

The logo for 'Inspired Children' features a large, stylized lowercase 'i' in red, followed by the word 'inspired' in blue lowercase letters, and the word 'Children' in blue uppercase letters. The background of the entire image shows two women sitting under a makeshift tent made of fabric, smiling and laughing.

**inspired
Children**

Play, Nurturing & Curiosity

Training Directory 2024
Adoption Agencies and Social Work,
Training for Parents & Carers,
Community Centres, Leisure Centres
and Sports Coaches

WHAT MAKES INSPIRED CHILDREN SPECIAL?

- **Multi Award-winning training with over 20,000 inspired learners.**
- **Overwhelmingly Positive Feedback from Learners**
- **Unique training approach and inspirational delivery.**
- **Mentioned in Ofsted Reports as Outstanding Staff Development.**
- **An incredible range of inspiring courses**
- **If it doesn't work in real life then we don't teach it.**
- **We actually work with children!**



Inspired Children Ltd was set up in 2011 by Ben Kingston-Hughes to support vulnerable children. With a very simple remit to “give children back their childhood” we have supported thousands of vulnerable children to thrive.

The methods we use with vulnerable children now form the basis for our training and we deliver inspirational CPD training for any agencies working with children. We have delivered unique, exceptional training to over 20,000 learners from nurseries, schools, out of school clubs, adoption agencies, national charities & for local authorities.

Ben and the team have made a name for themselves as delivering some of the best CPD training in the UK and now internationally. We have won multiple awards and are preferred providers for several local authorities. Our training has been mentioned in outstanding Ofsted reports and many owners and managers attribute their success with Ofsted to our training. Basically, this is not your standard training!

This is without doubt the best course I have ever attended. I feel privileged to be a part of the course and will implement the principles immediately, This is life changing, thank you.

Estia Georgariou, Whetstone Baptist Church Playgroup

It was absolutely fantastic, by far the best and most worthwhile training I've ever been on in my 30 year career working with children. Ben was truly inspirational!

Cat Baker, Paint Pots Nursery

I cannot put into words how amazing the training that you delivered on Friday was. My team were most definitely inspired and I felt that we came together as a team! Thank you!

Natalie Smyth, West Grantham Academy – St Johns

We were inspected last week and received outstanding at our nursery!! Your training was mentioned over and over and it is even mentioned in the actual report! Thank you so much!

