

# NES delivered Healthy Beginnings: MAP Workshops

## Healthy Beginnings: MAP of Health Behaviour Change Workshops (HB:MAP)

This training aims to support practitioners working in Early Years services to build knowledge, confidence, and skills in helping families and carers make changes to their behaviour which will have a positive effect on their child's or children's health and wellbeing, including child healthy weight.

## NES delivered HB: MAP Workshop Dates 2025

Workshop No.	Day	Session 1 date	Session 2 date	Time (both sessions)	To apply
1	Tuesday	14 <sup>th</sup> January 2025	21 <sup>st</sup> January 2025	09.30 – 13.30	<a href="#">HB:MAP Workshop Application Form</a>  Please complete this form, adding the Session 1 and Session 2 dates you wish to attend (Questions 14 and 15) and selecting 'NHS Education for Scotland' as your answer to Question No. 16.
2	Tuesday	4 <sup>th</sup> February 2025	11 <sup>th</sup> February 2025	09.30 – 13.30	
3	Thursday	20 <sup>th</sup> March 2025	27 <sup>th</sup> March 2025	13.00 – 17.00	

### Learning outcomes:

- **Confidently start conversations about child healthy weight and other behaviour changes**
- **Structure a behaviour change conversation according to the MAP Model**
- **Use behaviour change techniques to support families to make changes which support health and wellbeing**
- **Tailor responses and techniques used to suit the family context**
- **Apply the MAP approach to embed the knowledge and skills into practice**

### The programme includes 12 hours of learning:

- **eLearning module (45 mins)**
- **Pre-learning videos to be watched before attending workshops (1.5hrs and 30mins)**
- **Attendance at 2 online workshops (each lasting 4 hrs)**
- **Completion of evaluation forms**

### Target audience:

- **All practitioners from Health, Social Care and Partner Organisations who work with families and children**
- **Examples include Health Visitors, Early Years Officers and Nursery staff, Social Workers, Oral Health Practitioners, Midwives, Breast-Feeding and Baby Weaning Support Workers, School Nurses, Link Workers.**

If you have any questions, please contact us at this email address:

[psychology@nes.scot.nhs.uk](mailto:psychology@nes.scot.nhs.uk)

Best wishes,  
the NES MAP Team