HABIT

TRAINING SCHEDULE

01. Introduction

To begin with we'll cover the learning outcomes of the training session, and use interactive questions to gain an idea of how delegates are currently utilising behaviour change in practice.
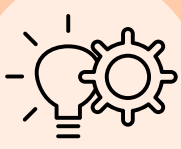
02. HABIT Resources

This part of the training enables the delegates to explore the resources on offer from HABIT, and gives an opportunity for questions regarding their implementation.

03. Oral Health Update

Here we'll go through the current guidelines for oral health in the 0-2 year age bracket. Delegates will be able to gain support on any common dental problems they might come across.
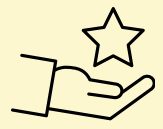
04. Delivery Protocol

This section of the training covers the standardised protocol for delivering HABIT. This protocol was developed in collaboration with the Health Visiting teams across Bradford to allow for consistency in delivery.

05. Universal & MECSH visits

Next we will take delegates through each visit in the MECSH Program Service Schedule, covering the key messages and relevant HABIT resources for that session.

06. HABIT In Action

A significant portion of the training utilises actors to encourage discourse and keep the content realistic. This time allows for a showcase of 'live' HABIT conversations, which were developed alongside Health Visitors and parents for accuracy.

07. Behaviour Change

This part of the training covers the theory underpinning behaviour change in practice. For most professionals this will be a handy recap and gives an opportunity for the delegates to refresh their knowledge on current techniques.

08. Forum Theatre

To practice what's been learned in a supportive environment, our actors work with small groups to facilitate HABIT conversations. This gives delegates the space to collaborate, share ideas, and receive feedback on their approach to behaviour change.

09. SystmOne

The final section will cover the documentation and recording of the oral health conversation. To finish the morning, we'll have a final debrief, and answer any remaining questions.

For further reading, please find the supporting literature behind HABIT on our linktree: