

**Are you thinking about running LEAPlets in your organisation?**

**These are the steps involved...**



**1**

**Building your team**

The staff to family ratio in a LEAPlets group is 1:2.

**2**

**Contact us**

Email [info@bussmodel.org](mailto:info@bussmodel.org) to let us know you're wanting to / thinking about starting a group.

**4**

**Finding a Venue**

It might feel foolish to put this before finding families for your group, but our experience is that this is harder than people think - and takes longer! If you're a school you can use your school hall, using your gymnastic equipment (you might need to supplement this a bit). Otherwise, it's best to use a gymnastics club which will be equipped to safely run this kind of group. It can be a good idea to involve one of the club's coaches in the group to give support in running the group and the safe setting up and use of equipment.

**3**

**Training**

Introduction webinar and Level One training for the group leader and at least one other person, then LEAPlets training for the whole team. At the training, you'll also go through the Screening Tool for each family (see 'Measures' below).

**5**

**Getting the right families for your group**

8 families, with children within a 2 year age frame, is best, up to a maximum age of 6. Lots of advice is given on this on Level One training. For school groups, teachers and school staff are usually best at knowing which families to include. For therapy groups, having a homogenous group seems to be most supportive for parents and carers, e.g. newly adoptive parents and their newly adopted children, children who are in foster care and kinship placements, family centres for children and birth parents where there are child protection orders in place, or a women's refuge.

**6**

**Planning the sessions**

The group is 11 sessions and so fits well into a term. We'd suggest not trying to run groups over holidays - for either staff or families!

**8**

**Supervision**

There are four sessions of supervision - the first takes place just before the parents group, and then after sessions 3, 6 and 9, using recordings of the group.

**7**

**Measures**

Parents and Carers complete screening tools and post-group evaluations. Practitioners complete measures after sessions 2 and 9.

