Capacity Building of Mothers to become Better and Informed Parent

Training Program for Mothers on ECD Building Knowledge and Skills for Active Role of Mothers for Child Development

Target Group: Mothers, Caregivers

Location: Balochistan

Training Fees: Rs. 18,000 per person.

Duration: 3 days (9:00 a.m. - 4:00 p.m.)

Focused on the following content / theme

1. Basic concepts of child development - key areas and stages
2. Brain development and ways to boost its capacity
3. Parenting - various styles & types of parenting
4. Children's nutritional and dietary needs according to developmental levels
5. Home based games to address the developmental needs of children in areas of personal, social, emotional, cognitive and physical development
6. Health & Hygiene - First Aid and Early Detection of common child diseases
The module will be divided into eight parts as follows:

1) Child Rights for imparting knowledge among parents and caregivers on the rights of children that are recognized globally
2) Child Development - the domains of development and the key stages that every child goes through at different pace during the period of childhood
3) Nutrition - the benefits of breast feeding, the pros and cons of breast feeding and bottle feeding. Age appropriate healthy & balanced diet
4) Health & Hygiene needs of children, importance of Immunization, developing healthy habits. Common diseases among children e.g. Head Lice, Measles, Diarrhea, Pinworms, Scabies, Conjunctivitis, First Aid
5) Parenting and its different styles that influence behavioral patterns of the children, goals and principles for good parenting
6) Infants Care - proper lifting and holding, identifying their needs and problems, setting their routines etc
7) Learning Games at household level for the mothers and caregivers to play with children in order to boost up their creativity and capacity in different domains with fun and interest
8) Story telling & Rhymes - effective ways of storytelling activity to develop basic concepts and skills among children, a collection of age appropriate stories and rhymes in Urdu and English

Objectives:
1. Optimizing mothers' role in the development of children
2. Capacitating them for improved and informed parenting
3. Highlighting nutritional needs of children at different levels of development
4. Introducing learning games for children creating a space at the household level
5. Enabling mothers and caregivers to deal with the emergency conditions providing first aid and early detection of common diseases
6. Sensitizing about the significance of health and hygiene to minimize the associated risks

Methodology:
This will be a mixed methods approach embedded heavily on:
a) Experiential hands on training and practice to understand the key concepts
b) Understanding of the critical significance of the skills required for good parenting
c) Demonstration and practice of learning on first aid or to address the challenges of child development
d) Exercise of learning games, storytelling and rhymes

The materials / handouts/ posters will be provided by ITA & IPL
Each training will be designed according to the:
• Profile of trainees
• Number of trainees
• Profile of the local context / district/s and province/s

The material developed will be the property of ITA & IPL
Request Form

From Interested Organizations/Parties
Those interested kindly fill out the form below

Why you want this training: Key objectives/goals for the training.

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Organization Name: _________________________________________________________________
Email: ___________________________ Tel/Cell No: ___________________________
Address: ____________________________________________________________________________
____________________________________________________________________________________
Website: ____________________________________________________________________________

Number of trainees to be trained: ___________________________ Urban ___________________________ Rural ___________________________

Target profile (in two lines): ___________________________________________________________
____________________________________________________________________________________

Districts where training is to take place: ________________________________________________

Focal person for the training: __________________________________________________________
Name ___________________________ Designation: ___________________________
Email: ___________________________
Cell No.: ___________________________ Landline: ___________________________

Thank you and we shall get back to you once we have received this filled form from the interested organization/party

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