



# **Pashe Achhi Model Home Visit**



**For 2-6 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 game from their childhood. After introduction, thank everyone and tell them to write their names on name cards. Finish the welcome &amp; introduction session in this manner.</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 about the purpose of the healing session - to talk openly and ensure staying well.</li><li>Take everyone's permission so that everyone always maintains each other's privacy. Make everyone aware that everyone in the session should show respect and sympathy.</li><li>Sincerely ask how participant and her family are doing now and how their daily lives going on. Patiently and carefully listen to the words of each of the participating trainees and understand each of their feelings, and speak empathetically and neutrally so that they can share their thoughts easily with you. When someone speaks, give them the opportunity and time to say their words without stopping in the middle of the conversation. If you have anything to say, say it when she has finished speaking. You should always speak in such a way so that they can feel relieved and at peace while talking to you.</li><li>Ask participants questions mentioned in the session to find out what they usually do for their own benefit. Discuss what else they can do to stay well in the current situation and provide helpful information according to the session about staying well.</li><li>Discuss how they and their families can be health-conscious and secure, and provide helpful information according to the session.</li><li>Help them understand and discuss the importance of empathy for themselves and others in the light of an experience in their own personal lives.</li><li>Conduct the relaxation technique mentioned in the session so that participants can come out of stress, anxiety, depression etc., and also can feel light and feel good for some time. Ask them to keep this good feeling in their mind for a while.</li><li>Start the refresher training with this good feeling.</li></ul> <p>Note: If you feel that any of the participants are having a hard time speaking, refer her to the nearest para-counselor with her permission at the end of the training.</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 refresher training of Psychosocial Support (PSS) and Play program “Pashe Achhi” home visit with ease. For example- The refresher training will take place once a month, where we will get to know about how the “Pashe Achhi” program was in the previous month, and what are the topics for next month and how to conduct them.</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 discuss the things to remember to build strong relationships with mother and child. For example- <ul style="list-style-type: none"> <li>- Listen to 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 with a small topic</li> <li>- Give importance to every single topic of the mother's and child's conversations</li> <li>- Provide answers by observing the condition of the mother's mind</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 the mask</li> <li>- Ask how the family members are doing</li> <li>- Take permission before entering home and ask the mother and child for some of their time. Then sit in the 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 don't touch the child's head or cheek</li> <li>- Avoid conducting session if the child or family members 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: 15 minutes</b></p>	<ul style="list-style-type: none"> <li>• Now ask the participants the following questions about last month's 'Pashe Achhi' activities so that they can share their experiences. For example - <ul style="list-style-type: none"> <li>- What were the positive aspects of last month's mother and child toy-making activity?</li> <li>- Have you faced any difficulty in conducting the activity? If so, what were those?</li> <li>- Ask the participants to share if they have any concerns or suggestions on the 'Pache Acchi' home visit session?</li> <li>- Listen to the participants' opinions and quickly discuss the issues in the light of the opinions. If necessary, write down any important points in a notebook for later discussion.</li> </ul> </li> </ul> <p>Then tell the participants, “ We will now discuss next month's activities. As before our session has two parts, a psychosocial support</p>

	<p>(PSS) and another is Play. The psychosocial support (PSS) part of the session is called 'Talk to the mother'. This section has a total of 2 sessions including 1 for the 1st and 2nd week and 1 for the 3rd and 4th week which will go on all week of the month. In each session the topic of conversation (Give importance to the child's choice, be happy / Putur jegin gham lage aginre hadar gari, also be happy myself). There is another part of the play session called 'talk with the mother and child'. There are 4 sessions for 4 weeks which will go for 4 weeks of the month. Each session has a topic called "Let's Play". This play session will have kabbya, play activity, Kissa and favorite play of the week. for example:</p> <p>There will be kabbya in the 1st week, play activity will be in the 2nd week and kissa will be in the 3rd week. And in the 4th week, there will be any activity that the child likes from the previous three weeks of play, such as Kabbya/Play activity or kissa.</p> <p>Answer if the participants have any questions.</p>
<p><b>Demonstration and session introduction on Psychosocial Support and Play</b></p> <p><b>Time: 2 hours 30 minutes</b></p>	<ul style="list-style-type: none"> <li>• Read next month's Psychosocial support (PSS) topics, explain to participants, and answer if they have any questions.</li> <li>• Explain to the participants how to tell the mother about psychosocial support (PSS). In this case, help the participants to remember the following points while conducting the session. For example –       <ul style="list-style-type: none"> <li>- Listening attentively to the mother and to show understanding, mention these things – “Hmm.”, “Yes”, “I understand.”</li> <li>- Don't tell the mother that she's doing or saying something wrong or why or why didn't she do something else.</li> <li>- When the mother shares with you what's on her mind, think of her place and feel her feelings. At the same time, it is important to remember to say one or two things while understanding the mother's feelings. We have to ensure that we do not say all the words mentioned in the session instructions together, while answering her.</li> </ul> </li> </ul> <p>Instructions: When the mother share her feeling, the serema should feel the mother's feelings by thinking of herself in place of the mother so that she can understand the state of the mother's mind and show her empathy. Explain this important point with examples.</p> <ul style="list-style-type: none"> <li>• Now read next month's sessions of the play section and explain it to the participants.</li> <li>• Then present the sessions for the four weeks in two states by playing the role of Serema according to the supportive psychosocial sessions. Two of the participants will play the role of mother.</li> <li>• Now present the first and second week sessions by playing the role of Serema according to the supportive play sessions. In this case, ask the participants to play the role of mother and child.</li> <li>• Now invite three of the participants to the front and ask them to present the full session of the third week (psychosocial support and play) in the role of a Serema, a mother and child. Make sure everyone is participating in this way.</li> <li>• Ask the participants to practice the session for the fourth week. Explain to them that any play which the child has liked the most from the last three weeks will be played in this week. It can be Kabbya, Play activity or Kissa.</li> </ul>

## Lunch (1 hour)

<b>Instruction and demonstration session on Psychosocial Support (PSS) and play</b>	<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 game from their childhood. After introduction, thank everyone and tell them to write their names on name cards. Finish the welcome &amp; introduction session in this manner.</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 safety policy to the participants. Advise them to keep to the policy by repeating that they should agree with it and they need to follow it.</li><li>• Then ask participants if they have any questions or concerns about the refresher training and give them a chance to express.</li></ul> <p>Finally, complete the training by thanking the participants for their active and enthusiastic participation in the refresher training.</p>