for information and support.

Tutorials

NCT has a wide geographical spread of tutorial groups run by [Core Tutors](#), and you will join the group that it is easiest for you to access. You will be expected to attend monthly tutorials which are usually run during the week and will last for 5 hours (including an hour for lunch). Occasionally weekend tutorials may be available in some areas.

Tutorials will provide you with the opportunity to complete much of the formative work required by the programme, to practise and develop your group facilitation and listening skills, to receive feedback from your tutor and peers, and to share experiences of studying and learning with other students. 80% attendance at tutorials is expected of students.

Module Study Days

The five modules are delivered via module study days (2 for the 30 credit modules and 1 for the 15 credit modules) which are run in set [regional venues](#). You will be encouraged to choose a venue that is convenient for you, and as you will be returning to this venue for all your study days, it will enable you to meet other students from outside your tutorial group on a regular basis.

Each module has one or two study days, and these are run at times through the year to coincide with when you need to complete modules and assignments. The dates and venues for all study days will be available on SOLE and they are mandatory.

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug
Facilitating Learning in Groups (30 credits)	Study Day (end of month)						Study Day			Assignment due		
Developing Baby (30 credits)		Study Day	Study Day	Assignment due (start of month)								
Women's Ability to Give Birth (15 credits)					Study Day (start of month)		Assignment due					

New Family (30 credits)							Study Day		Study Day (end of month)		Assignment due		
Reflective Practice (15 credits)	Study Day (as part of Induction Weekend)										Assignment due		

If you are studying on a part-time basis you will only attend the study days relevant to the modules you are taking, so your 2 years would be as follows:

Year 1

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug
Developing Baby (30 credits)		Study Day	Study Day	Assignment due (start of month)								
New Family (30 credits)						Study Day		Study Day (end of month)		Assignment due		
Reflective Practice (15 credits)	Study Day (as part of Induction Weekend)									Assignment due		

Year 2

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug
Facilitating Learning in Groups (30 credits)	Study						Study			Assignment		

	Day (end of month)						Day			due		
Women's Ability to Give Birth (15 credits)					Study Day (start of month)		Assignment due					
New Family (30 credits)						Study Day		Study Day (end of month)		Assignment due		

Assessment

Table to show percentage weighting of the different module assessments

Module	Facilitating Session or Discussion	Evaluation Of Course	Reflection On Observation	Essay	Referenced Timeline	Report	Video Recording
Facilitating Learning in Groups NCTC1101	75%	25%					
New Family NCTC1102	20%			60%		20%	
Developing Baby NCTC1103			50%	50% (choice)	50% (choice)		
Women's Ability to Give Birth NCTC1104	75%						75%
Reflective Practice NCTC1105	20%			80%			

Assessment Days

Some of the modules have practical assignments (for example facilitating interactive sessions) that will be assessed either during your tutorial or at an Assessment Day. These days are run at the same venues as the Study Days. As with the study days the dates will be available on SOLE.

One-to-one Sessions

Your *Core Tutor* will support you on a regular one-to-one basis during your training. This will involve face-to-face meetings, but also e-mail and telephone contact as and when it is needed.

Course observations

You will be expected to observe at least 2 NCT courses during your training – wherever possible these should be *NCT Birth and Beyond Courses*. The first course that you observe will be at the beginning of your training and your *Core Tutor* will ensure that you have arranged this at your September Tutorial.

Self-directed learning

You will be expected to spend time studying on your own to complete assignments, to further your knowledge and understanding, to develop your skills, and to ensure your personal development

4. Who Delivers the Programme?

NCT Tutors

NCT Tutors aim to motivate and support you academically, personally and professionally. They will adopt a student-focused approach to create a positive, supportive learning environment. During this programme you will be given direction and help to enable you to become increasingly reflective and critical. The expectation is that you will start to develop the ability to be an independent and self-directed learner, taking responsibility for your own personal development.

The programme is delivered by *Core Tutors* and *Module Tutors*

Core Tutors

Core Tutors are responsible for the students who attend their tutorial groups; your Core Tutor is at the heart of supporting you personally, academically and professionally. You will see your Core Tutor every month at tutorials, so it is hoped you will be able to build a relationship based on trust and confidentiality. You will keep in touch with your Core Tutor between tutorials using e-mail, telephone or face-to-face meetings. Core Tutors play the role of mentor; enabler; listening ear; objective observer and assessor. They are there to support and guide you through the programme, taking account of what is right for you and your individual strengths.

Your Core Tutor will help you to:

- Reflect on your learning, performance and achievements in a structured and supported way.
- Develop awareness of your strengths and weaknesses.
- Adopt a reflective approach to the feedback you receive on your work.
- Facilitate the integration of theory and practice.
- Achieve a sense of progression in your knowledge, skills and attributes (qualities).
- Develop a clear vision of what you want to achieve through your Higher Education experience.
- Plan your personal, educational and career development.
- Address problems which affect your studies.
- Manage your Reflective Journal.

- Develop group facilitation and listening skills.
- Organise your course observations

She will also:

- Give you feedback on your formative assessments and the interactive sessions you lead in tutorials.
- Assess some of your summative work.

Change of Core Tutor

We hope that you and your Core Tutor will build up a good working relationship. However, we have to be realistic and acknowledge that this does not always happen. If you are unhappy with your Tutor, always talk to her first. If the problems cannot be resolved, you can ask for a transfer to another Tutor. To start this process, contact the NCT Education Manager.

Module Tutors

Module Tutors have academic responsibility for a named module. Their role is to:

- Facilitate Module Study Days – these will enable you to complete the module and the related assignments
- Mark the majority of module assignments (though some may be marked by your Core Tutor) and provide constructive feedback
- Have a specific expertise in the subject area and an ability to provide research-based information and learning opportunities.

Mentors

Whilst Mentors do not deliver the programme as such, they do provide support and guidance to students during their Probationary Year while they facilitate 2 NCT assessed courses. Students will be assigned a mentor at the start of their Probationary Year.

5 .Studying with NCT and the University of Worcester

5.1. Study Skills

Effective study skills are a vital element in achieving academic success on this programme and you will need to develop successful study, revision and exam techniques in order to do well.

The University of Worcester have developed Study Skills Advice Sheets in order to help you to plan and carry out your coursework and assessments, making the most of the time available and helping you to achieve your potential.

<http://www.worcester.ac.uk/studyskills/>

You can also download a copy of '[Moving On](#)', a useful study skills booklet offering tips and hints about being a successful student.

You will also have help in developing the skills needed for independent learning from:

- The Induction Weekend
- Your Core and Module Tutors
- Study Skills Workshops available at the University of Worcester <http://www.worcester.ac.uk/studyskills/625.htm>

5.2 Dyslexia and Disability

If you have either dyslexia or a disability, the [Disability and Dyslexia Service](#) within Student Services provides specialist support on a one to one basis. Reference should be made to the University policy, procedure and guidance on [arrangements for Disabled Students](#).

You will also be supported by NCT's Disability Tutor.