



# **Pashe Achhi Model Home Visit**



**For 0-2 years old children and their mothers**

## **Refreshers Training Guideline**

**October 2021**



# টেলিকমিউনিকেশন রিফ্রেশার্স প্রশিক্ষণ গাইডলাইন

**Time: 1 Day**

**Participants: Mother Volunteers**

Topic & Time	Method
<b>Welcome and Introduction</b> Time: 15 minutes	<ul style="list-style-type: none"><li>Start the session by welcoming the participants. Stand in a circle and tell everyone to share their favorite play from their childhood. After introduction, thank everyone and tell them to write their names on a name card. End the welcoming session.</li></ul>
<b>Healing Session</b> Time: 1 hour 30 minutes	<ul style="list-style-type: none"><li>Now sit in a circle with the participants and start the healing session. Tell the participants that the purpose of the healing session is to talk freely and to ensure our wellbeing.</li><li>Remind everyone to maintain each other's privacy and confidentiality. While listening to each other ask everyone to be empathetic and respectful</li><li>Start by asking, how she and her family is doing, how their daily lives are going on. Listen to each of them with compassion and patience. Try to understand each of their feelings as they speak, be empathetic and neutral so that they can share their thoughts easily with you. When someone speaks, give them the opportunity and time to say without interrupting in the middle of the conversation. You need to speak in a way so they feel relaxed and at peace while talking to you.</li><li>Follow the questions from the session guideline to know what the participants usually do to stay well. Discuss what else they can do to stay well in the current situation and suggest tips and information from the session guideline.</li><li>Discuss how the participants and their family members can stay healthy and feel more secured; suggest relevant tips and information from the session guideline.</li><li>Build on their life experience to help them understand the importance of being empathetic towards themselves and to others</li><li>Following the instruction from the session guideline, conduct the relaxation session to help the participants with stress, anxiety, or worry to make them feel better.</li><li>Ask them to keep this good feeling in their mind for a while.</li><li>Start the refresher training with this positive feeling.</li></ul> <p>Note: While speaking to the participants, if you feel any of the participant is going through a hard time then after the training with her permission refer her to the nearest Para-councilor.</p>
<b>Tea Break (15 minutes)</b>	

<p><b>Purpose of Training</b></p> <p><b>Time: 15 minutes</b></p>	<ul style="list-style-type: none"> <li>• Then describe the purpose of the refresher training of psychosocial support (PSS) and play based model “Pashe Achii”’s home visit modality. For example- tell the refresher training will take place once in every month. In the refresher we will share about our “Pashe Achhi” activities from last month and what we will do next</li> </ul>
<p><b>Building Strong Relationship with Mother and Child</b></p> <p><b>Time: 15 minutes</b></p>	<ul style="list-style-type: none"> <li>• Now explain what they need to do to build a strong relationship with the mother and child. For example- <ul style="list-style-type: none"> <li>- Listen to the mother and child actively</li> <li>- Don’t be judgmental</li> <li>- Be empathetic to the mother (give example if needed)</li> <li>- Start the conversation by talking about easier topic</li> <li>- Give importance to what the mother and child is saying</li> <li>- Understand the condition of the mother’s state of mind before giving any answer</li> <li>- Be reliable and trustworthy</li> </ul> </li> </ul>
<p><b>Things to do while conducting session of “Pashe Achhi” Home Visit</b></p> <p><b>Time: 15 minutes</b></p>	<ul style="list-style-type: none"> <li>• Now discuss the things to do while conducting “Pashe Achhi” home visit session. For example- <ul style="list-style-type: none"> <li>- Wear mask and ensure that mother and child are wearing masks as well</li> <li>- Ask how the family members are doing</li> <li>- Take permission before entering home and ask for the time and sit in a proper place</li> <li>- Maintain social distance from the parents and child</li> <li>- While conducting the play, maintain at least 3 feet distance from the parents and the child</li> <li>- Avoid taking the child on the lap and do not touch the child’s head or cheek</li> <li>- Avoid conducting session if the child or any family member show any symptoms of covid-19 and inform the supervisor</li> <li>- When coughing and sneezing, cover mouth and nose with a bent elbow and handkerchief</li> </ul> </li> </ul>
<p><b>Experience sharing of running activities of “Pashe Achhi”</b></p> <p><b>Time: 30 minutes</b></p>	<ul style="list-style-type: none"> <li>• Now ask the following questions to the mother volunteer to know their experiences of previous month’s ‘Pashe Achhi’ activity- <ul style="list-style-type: none"> <li>- What is/are the positive side/s of previous month?</li> <li>- Do you face any difficulty/difficulties to conduct the session? If yes, what is/are the difficulty/difficulties?</li> <li>- Please share if you have any suggestion/opinion about ‘Pashe Achhi’ home visit</li> </ul> </li> <li>• Listen to the opinion of the participants and discuss. If needed, take note of the important points</li> <li>• Now tell the participants, we will discuss the next month’s sessions. Our sessions are divided into two parts- psychosocial support and play.</li> </ul>

