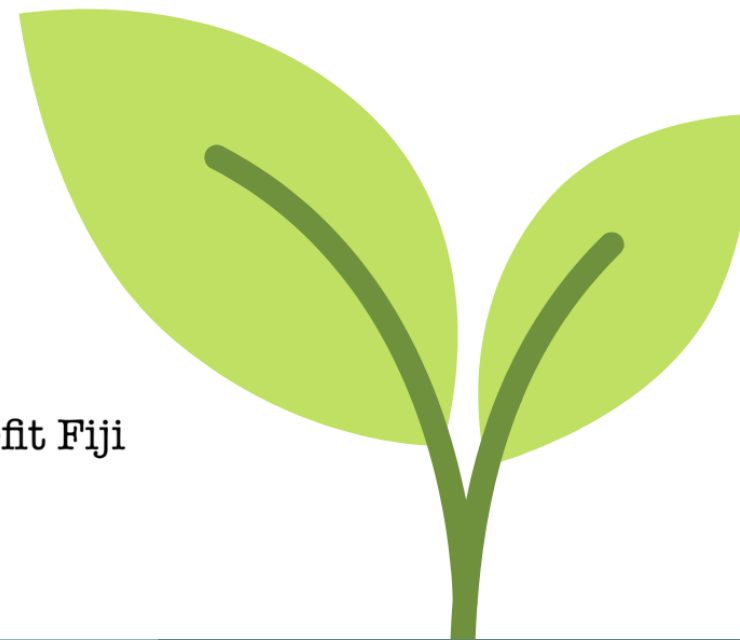
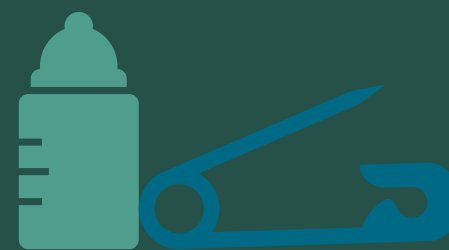


# Parent Education



## TOPICS

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## Introduction

Teaching Parents and caregivers to implement family-centered interventions can be very effective by:

Allowing parents to choose when to learn new skills

Educating parents strategies that are empirically based, well-matched to their child's developmental needs, and intended to be implemented in naturally occurring interactions between parents and children.

Educating parents in a skillful and individualized manner.

# Topics

In addition to an introductory session, nine topics are covered by the workshops.

The nine topics are as listed below:

Topic 1: Caring for Children

Topic 2: A Child is Born

Topic 3: the piece of jewel in each Childs mind

Topic 4: Health and Nutrition

Topic 5: The Importance of Play

Topic 6: The many Languages of Children

Topic 7: The Importance of Imitations

Topic 8: Empowering Child with their Abilities

Topic 9: Going to School



# Topic 1: Caring for Children

In caring for young children, caregivers (parents, grandparents, siblings and other family members and community members) are performing a very important role. They hold the future of their communities in their hands.

ALL CHILDREN NEED TO FEEL LOVED and safe so that they can grow up healthy, happy and able to play an active part in their community and society

“Caring for Children,” is designed to help ensure children feel loved and safe by providing caregivers with information about their roles and responsibilities, the rights of children and how to protect children from harm.

The Parenting Education Program is designed to help communities, but not to tell them what to do. It recognizes that knowledge about children and child rearing already exists within every community. But it also recognizes that times are changing and many communities face challenges in caring for young children. The workshops as part of the Parenting Education Program provide opportunities to talk about existing child care practices and also opportunities to learn how to handle some of the challenges caregivers face today in bringing up young children and supporting their growth and development.





## Topic 2: A child is born

The journey from conception to birth is truly amazing. There can be many dangers along the way, but with proper care and support the outcome should be a happy one for everyone.

Sub topics:

- Development from conception to birth
- Health and care during pregnancy
- Postnatal care for mother and baby
- Breastfeeding
- Birth registration
- Learning to Love (Serve and Recieve)



## Topic 3: The Piece of Jewel in each Childs Mind.

All babies come into this world programmed and ready for learning.

- Developing Mind
- Milestones
- By 1 month I can...
- By six months I can...
- By 12 months I can...
- Moving on: from 2 years old to 5 years old.
- Off to school



## Topic 4: Health and Nutrition

All parents want their children to be healthy. Healthy children are happy and active; they do well at school and are able to become an active part of their community. In this topic we look at the main risks for babies and young children's health, their causes and how to prevent them.

- In the first month
- Between 1 month and 5 years of age
- Major diseases and the preventions
- Mental health
- Keeping your child healthy
- Babies
- Young children
- Safe hygiene
- What to do
- Dental hygiene
- Teaching children good habits



## Topic 5: The Importance of Play

Play is a right of all children. All children need time and freedom to play alone or with friends, to explore, to laugh and to enjoy themselves. Encouraging play is one the most important ways adults can support children's development, learning and wellbeing.

- Supporting play at different ages
- Play and work
- Encouraging play while you are working
- Making toys
- Using the local surroundings
- Television and Computer games





## Topic 6: The many Languages of Children

Babies are born ready to communicate. They can hear even before they are born, and within a few days of birth they can already recognize their mothers voice. From birth, they express their needs and emotions in non-verbal ways, through facial expressions and body movements, as well as through crying.

- The Languages children use
- Hearing and speaking your mother tongue
- What parents can do
- Early steps to reading and writing
- Children becoming aware of printed words



## Topic 7: The Importance of Imitations

Children are born not knowing how to behave. They do not know the differences between right and wrong or the rules and expectations of their families and cultures.

- Understanding your child's behavior
- Building a good relationship
- Positive strategies for guiding and managing children's behavior
- Strategies for guiding children's behavior and responding in positivity.
- Getting help
- Young children and feelings

# Topic 8: empowering children with their Abilities

Having a disability often means that children are treated differently. The way they are treated depends a lot on the beliefs in the community or culture about those who are different.

- Empowering the Child
- What do you think?
- Focusing on the Childs Abilities
- Facts about disabilities
- Identifying problems
- Inclusivity
- Supporting
- Community support





## Topic 9: Gong to School

Starting school is an important step for every child. All boys and girls should start school at the age approved in their country.

- Parents as the first teachers
- Being successful at school
- Transition
- What do children need to know and to be able to do when they start school?
- How school can help
- How communities can help
- How do young children learn?
- Communication



## References

Parenting Education, UNESCO, France, 2016

Science of Early Childhood Development, SECD  
Resource Kit, Red River College, 2015

As Global leaders for Fiji to the World Forum  
Foundation for Early Care and Education.

Advocating for our country is the main focus and  
given windows of opportunity to share the work

With the experience and training through the Asia  
Pacific Regional Network for Early Childhood  
(ARNEC) and the World Forum Foundation  
providing us with an international perspective of  
resources to carry out this workshop.