



hands
onbabies®

Student Prospectus

**Introducing the New OfQual
Level 2 Regulated Qualifications (RQF)
in Baby Massage and Baby Yoga**

Ofqual Office of
Qualifications
and Examinations
Regulation



Hands-on Baby OfQual Regulated Qualifications (RQF) Level 2 Certificates and Level 2 Awards (RQF)

Why Choose the **Hands-on Baby Regulated (RQF) Courses**

What is OfQual and Why is it Important?

Hands on Babies are one of the UK's leading Baby Massage and Baby Yoga training providers, and are delighted to announce that for the first time in the UK it can now offer the ONLY Level 2 OfQual Regulated Qualifications in the disciplines of Baby Massage and Baby Yoga.

For the last three years Hands on Babies have been working with SkillsFirst (a regulated awarding body - similar to City and Guilds) to develop OfQual Regulated Courses in our specialist disciplines.

The Office of Qualifications and Examinations Regulation (OfQual) is the Government Department that regulates qualifications (GCSE's, A Levels, AS Levels and Vocation & Technical Qualifications) & which is often referred to as the "exam watchdog".

One of OfQual's main roles is to maintain Standards and Confidence in qualifications.

Hands on Babies Accreditation Your Foundation Course

The Hands on Babies Accredited Courses in Baby Massage and Baby Yoga form the foundation courses for these new OfQual Regulated Qualifications. Once students have completed the Hands on Babies Accredited Course they are already a good way through the process for the Regulated Qualification. Whilst the Regulated qualification is an optional addition to the Hands on Babies accredited course it would be very feasible to complete the whole process in just a few weeks.

To reach the required standards for a Regulated Course there is a little more assessment and students will also be required to spend some additional time learning and practicing the moves and reflecting on the course curriculum. Students will also be encouraged to develop their wider learning. It may sound quite a lot but it really is very manageable for people, particularly as the Hands on Babies foundation course will already have covered a large part of the curriculum.

Cath Cole, Hands on Babies Head of Training explains:

"We are really proud of being able to offer these fantastic new qualifications which represent a game changer in an otherwise unregulated market. In addition to ensuring that consistently high standards of training are maintained, it was really important that the new Regulated Qualification remains accessible for people hence the two stage process - Hands on Babies accredited foundation course and then the extension into Regulated Qualification."

Cath goes on to say:

"We firmly believe that people will see the additional work as a fair exchange for the huge benefits of having a Regulated Qualification, not least the fact that your competitors will not be able to begin to match your qualifications standard. Having a Regulated OfQual Qualification in an otherwise unregulated market will give your potential customers the confidence and reassurance that you have been trained to the highest possible standard."

Hands on Babies believe that from the point of view of competitive advantage and marketability that this will benefit its students hugely. There are many 'accredited' Baby Massage and Baby Yoga instructors in the country with many being 'self-accredited', but these new OfQual Regulated Qualifications (RQF) will set a new Gold Standard within the industry.

So if you choose to extend your Hands on Babies accredited qualification into the Regulated Qualification option you are gaining a nationally Recognised OfQual Qualification, exceptional CPD, the strongest CV possible and it will give parents & caregivers the confidence that you have been trained to a nationally recognised syllabus and to a consistently high standard.

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The Need for these New and Unique (RQF) Regulated Qualifications

Hands on Babies have been delivering training in Baby Massage and Baby Yoga for over 12 years. Through this experience the need for a recognised and regulated qualification was identified for three main reasons:

1. Unregulated Market

At present in the UK, Baby Massage and Baby Yoga are completely unregulated meaning there is effectively no control over the required levels of information, learning levels or safety considerations for infants. In effect anybody can establish themselves as a Baby Massage or Baby Yoga Training Provider with no formal training required.

2. Quality Assurance

There are currently no controls, structures or processes formally in place to ensure that Baby Massage and Baby Yoga are taught at a consistently high standard. There is also no regulation as to what a qualification can be called, at what level a course is taught and what constitutes an 'accredited' course.

3. Access to Funding

Hands on Babies is regularly approached by individuals, SME's, NHS nurses & midwives, charities and community groups who are seeking training in Baby Massage and Baby Yoga. All too often a big barrier to accessing the training is funding availability. As these courses are regulated and fully recognised by the Government your training may be eligible to be fully funded through central government education and training funds. Please contact Hands on Babies or visit our website to see if you're eligible.

Hands on Babies in association with Skills First have been working on the development of these Regulated Qualifications for over three years. By taking the skills of Baby Massage and Baby Yoga through the OfQual Regulated Qualification process within the Regulated Qualifications Framework (RQF), for the first time in the UK, the quality of training can be formalised and officially & nationally recognised and the barriers that have existed for many to train in these wonderful disciplines can be reduced making Baby Massage and Baby Yoga more accessible than ever before.