Becky Pike – Partner, Hollies Day Nurseries Nottingham



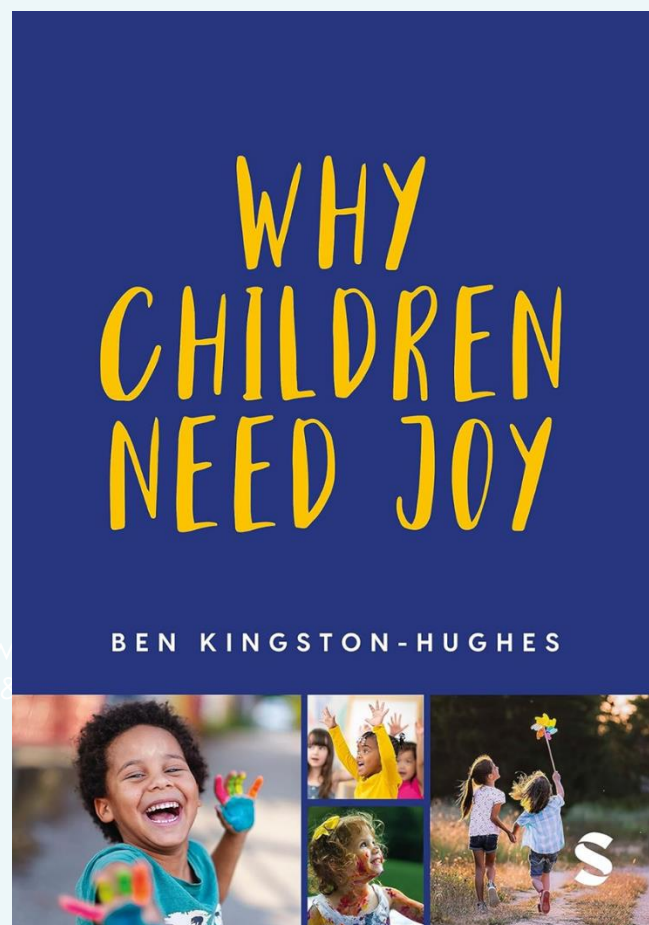
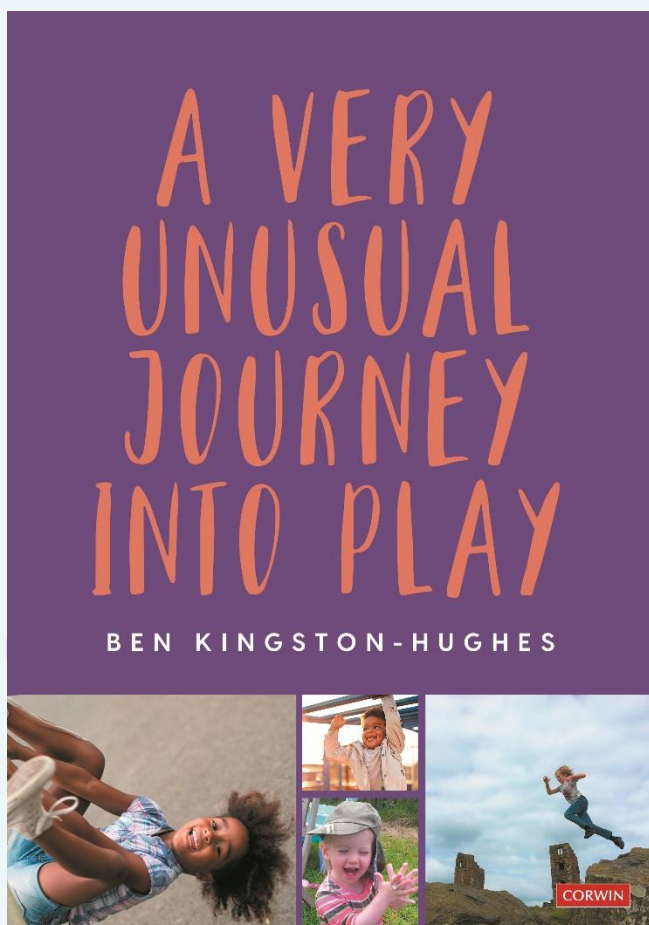
PUBLICATIONS

Ben has written numerous articles and blogs for a variety of publications including Nursery World Magazine. He has recently published two books based on his experiences of working with children.

His game-changing book about play was written specifically for people who work with children and has received huge acclaim from practitioners and managers alike for its accessible style and genuine insights. This is the definitive book about play and a vital resource for anyone working with children.

"A wonderful book, engaging and easy to read, worth every penny, and thoroughly recommended." **Jim Morehouse**

Ben's second book explores the undervalued and underexplored concept of joy in childhood. It is available to pre-order now.



Training Details

Costs are per course (not per person) and we can accommodate as many learners as your venue will hold. We are just as happy working with small intimate groups or large conference style events. The costs are the same whether you choose a course from this booklet or ask us to create a course just for you. You can even pick and mix elements from different courses to create your perfect staff training day. Training can be scheduled for daytime, twilight, evening or even weekends to best suit your needs.

To Zoom or not to Zoom?

Almost all of our courses can be delivered as face-to-face or live Zoom/ MS Teams sessions. These are not your typical online sessions though. We have gone out of our way to ensure our online courses are just as entertaining and vibrant as our live sessions. We have high-quality lighting, cameras and sound and have created unique versions of our courses specifically to be delivered online. Just like our face-to-face sessions they have received incredible feedback and are exceptional value for money.

Costs

Courses are charged at £450 plus travel per course for a half day or £800 plus travel per course for a full day for up to 40 learners. For larger groups (no upper limit) the cost is £600 for a half day and £900 for a full day.

Conferences

Ben Kingston-Hughes also delivers inspiring keynotes at regional, national and international conferences – please contact us for pricing and availability.

Travel

Travel costs are charged at 45p per mile from the individual trainers location. If travel time is excessive then we will charge the full day rate for a half-day session. Online courses incur no travel and can be a really cost effective way to access quality CPD.

Certificates

We provide certificates on request and are always available after the training to answer questions.

