

NES delivered Healthy Beginnings: MAP Workshops 2025-2026

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 2025-2026

Workshop No.	Day	Session 1 date	Session 2 date	Time (both sessions)	To apply
1	Tuesday	23 rd Sept 2025	30 th Sept 2025	09.30 – 13.30	HB:MAP Workshop Application Form 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	2 nd Dec 2025	9 th Dec 2025	09.30 – 13.30	
3	Tuesday	3 rd March 2026	10 th March 2026	09.30 – 13.30	

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**

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

psychology@nes.scot.nhs.uk

Best wishes,
the NES MAP Team

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.**