



THE I MATTER FRAMEWORK FIRST STEPS COURSE: COLLECTING NUGGETS AND GEMS

OVERVIEW:

In challenging times what steps can parents-carers take to support the wellbeing and mental health and positive development of children and young people – especially if there are extra challenges?

I Matter Training introduces parents and professionals to a practical digestible easy to understand what decades of research has shown is key to helping children thrive. As such it weaves together insights about stress states, child development, brain development, and the adult role including the power of our beliefs and attitudes. The result is a practical framework that helps adults work together to help children

Dr Cathy Betoit, developer of this training is a practising Clinical Psychologist and an experienced teacher and a parent herself. I Matter was designed to help parents who were often feeling confused about how to help in the face of apparently conflicting advice. Thus training in the I Matter Framework offers parents and professionals a solid foundation that can complemented other training and therapeutic options

WHO IS THE FIRST STEPS COURSE FOR:

As an approach I Matter thinking is relevant and helpful to children and young people and their parents and carers with a very wide range of needs and settings. First Steps Training is

i) in our Everyday Awareness Pathway - for parents of typical children with no concerns

ii) as the first step on our Supported Learning Pathway for children with raised concerns or longer term needs.

Option ii) requires the completion of First Steps as part of a more indepth assessment and consultation process

COURSE STRUCTURE: The First Steps course combines a workshop, with online learning and study support Participants all complete a brief registration questionnaire and those on the supported learning pathway complete a more in-depth registration and initial consultation keeping a focus child in mind. The course starts with a Live Welcome, Introduction and Getting Started Session. Then the online course revisits this content so you can work through at a slower pace thinking about your child

Section 1: Getting Started Workshop with the I Matter Framework

Workshop (2nd Mon - monthly)

Section 2 Essentials of attachment #1-7

Check In 1

Section 3: Essentials of attachment #8-14

Check In 2

Section 4: Learning Review: -

Completion Celebration

8 weeks access

One workshop & 2 study support session credits and one completion celebration session credit

Options to extend access via membership or via extra study support session credits or progress to Intensive

BY THE END OF THE FIRST STEPS COURSE : Participants will have

i. Gained an understanding of the background to I Matter Framework and why it is needed

ii Been introduced to the I Matter Framework, the I Matter Model and the I Matter Process

iii Gained an understanding of their own role in children's wellbeing and development

iv Learned about Nuggets and Gems and about Watching Affectionately

v. Learned about the I Matter Awards and options for further learning steps

NEXT STEPS OPTIONS

Options to progress

Stage 1: Foundation, Intermediate and Advanced with Certification options

Stage 2: Parent Mentor Training