	<p>There are two different contents in Psycho-social part - one is designed for the pregnant mothers, lactating mothers (newborn children below 45 days), and another is designed for the mother and children of 46 days-2 years.</p> <p>There are three separate contents in the play part- one is designed for a pregnant mother, one is for lactating mother with newborn (below 45 days old children) and the last one is for the mother with children of 46 days-2 years.</p> <p>There are 4 different topics in the session for mother with children of 46 days-2 years, and they are - kissa (story) in first week, play in the second week, making toys and play in the third week, kabbya (rhyme) in the fourth week.</p> <ul style="list-style-type: none"> <li>• Ask the participants if they have question</li> </ul>
<p><b>Session introduction on Psychosocial Support &amp; Play and Demonstration</b></p> <p><b>Time: 2 hours 30 minutes</b></p>	<ul style="list-style-type: none"> <li>• Describe and explain the psychosocial support (PSS) content of the next month (for pregnant mother, lactating mother and mother with children of 46 days- 2 years) to the participants. Ask if they have any question.</li> <li>• Explain clearly how the psychosocial part needs to be conducted. Tell the participants to remember the following instructions while conducting session- <ul style="list-style-type: none"> <li>- Listen to the mother attentively and say hmm, yes, understood as reply in the conversation</li> <li>- Do not give your opinion by telling you are right/wrong /do this, why did you do this/why don't you do that</li> <li>- Be empathetic when the mother is sharing her thoughts/ feelings. When you need to reply, remember the statements from the session guide and response as appropriate</li> </ul> </li> </ul> <p><b>Instructions:</b> Explain properly the importance of being empathetic while listening to the mother</p> <ul style="list-style-type: none"> <li>• Now explain the contents of play part (pregnant mother, lactating mother with newborn, mother with child of 46 days to 2 years old) to the participants.</li> <li>• After explaining simulate the session of mother with child of 46 days- 2 years old. During this activity ask another participant to role play as a mother</li> <li>• Now ask two participants to demonstrate first week's session. One participant will role play as a mother and another will be the mother volunteer. Ask everyone to demonstrate one by one</li> <li>• After that, simulate pregnant mother and lactating mother with newborn's sessions through role-play where they will act as pregnant mother/lactating mother and a mother volunteer</li> <li>• Now ask two participants to come forward and demonstrate any part of the session. Like before one participant will act as a mother and another will be the mother volunteer.</li> </ul>

## Lunch (1 hour)

<b>Session introduction on Psychosocial Support &amp; Play and Demonstration</b>	<ul style="list-style-type: none"><li>• Demonstration continued</li><li>• Ask the participants if they have any questions about “Psychosocial Support (PSS) and Play”. Answer if any and end the discussion</li></ul>
<b>Safe guarding policy and Conclusion</b>  <b>Time: 15 minutes</b>	<ul style="list-style-type: none"><li>• Now read out the safe guarding policy to the participants. Tell them that they have agreed to the safe guarding policy and advise them to follow it strictly</li><li>• Then ask participants if they have any questions or concerns about the refresher training and give them a chance to express their opinion.</li><li>• Lastly, end the training by thanking the participants for their active and enthusiastic participation in the refresher training.</li></ul>