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The Parent Play Project

Supporting Parents to Play more with their Children!

The very simple idea of this session is to help parent and carers understand the value of play so that they will make more time to play with their children. The session is informal and interactive and engages parents through playful experiences and humorous stories whilst sharing some of the latest research on Play. The session raises awareness of the benefits of play and gives parents a range of positive playful ideas to try with their children. The effect on children and families after this training has taken place can be profound and life changing because parents can now see play as not merely frivolous but as a fundamental development process growing children's brains and bodies for



By delivering the course simultaneously to setting staff and parents we also give nursery and school setting staff a solid grounding in the latest research on play and encourage parents to value the work of the school or nursery more. The training has now been delivered in over 100 settings to over 3000 parents and has been a finalist for the Nursery World Parent Award. Parents, setting staff and managers have all been amazed at the outcomes of the training and have without exception recommended these sessions. We receive many emails from parents after the sessions.

"I cannot begin to say how much this training has changed my life. I now have something simple and straightforward I can do with my children to make things better and since the course we have been playing non-stop. We even played out in the rain at the weekend and although I still cringed inside at the mud I kept smiling and I can't remember when we have felt so close as a family. Thank you so much!"

"You have no idea what an impact the training had on us and I could literally write a book listing hundreds of positive changes which have occurred since just by changing our perspective on his "behaviour". So on behalf of me, my husband and my 3 year old son. Thank you!!"

Parents from 2017 Leicestershire Cohort.

Suitable and adaptable for the following ages/agencies

0-5 yrs	Reception	KS1	KS2	Out of School	Secondary/ Youth	Parents/ Adopters/ Foster Carers
✓	✓	✓	✓	✓	✓	✓

Duration
2-3hrs

Cost
£450+ Travel Expenses

Project Play – ONLINE PLAY COURSE FOR PARENTS & CARERS

Play is really important for children. It often looks silly but it is one of the main ways in which children grow their brains. It teaches children about their world and is linked to health, brain growth and even life expectancy. Now more than ever it is vital that children get enough play in their lives.

This unique session helps parents with a wealth of ideas and support for making play as positive as possible for their children. The course also highlights essential new information that every parent should know about play and how to help their children thrive.

The sessions are informal, fun and often humorous but share some really fascinating and useful information. They are delivered by multi award-winning trainer Ben Kingston-Hughes from Inspired Children who has worked with children for over thirty years. He has even been seen on channel 4 working with vulnerable children.

The session was developed in partnership with SSBC an organisation supporting children and families in Nottingham and can be delivered by Zoom or MS Teams

Suitable and adaptable for the following ages/agencies

0-5 yrs	Reception	KS1	KS2	Out of School	Secondary/ Youth	Parents/ Adopters/ Foster Carers
✓	✓	✓	✓	✓	✓	✓

Duration

1 ½ - 2 hrs

Cost

£450

Get Playing – Play for Dads and Grandads

Often Dads and Grandads are in a minority on courses for parents so this is a training course specially designed for them. It is based on the Get Playing Course but tailored to fit the needs of dads and grandads and the unique place they have in children's play opportunities. The course is once again practical based with some traditional "dad" activities mixed in with some surprising new activities. The session is fun, humorous and informal allowing Dads and Grandads to relax and genuinely engage with the activities. Taught by a male tutor (and parent) with a wealth of experience working with children of all ages this course can have a profound impact on the relationship between fathers and their children.

Duration

3hrs

Cost

£450 + Travel Expenses

Course requirements

Access to outdoor space is preferred or sufficient space to move around if indoors. Learners should wear clothing suitable for movement.

Positive Children, Positive Behaviour

Behaviour Training for Parents

“Brilliant real life examples – made sense. Trainer made me feel empowered to try techniques. Best training I have attended.”

Nursery Worker, Nottingham

This is an invaluable short course for anyone with children. It promotes a series of strategies and techniques to promote positive behaviour and helps parents and carers to fundamentally understand their children's behaviour. By understanding what children are trying to communicate with their behaviour we can better guide them towards pro-social behaviour and ultimately help them thrive.

