

Training Plan

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1. PART 2: Training For Parents

a) Objectives & Description: A list of objectives for the training

1. To equip parents with active parenting skills through lectures and videos
2. To use a proactive learning approach to educate parents on the best parenting strategies
3. To change parenting behaviour using active parenting skills
4. To improve parenting quality through training that incorporates active participation

b) Outline of the Training or unit description

Thematic component Training Description

Child Development Knowledge

Child Development Care Learn how to provide age appropriate care and an environment that is suitable for child development (activities- e.g. diapering and breastfeeding); child development and behaviour, promoting a positive emotional development-conducive atmosphere for identity and self-esteem development

Positive Interactions with Child To learn the significance of positive, non-disciplinary interactions. To learn skills that foster positive parenting. Review positive interactions-respecting child interests, showing enthusiasms, offering positive attention and providing appropriate recreational activities.

Responsiveness, Sensitivity, and Nurturing Learn how to respond to the child's emotional and psychological needs positively. Learn how to provide developmentally appropriate affection and physical contact.

Emotional Communication Learn appropriate communication skills that enhance bonding and positive communication skills. Assist children to identify and correctly express emotions

Disciplinary Communication Learn age appropriate disciplinary communication, directions, setting rules as well as limits and behavioral requirements and consequences for misbehavior.

Discipline and Behavior Management Learn attitudes and disciplinary strategies
Learn attributions about child misbehavior
Learn child monitoring and supervision strategies such as positive reinforcement and administering punishment. Learn problem solving, consistent response with regards to child behavior.

E.

Fostering Social Skills Development in Children- promoting positive social behavior

 Learn how to teach sharing and collaborative skills, mannerism and cooperative skills-peers and adults

Promoting Children's Cognitive Development

Foster Development of Academic Skills Learn incidental teaching, promoting language literacy and fostering school preparedness skills.

c) Detailed Training Lessons (3)

Training Program Components Description

Training Curriculum or Parenting skills Manual Use a parenting training course manual based on proven curriculum guideline.

Modeling Exercises Provide live illustrations. Use pre-recorded illustrations of parenting behaviors

Homework simulated Activities Parents will do written and verbal assignments.

Behavioral assignments will be done between training sessions.

Practice In-session Rehearsals and Role Playing

Parents will practice learned skills through coded rehearsals and in-session role playing activities. One-on-one role playing and practice skills with the trainer peer and own child.

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Individual Child Instruction Separate child behavioral skills training that is tailored for the children.

Provide supplementary Services Incorporates additional content besides the parenting skills integrated in the training program. Examples-substance abuse, social support, stress management among others

d) List of potential follow-up activities

Organize community activities/events that bring together parents and children

Call interviews with parents and children to monitor parenting skills improvement

Visit randomly selected homes to get first hand information on parenting progress

Plan/organize school activities that bring together children, parents and teachers and use as forum to assess parenting progress.

e) Training Materials

The parenting skills training program will use power point presentations. The trainer will prepare the presentation in advance and provide parents with handouts. A list of practice and rehearsal activities will also be prepared and handed to each participant. The handouts will also comprise the objectives of the program and the expected outcome. Invitation letters will be written and dispatched to participants.

f) Evaluation tool

The program will use both pre-test and post-test evaluation to determine the impact of the training program. The evaluation instrument used for the pre-test assessment will be questionnaire. The pre-test questionnaire will be designed to capture the key components and objectives of the training program. A second questionnaire is prepared for the post-test assessment and it will evaluate improvement in parenting skills. The results of the two tests will be used to establish the impact of the training program.

Training Plan

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