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OfQual Regulated Qualifications (RQF) - The Best Choice for Learners



Only OfQual Regulated Qualifications have the following benefits for learners. All the other non-regulated training courses available in the UK simply cannot offer these benefits:

- The qualification level is recognised on the National Qualification Framework and Regulated Qualification Framework (RQF). i.e Officially recognised by the Government.
- Employers, customers, and partners alike will know that someone who has a certificate for an Ofqual Regulated Qualification has reached a recognised standard in the acquisition and achievement of specific knowledge and skills. Making it great for your CV, your CPD, your marketing and your credibility.
- For staff whose CPD requirements stipulate only (RQF) Regulated training courses, these are the only Baby Massage and Baby Yoga courses in the UK that can fulfil these specific CPD requirements
- Regulated qualifications are recognised by and often transferrable to other educational institutions – so your qualification will have real transferable value on your CV.
- Your certificate for a Regulated Qualification shows that you have attained the specific level of knowledge and understanding the qualification claims.
- Your qualification will be more easily recognised, not just in England, but also across the UK and Europe as part of the European Qualifications Framework (EQF).
- They give confidence that your qualification is delivered by an organisation whose integrity, resources and competence have been independently vetted and which are independently checked on an ongoing basis.
- They inform your future employers or customers that your qualifications are monitored and are consistently at the standard and level they claim to be.

And finally one of the biggest possible benefits...

- As these courses are regulated and fully recognised by the Government, your training may be eligible to be fully funded through central government education and training funds. Please contact Hands on Babies or visit our website to see if you're eligible.

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The Regulated Qualifications Now Available

Level 2 Award for the Hands-on Baby Massage Instructor (RQF)

A comprehensive instructor training course designed to enable participants take their Baby Massage skills out to the wider community through skills sharing and the running of classes. The Hands on Babies Accredited Baby Massage Course forms a foundation course for this qualification.

Level 2 Certificate for the Hands-on Baby Massage Practitioner (RQF)

A qualification for parents and childcare professionals in competently using the fantastic skills of Baby Massage within the childcare setting or at home as part of the daily care routine. The Hands on Babies Accredited Baby Massage Course forms a foundation course for this qualification.

Level 2 Certificate for the Hands-on Baby Yoga Practitioner and Instructor (RQF)

A comprehensive instructor training course designed for parents, professionals and carers to learn the principles and skill of Baby Yoga and deliver it out to the wider community or in the care setting through skills sharing and the running of classes. The Hands on Babies Accredited Baby Yoga Course forms a foundation course for this qualification.

Level 2 Certificate in the Setting-up and Promotion a Baby Well-being Business (RQF)

A comprehensive qualification designed to teach individuals the skills and knowledge required to develop their Baby Massage and Baby Yoga skills into a successful and sustainable small business. This course can be a stand alone course or can be used to support the qualifications listed above.

Our Training Courses - The Key Principles

- Our face-to-face training courses are run on a friendly and informal basis, giving students the opportunity to learn the principles of Baby Massage and Baby Yoga in a relaxed and sociable environment.
- Our courses have been developed as a comprehensive programme designed to introduce the basic principles of Baby Massage and Baby Yoga in a clear, consistent and easy to follow fashion regardless of background or experience
- We understand that attending any training course, virtual or face to face, can be a daunting prospect but we have the skills and experience to ensure that our course will be an enjoyable and fulfilling experience and that you will leave fully equipped to become competent and confident Baby Massage & Baby Yoga Instructors or Practitioners.
- The Hands on Babies Virtual Training Academy has been developed specifically to deliver the comprehensive training of Baby Massage and Baby Yoga online. Through a series of multi media content (videos, online questions etc.) the online training experience emulates the exact syllabus of the face to face training yet provides students with the opportunity to learn at their own pace in the comfort and security of their home or workplace. Hands on Babies online training also allows students to watch and re-watch any elements of the course to ensure that they are 100% conversant with all aspects of the syllabus.
- We don't believe in a pass/fail scenario. Hands on Babies prides itself on giving students the best possible support to enable them to reach the required standards to achieve a pass mark. If part of your provision is not quite to our expectations, we will work with you on a 1-2-1 basis to up your skills level and ensure you ultimately reach the required pass standard.

How Our Training Works

Online and Face to Face

Hands on Babies Accredited Courses and our OfQual regulated courses can be accessed through our Virtual Training Academy as a self-paced online course designed to work around you. They are also delivered all over the country in our network of training venues, so if Face To Face training is your preference please contact us to find the location of the training centre closest to you.