This course can be a real game changer as it gives unique insight into children's behaviour which can really help parents and carers especially if they feel like they are struggling. The course explores some of the myths around behaviour and gives concrete strategies for unlocking pro-social behaviour and some incredible new research into just why traditional methods are not effective. This can have a dramatic effect on the children, the parents and the family as a whole.

Course Aims

- To promote positive behaviour for children
- To highlight a series of practical solutions for dealing with negative behaviour
- To illustrate how to use positive behaviour techniques to extend and improve play
- To inspire parents to spend less time on maintaining behaviour and more on having fun.

This course meets the following:

- **EYFS areas of learning and development** – Personal, Social and Emotional Development, Communication and Language
- **Characteristics of Effective Learning** – Playing and Exploring, Active Learning, Creating and Thinking Critically.

Duration

3hrs

Cost

£450 + Travel Expenses

Suitable and adaptable for the following ages/ agencies

0-5 yrs	Reception	KS1	KS2	Out of School	Secondary/ Youth	Parents/ Adopters/ Foster Carers
✓	✓	✓	✓	✓	✓	✓

The Power of Play – The Therapeutic Benefits of Play

The course looks at the powerful therapeutic benefits of play and how we can use this knowledge to help children emotionally reset, build resilience and promote positive mental health. It shows how positive play can have the most profound effect on a child's emotional wellbeing and can help children to overcome emotional obstacles and develop confidence and self-esteem. The course also demonstrates how we can use play to help develop secure attachments with our children especially if those children are struggling emotionally. The course is intensely thought provoking, combining up to date neuroscience and biochemistry with therapeutic play techniques to create a unique toolkit for helping not just vulnerable children but all children. Learners will also take part in a wealth of practical activities designed to help children experience the therapeutic benefits of play and might just experience some of those benefits themselves. This course is specifically designed for adopters and fosterers but is also invaluable to anyone wanting to understand how Play can profoundly benefit our most vulnerable children.

This course meets the following:

- **Positive Mental Health and Well-being**
- **EYFS areas of learning and development** – Personal, social and emotional development, Physical Development, Communication and language, Understanding the world, Expressive arts and Design.
- **Characteristics of Effective Learning** – Playing and Exploring, Active Learning, Creating and Thinking Critically.
- **Play Types** – Fantasy Play, Socio-dramatic play, Imaginative Play, Role Play, Creative Play, Dramatic Play, Communication Play, Locomotor Play, Deep Play.

Target Audience

This course is for anyone who values children and wants to make a difference to their emotional well-being through positive play.

Duration

3hrs

Cost

£450 + Travel Expenses

Positive Play for Amazing Children -

(Positive Play in the home for adopters, fosterers and adoption workers.)

"Absolutely brilliant fun. Inspiring. Have learnt lots. Would be good if everyone could do these sessions as they become parents." **Angela Peattie**

"This course has really inspired me to think differently about play opportunities when playing with my son. Particularly, challenging his (and my) comfort zone to enable him to find a sense of achievement, find different ways to problem solve and inclusive play." **Isabella McKnight**

This activity based course is an introduction to play specifically tailored to meet the needs of adopters, fosterers and adoption agency workers. It aims to get adopters and fosterers to understand why it is so important to embed positive play in the home and to give their children positive play opportunities. It covers the fundamental importance of children experiencing positive play and the profound effect it can have on their confidence, development and relationships. It also discusses the role of play in helping children deal with issues such as behaviour problems and attachment issues and how play within the family can build positive relationships. The course invites learners to join in with a variety of new and traditional play opportunities to illustrate key points about the benefits of play. Although only a short course it has had a huge impact on families because it encourages people to think about children's play opportunities in a new way and make lasting changes to children's experiences.

Course Aims

- To encourage more play in the home
- To explore the benefits of play and barriers to play
- To explore the role of the adult within children's play
- To prioritise children's play needs
- To increase confidence in joining in with play opportunities with children
- To access a range of practical activities suitable for children

This course supports the following:

- **EYFS areas of learning and development**
- **Characteristics of Effective Learning**
- **Playwork Principles**
- **Best Play Criteria for enriched play environments**
- **UN Convention on the Rights of a Child** – articles 31, 12 & 13

Target Audience

This course is aimed at new or potential adopters and fosterers but is also appropriate for Adoption agency workers, social workers and existing adopters.

