

Humanitarian Play Lab

Home Based Parenting Under Child Protection

(0-3 Years Old Children and Their Mothers)

Refreshers Training Guideline
May-June, 2023

Participants: Mother Volunteer
Duration: 1 Day



Topic

Welcome & Introduction

Time

15 minutes

Process

- Start the session by greeting the participants. Stand in a circle with everyone and ask them to share their favorite childhood game/ their favorite color/ favorite flower. Once everyone has been introduced in this way, thank them and ask them to write their name on the name card. End the introduction phase this way.

Topic

Healing Session

Time

1 hour 30 minutes

Process

- Sit in a circle with the participants and begin the healing session.
- Take everyone's agreement to keep each other's words confidential all times. In the session, everyone should show respect and empathize with each other, for example, make them aware of each other's state of mind while speaking.
- Ask sincerely how they and their family are doing now and how their daily life is going. Patiently listen to each participant and carefully understand each of their feelings and speak neutrally and empathetically. This way, they can open up as if they were your own. If someone is speaking, give them time and space to say without interrupting. The way you speak should be such that they feel light and at peace by telling what is on their mind.
- Ask questions written in the session to find out what they usually do to keep themselves well. Discuss what else they can more to keep well in their current situation.
- Discuss how they and their families can be aware of their health (physical) and ensure safety.
- Help them to understand and discuss the importance of being empathetic towards themselves and others in light of their own personal life experiences.
- Conduct the relaxation mentioned in the session so that they can get rid of stress, worry, anxiety etc. and feel clam and good for some time. Ask them to hold this pleasant feeling in mind for a while.
- Start training refreshers with this good feeling.

Instructions: If any of the participants seem to be having difficulty while speaking, refer them to the nearest Para Counselor after the training with their permission.



Tea Break (15 minutes)

Topic

Purpose of the training

Time

15 minutes

Process

- Describe the purpose of this refresher training
 - Will tell about the activities of the last month.
 - Will explain the content of the next month and how to conduct

Topic

Building good relationship with mother and children

Time

15 minutes

Process

- Now discuss on how to build a good relationship with mother and child. For example-
 - Listen carefully to mothers' words
 - Demonstrate non-judgmental attitude while giving an opinion
 - Be empathetic to their feelings (Give examples if necessary)
 - Start speaking with small topics
 - Give importance to mother's words
 - Understand mother's state of mind and situation while speaking with her

Topic**Experience sharing and Introduction to the content of next month**

Time

30 minutes**Process**

- Ask the participants the following questions to know the experience of conducting the activities of the last month. For example-
 - What were the positive aspects of the past month’s activities?
 - Have you encountered any difficulties in conducting the activities? If so, what were the difficulties?
 - Do you have any comments or suggestions about this program?
- Listen to the views of the participants and briefly discuss the issues in the light of the views
- Now distribute the Burmese Short Version session to the participants and say, Now, we will discuss the sessions of next month. There are 2 types of sessions for children aged 0-3 years old and their mothers
- Sessions for pregnant women in third trimester and 1-45 days old babies and their mothers. There are four parts of these sessions, 1. Well Wishes 2. My Well-being 3. Play and Grow 4. Follow up Task
- Sessions of 46 days to 3 years baby and their mother. There are four parts of these sessions, 1. Well Wishes 2. My Well-being 3. Play and Grow 4. Follow up Task
- Ask participants if they have any questions and discuss if necessary.

Topic**Session Description and Demonstration**

Time

2 hours 45 minutes**Process**

- Explain “My Well-being and Play & Grow” parts of the sessions of next month (Session for Pregnant women in their third trimester and 1-45 Days old children and their mother, and sessions of 46 Days-3 Years old children and their mother) and ask if they have any questions.
- Explain how to conduct “My Well-being” part with the mothers. Ask the participants to remember the following points while conducting this part. For example-
 - Listening attentively to the mother and say hmm; Yes, I understand, to acknowledge her.
 - Do not judge the mother by saying- what you saying/doing is right or wrong, why you did/did not do this.

- Be empathetic when the mother is talking. While answering her, do not say all the words mentioned in the session instructions. Try to understand her state of mind and say one or two words from there.

Instruction: When the mother speaks to Mother Volunteer, she should be empathetic and understand mother's state of mind. Give emphasis on this matter while discussing and add example if necessary.

- Now explain “Play & Grow” of the next month’s sessions (sessions of pregnant women in their third trimester, 1-45 days old children and their mothers, and 46 days-3 years old children and mothers) to the participants and see if they have any questions.
- Then simulate a session of 46 days-3 years old children and mother by role-playing as a mother volunteer. In this case, invite some of the participants to play the role of mother.
- Now call 5/6 of the participants to the front and ask one person to play the role of the mother volunteer and the rest of them will play as the mothers to demonstrate the session.
- Ensure session demonstration of all the participants.
- Then demonstrate the sessions with pregnant women in their third trimester, and 1-45 days old children and their mothers by role-playing as mother volunteers. In this case, invite one of the participants to play the role of mother.
- Now call two participants to the front and ask them to present any part of this session. One will role-play as the mother volunteer and the other as the mother.



Lunch Break (1 hour)

Topic

Continuing

Process

- Demonstration will continue...
- At the end of the demonstration, find out if the participants have any questions and discuss if necessary.

Topic

Safeguarding policy & Conclusion

Time

15 minutes

Process

- Now read out the safeguarding policy to the participants. Remind about their agreement to the policy and follow strictly.
- Then ask participants if they have any questions or concerns about the refresher training
- Lastly, conclude the training by thanking the participants for their active and enthusiastic participation in the refresher training.

