

Barnardo's Education Community (BEC) is a UK-wide online mental health and wellbeing programme for staff working in, or alongside, education settings supporting babies, children and young people.



Invisible Backpack Package

Every child brings more than we can see. The **Invisible Backpack Package** helps staff recognise the needs and experiences children carry with them and respond with empathy, structure and consistency.

The Invisible Backpack Package is a one-day training package for individual schools/settings or individuals working with babies, children and young people (BCYP).

What the training covers:

- **Part 1 - Consolidating Understanding**
 - Why relational approaches matter for BCYP and staff
 - The Invisible Backpack metaphor
 - The impact of early experiences on behaviour and development
- **Part 2 - Approach and Environments, and Part 3 - Strategies and Action Planning**
 - Case studies and examples from UK schools/settings
 - Practical relational approaches, environments and strategies
 - Opportunities to reflect upon staff wellbeing
 - Reviewing strengths and “even better if...” opportunities
 - Creating sustainable whole-setting change

Outcomes

Participants will leave with:

- A strong understanding of relational approaches.

- An understanding of how the Invisible Backpack metaphor can enable and support conversations about children's needs and behaviours.
- A deeper knowledge of the research on the impact of early relationships and childhood experiences on BCYP.
- Identified whole setting/school strengths and prioritised focus areas to ensure provision and practice continue to develop and meet pupils' needs effectively.

Training Options

Train the Trainer

- £495 per individual school/setting
- For leadership teams wishing to cascade the training to their whole staff.
- Includes slides, session plans, facilitator guide, 20 videos, and 26 printable resources.

Individual Professional Development

- £190 per person
- For staff working in or alongside education settings who want to develop relational practice (*i.e. early years practitioners, primary school staff, SENCOs and inclusion leads, family support workers, early help professionals*).

Book your place today and be part of improving outcomes for your whole school/setting and the children, young people and families.

Kind regards,

The BEC Team

Barnardo's Education Community

Health, Quality and Inclusion Team

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