Duration

3hrs

Cost

£450+ Travel Expenses

Positive Behaviour, Positive children –

Positive Behaviour Training for Adopters and Fosterers

This is an invaluable short course for adopters, fosterers and adoption agency workers. It promotes a series of methods to promote positive behaviour and a greater understanding of different behaviour in adopted children.

Understanding the issues facing adopted and fostered children and finding the reasons for types of behaviour can help families create positive environments which in turn encourage positive behaviour from children. This course gives learners different perspectives on behaviour allowing them to tailor their approach to find what really works for their family.

Simple methods that can really work, common sense and a tutor that has actually experienced the behaviour described make this course an essential introduction to positive behaviour.

Course Aims

- To promote positive behaviour for children of all ages
- To highlight a series of practical solutions for dealing with negative behaviour
- To illustrate how to extend and improve play to create positive environments.
- To inspire learners to spend less time on “discipline” and more on having fun as a family.

This course meets the following:

- **Play Types**
- **Playwork Principles**
- **UN Convention on the Rights of a Child** – article 31, 12 and 13
- **EYFS areas of learning and development** –Communication and Language, Personal, Social and Emotional development.

Target Audience

This course is aimed at adopters and fosterers but is also appropriate for Adoption agency workers and social workers.

Duration

3hrs

Cost

£450 + Travel Expenses

Practical Attachment Theory

Understanding attachments is the fundamental key to unlocking children's emotional well-being and overall development. Developed and delivered by leading national specialists in working with vulnerable children this course helps us to directly support the children in our care to make those all-important secure attachments providing benefits that could last a lifetime.

This practical course looks at the latest theories of attachment and how we can directly apply these to support our children to make secure attachments. The course looks at the difficulties facing children with insecure attachments and how this may manifest in their behaviour and attitude. We also look at worrying trends in parenting such as increased screen time and decreasing face to face nurturing which are leading to more and more children with insecure attachments. The course highlights a series of positive interventions and experiences to help children feel nurtured and emotionally secure. The course also shows the stages a child with insecure attachments must go through to form positive bonds with an adult carer. This course is thought provoking, insightful and could have a profound impact on the children in our care. It is all very well knowing the theory but this course shows us what we can do with that theory to improve outcomes for our children. One secure relationship built with a firm understanding of attachment theory can be enough to reverse the effects of all of the other difficult attachments that may surround the child. All it takes is that one person and this is the purpose of the course – to help us to be that person.

This course is available as a half day or a full day Masterclass

Duration

3hrs

6hrs

Cost

£450+ Travel Expenses

£800+ Travel Expenses

Suitable and adaptable for the following ages/ agencies

0-5 yrs	Reception	KS1	KS2	Out of School	Secondary/ Youth	Parents/ Adopters/ Foster Carers
✓	✓	✓	✓	✓	✓	✓

Get Playing – Community Play

“The session was brilliant, a real laugh and I've got some useful ideas for the children. No boring lecture, no writing stuff. It was an outstanding experience.”

(Parent Volunteer, Netherhall Children's Centre)

This is an introductory Play Course specifically designed to encourage more play with children both at the centre and in the home. Children's centre staff, crèche workers, volunteers and local parents all benefit from learning about the value of play in a relaxed and informal atmosphere, ultimately improving outcomes for children and families in the area. The course introduces play in a fun and informal way and can have a profound impact on the ethos of the entire centre as well as targeted families. There are a wealth of practical ideas and activities for learners to try. We encourage learners to prioritise children's play needs and look at children's play opportunities in a new way. It can be delivered as a half day course or a full day course with more detail and more practical activities. The combination of a highly experienced tutor and fantastic activities make this a course that will have a lasting impact on a centre and indeed the whole community.