Alternatively if you're seeking to train a number of staff we will be delighted to come to you on dates that work for you and your staff and deliver the training as an in-house training experience for groups of 4 or more. We are also able to offer Live Online Training in our interactive online classroom for groups of 4 or more. Please contact us for more information.

Through a combination of virtual training or face-to-face training days, home reflection, practice and at home audio-visual support you will be able to successfully complete the training to the required new higher standard.

The Process is Easy...

Firstly, you must complete the relevant Hands on Babies Accredited course, which forms the foundation course for these regulated options. Full details of the costs of the foundation courses and how to and book can be found on our website: www.handsonbabies.co.uk Once you have completed your foundation course you can then extend your learning journey through to the new regulated standard, if you wish.

The Next Steps - Funded Places: Are You Eligible?

Firstly, check to see if you or your staff are eligible for FREE or subsidised training. As our Regulated Qualifications are Government Recognised they can potentially be funded through central government funding. If you are a UK citizen, over 19 years old, unemployed, on low wages or at risk of losing your employment you may be eligible for FREE training.

Contact Hands on Babies or your local Adult Education Budget (AEB) provider for further details about funding.



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Investing in Your future

Self-funded Option...

If you are not eligible for funding please don't worry, we're still here to help you.

To enable the widest possible access to this training, Hands on Babies offers subsidised rates for those who are not eligible for government funding.

Payment Plans are available to help you spread the cost of your Baby Massage and Baby Yoga qualifications. Please contact Hands on Babies for more information



HANDS ON BABIES COURSE PRICING	ONLINE COST EX VAT	FACE TO FACE COST EX VAT
Foundation Courses		
Hands on Babies Accredited Baby Massage Foundation Course	£300	£499
Hands on Babies Accredited Baby Yoga Foundation Course. NB Completion of the Baby Massage Foundation Course is a mandatory requirement for entry on to the 1 day face to face course but the online Yoga Foundation Course is available as a standalone qualification	£300	£200
Combined Hands on Babies Accredited Baby Massage and Baby Yoga course	£500	£699
Level 2 Regulated Qualifications (RQF) Including Foundation Course		
Level 2 Award for the Hands-on Baby Massage Instructor (RQF) Including Hands on Babies Baby Massage Foundation Course. N.B.Foundation Course can be completed either online or Face To Face	£550	N/A
Level 2 Certificate for the Hands-on Baby Massage Practitioner (RQF) Including Hands on Babies Baby Massage Foundation Course N.B.Foundation Course can be completed either online or Face To Face	£600	N/A
Level 2 Certificate for the Hands-on Baby Yoga Practitioner and Instructor (RQF) Including Hands on Babies Baby Yoga Foundation Course N.B.Foundation Course can be completed either online or Face To Face	£600	N/A
For those that have already completed the Hands on Babies Accredited Training Courses and who want to add an RQF Qualification to their CV		
Level 2 Award for the Hands-on Baby Massage Instructor (RQF)	£250	N/A
Level 2 Certificate for the Hands-on Baby Massage Practitioner (RQF)	£300	N/A
Level 2 Certificate for the Hands-on Baby Yoga Practitioner and Instructor (RQF)	£300	N/A
Level 2 Certificate in the Setting up and Promotion of a Baby Well-being Business (RQF). Available as a Stand Alone (RQF) Qualification	£300	N/A

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Case Studies in Action

1. Community Groups



Since 2016 Hands on Babies have been the project partner of the Small Steps Big Changes project. This 10-year lottery funded initiative run in conjunction with Nottingham City Council seeks to positively influence the outcomes for babies and

young children in deprived areas. One of its areas of work is to enhance infant attachment and bonding for wellbeing through the medium of Baby Massage. To date over 100 community mentors have been trained to deliver baby massage sessions to mums in their local community.

"Before this training I had not been in a learning environment since I left school 20 years ago – so I was very nervous. But the training was brilliant, it really built my confidence and now I feel ready to get to work with my community"

SSBC Community Mentor

2. Local Authorities



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

In 2019 Hands on Babies trained 25 children's services staff for the Royal Borough of Kensington and Chelsea.

"We are delighted with this training it will enable our team to engage with young families in an enjoyable and positive experience building communities and our influence within them."

Commissioning Manager RBKC

3. Childcare Provision



In 2018/19 Hands on Babies trained 75 staff members of Kids Planet, a leading nursery chain in the North West.

"The Hands on Babies training was fantastic for our staff. It gave them a great new skill, a wonderful training experience and was also fantastic for helping us as a business deliver on our CDP requirements"

Manager, Kids Planet

4. Charities

**Believe in
children
Barnardo's**

In 2019 Hands on Babies trained 75 staff members of Barnardo's and some of its project partners.

"The community will benefit greatly from us providing this service especially with it being free so this will not be a barrier for low-income families."

The families will hopefully continue to develop and use the skills they are taught throughout their child's life."

Barnardo's Staff Member

5. Individuals

Over the years Hands on Babies has trained 100's of individuals who want a better work/life balance and who believe becoming a baby massage and baby yoga instructor will help them achieve this and build their confidence.

Sue had worked in childcare provision for 15 years and loved what she did. Unfortunately Sue suffered a stroke and was unable to continue with her job. After 18 months of rehabilitation she was physically ready for employment but she had lost all self-confidence and resilience to try and re-enter the work force. Sue joined hands on babies for one of our training sessions.

"After what has been a very difficult time in my life, this training has been such a lovely experience. Not only have I learnt some great new skills that will hopefully help me get back into the job that I love, but it has also built my confidence and made me feel mentally and emotionally stronger as a person. It was just a great experience."

Sue (full name withheld)

Our Partners

Hands on Babies has been one of the UK's leading providers of Baby Massage and Baby Yoga instruction & training for over twelve years. We were the first organisation to achieve Royal College of Midwives (RCM) Accreditation for both our Baby Massage and Baby Yoga curriculums in 2014.

We are also fully accredited by the following organisations, the International Institute for Complimentary Therapists (IICT), the Independent Professional Therapists Institute (IPTI) & the Complimentary Therapists Association (CThA) & Embody, the Federation of Holistic Therapists also we offer CPD points for our course,

Our courses are also the only ones in the UK to be government approved through OfQual regulation. To deliver these OfQual qualifications Hands on Habies has also become an approved Satellite Centre through Skills First.

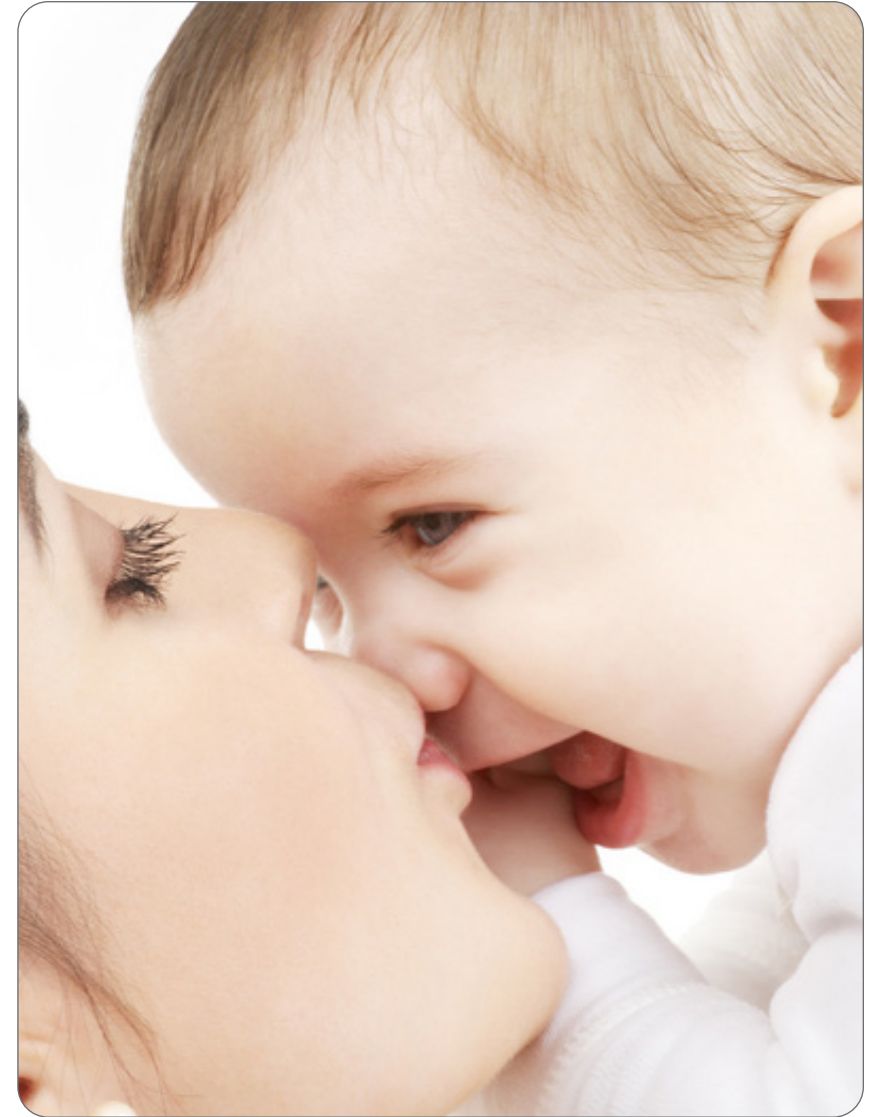
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