Course Aims

- To explore the benefits of play and barriers to play
- To explore the role of the adult within children's play
- To prioritise children's play needs
- To increase confidence in joining in with play opportunities with children
- To access a range of practical activities suitable for children of all ages

This course meets the following:

- **EYFS areas of learning and development** – Personal, Social and Emotional Development, Communication and Language, Physical Development, Understanding the World, Expressive Arts & Design
- **Play Types** – All depending on activities
- **Characteristics of Effective Learning** – Playing and Exploring, Active Learning, Creating and Thinking Critically.
- **UN Convention on the Rights of a Child** – Article 31

Duration

3hrs

6hrs

Cost

£450 + Travel Expenses

£800 + Travel Expenses

Play into Sport – Getting Children Excited by Sport

Increasing physical activity levels, combating obesity and breaking cycles of inactivity are a challenge for any agency working with children especially Leisure Centres and Sports Coaches. Evidence suggests, however, that many children are reluctant to engage in sport. Using a play based approach to sports activities can have a profound impact on levels of engagement and inclusion and in recent studies has been shown to be the most successful approach in terms of long term benefits to children's health and physical activity levels. This course helps sports coaches and activity workers to include elements of play theory and a more process focused approach to better engage with children of all ability levels, even hard to reach children. It gives learners a basic understanding of play theory and its practical application and allows them to implement new techniques into sports sessions without compromising their sporting goals. Studies have shown that these techniques can raise levels of physical activity in all children including those already overweight or not predisposed towards sport.

Course Aims

- To illustrate the benefits of a playwork approach to sports activities
- To shift focus to a more process centred approach to delivery
- To access a wide range of practical physical activities designed to increase inclusion and levels of engagement.
- To highlight innovative new techniques for physical activity monitoring

This course meets the following:

- **Every Child Matters** – Be Healthy , Enjoy and Achieve, Make a Positive Contribution.
- **EYFS areas of learning and development** – Physical Development, Communication and Language, Personal, Social and Emotional Development.
- **Play Types** – Locomotor, Communication, Mastery, Deep Play
- **Characteristics of Effective Learning** – Playing and Exploring, Active Learning, Creating and Thinking Critically.
- **UN Convention on the Rights of a Child** – Article 31
- **Government Guidance on Daily Physical Activity Levels for Children**

Duration

3hrs

Cost

£450 + Travel Expenses

Positive Behaviour, Positive children – Positive Behaviour Strategies for Sports Coaches & Activity Workers

This invaluable short course promotes a series of methods and techniques for promoting positive behaviour in children of all ages during sports or activity sessions.

The course highlights a new approach to managing behaviour that has been tested on numerous projects and has already had a massive positive benefit on the well being of the children, not to mention the sanity of the staff. It teaches a common sense approach with useful tips that every learner can directly employ during their sessions.

Simple methods that can really work, common sense and a tutor that has actually experienced the behaviour described make this course an essential introduction to positive behaviour management.

Course Aims

- To promote positive behaviour management for children of all ages
- To highlight a series of practical solutions for dealing with negative behaviour
- To illustrate how to use behaviour strategies to extend and improve play
- To inspire learners to spend less time on “discipline” and more on having fun.

This course meets the following:

- **Every Child Matters** – Be Healthy , Enjoy and Achieve, Make a Positive Contribution.
- **EYFS areas of learning and development** – Personal, Social and Emotional Development, Communication and Language, Physical Development, Understanding the World, Expressive Arts & Design
- **Play Types** – NA

Duration

3hrs

Cost

£450 + Travel Expenses

Don't see exactly what you need? Let us design an Inspired training solution for you!

A majority of the training in this booklet has been developed at the request of individual organisations and has been so successful that we have been asked to deliver the training again and again. If you do not see exactly what you need in this booklet please contact us to see what training courses we can design for you. We excel at creating new and inspirational training tailored to meet the needs of individual organisations and relish the opportunity to produce something truly unique. If you work with children in any capacity we can find the right training solution for you.

Costs for training are very simple. A half day session costs £450 plus travel and a full day costs £800 regardless of whether you have chosen a well-established course or have had a unique course designed from scratch. You can pick and choose elements from any of the listed courses or let us know your particular needs and we will write a training course specifically for you. You can even combine courses from the booklet to create memorable training days for your staff.

In addition to the learning outcomes for our training there are also strong elements of inspiration, team building, leadership and innovation which can lead to positive outcomes for your staff team you had not expected.

If you are in any doubt about the quality of our training please read the feedback left by learners and commissioning agencies or check out the comments on our [website](#).

"Be inspired. Be very inspired. Smiles and laughter from children and staff. Proof positive that Inspired training works."

(David Godfrey – Headteacher Highgate Primary School)



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