



Humanitarian Play Lab

Parenting Curriculum

Under Child Protection

Home based Parenting: Fathers' Engagement Model
for 0-3 years old children and their father



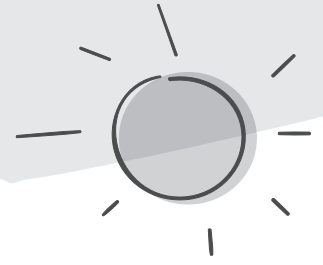
play▲**to**●**learn**■

CURRICULUM GUIDELINE

HUMANITARIAN PLAY LAB

Fathers' Engagement Model
for
0-3 years Children and their Fathers





Preface

Early Childhood Development is a very important phase in a child's life, especially the first three years. During this period, children try to understand the world around them and require strong foundations of love, nurture and care. In this period, mothers as well as fathers play fundamental roles in promoting their children's healthy development. The wellbeing of fathers helps to create a positive, gentle, supportive environment, where children can develop their cognitive skills, foster socio-emotional development as well as engage in their physical development, through early stimulation and play. In the context of grief, loss, violence, destruction and poverty, fathers as well as mothers can experience trauma. These feelings, if not addressed with care and support, can cause significant psychological distress, which can affect their children and the mothers of their children. In such cases, psychosocial support is essential to facilitate reducing fathers' psychological distress.

The Fathers' Engagement curriculum for fathers of children aged 0-3 years, is an important component of the Play to Learn Project. The sessions focus on facilitating a pathway for fathers to engage with their children through playfulness & care, while at the same time trying to understand themselves, their happiness, joys and stress, with guidance from a trained facilitator. Play is a very important facet of children's development; it is the language and tool which children use to understand the world and to foster their developmental domains. Play promotes mastery, healthy development, and builds resilience, self-control, language and learning. The curriculum of Fathers' Engagement is tailored around the following objectives which provide support and promote fathers' wellbeing- improving fathers' emotional literacy so that they develop a better knowledge of emotions, have stronger coping skills, and engage in daily self-care practices; Encourage fathers to develop relationships with their spouses and children that are respectful and supportive and create a nurturing family environment; Encourage responsive caregiving practices among fathers that promote child nurture, stimulation, and positive parenting based upon playful approaches.

The curriculum is designed following focus-group discussions with benefactors, as well as through continuous iterations following discussions and feedback from internal teams and community members. A strong emphasis is placed on ensuring the curriculum follows a base-level approach to ensuring a bottom-up approach, designed to support and promote fathers' creation. The curriculum is designed to support and promote the fathers' well-being, playful engagement with their children and a strong bonding between family & community members.

Finally, a cordial thanks to all those involved in writing and implementing the 0-3 years Fathers' Engagement curriculum guideline.



Introduction

The 0-3 years Fathers' Engagement model is part of the Play to Learn (PtL) project. The model focuses on the importance of fathers' wellbeing in creating a safe, secure family environment for their children to grow and thrive in, as well as showcasing how playful father-child interactions and engagement can foster children's socio-emotional, cognitive, physical & language development.

Play-based learning activities, wellbeing & psychosocial support and tapping into culturally appropriate positive practices for early childhood development are key components of the PtL project. The 0-3 years Fathers' Engagement model is an extension of the PtL project, and focuses on the important roles fathers play for their children during the critical 0-3 years phase.

Male facilitators selected from the community will conduct home visits with fathers of children aged 0-3 years. Male facilitators will be trained on the fathers' engagement curriculum, and will be supervised by Para Counselors and the Project Organizer. To work with fathers and identify the different aspects of their mental health, it is important that male facilitators maintain patience, empathy, understanding, and develop a non-judgmental & positive outlook which is necessary.

The curriculum for the model is divided into two parts- the first part, titled 'My Wellbeing', focuses on fathers' psychosocial wellbeing and its impact on their families, children & community. This section will also suggest relaxation techniques and different methods fathers can adopt to cope with different situations in order to maintain peace & a positive frame of mind.

The second part of the curriculum, titled, 'Play & Grow', will identify methods of child stimulation, playful activities and father-child engagement which fathers can practice and to foster early childhood development for their children.

The ultimate goal of the project is to ensure children's development through father's wellbeing & engagement. It is hoped that, overtime, fathers start to realize the impact of their psychosocial health on the lives of their children and families, the magnitude of their roles in fostering their children's development, and how playful father-child interaction and engagement can promote child development. The project aims to create a positive change in the way communities look into wellbeing, play & early childhood development, as well as develop and increase the skills & knowledge for staff workers and facilitators.

0-3 Fathers Engagement Model has been jointly developed with the knowledge and field experience of representatives of Rohingya community, BRAC IED curriculum developers and national and international experts. Dr. Nargis Islam (Clinical Psychologist, University of Oxford, UK) offered guidance and consultation in the development of this curriculum.

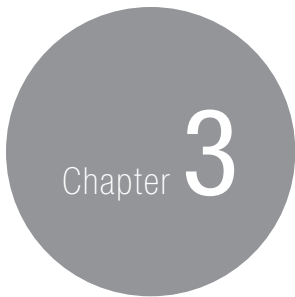
Table of content

Chapter 1

| | |
|--|----|
| Child and child's right | 09 |
| Child protection in an emergency context | 10 |
| Early Childhood Development and the Areas of Development | 11 |
| Framework: Fathers' wellbeing and engagement | 15 |

Chapter 2

| | |
|---|----|
| Fathers' Engagement Model | 18 |
| Objectives of Fathers' Engagement Model | 19 |
| Guiding Principles | 19 |
| Curriculum Objectives | 20 |
| Intervention Characteristics | 21 |
| Roles and Responsibilities | 22 |



Chapter 3

| | |
|-------------------------|----|
| Introduction to Session | 25 |
| Session 01 | 26 |
| Session 02 | 28 |
| Session 03 | 30 |
| Session 04 | 32 |
| Session 05 | 34 |
| Session 06 | 36 |
| Session 07 | 38 |
| Session 08 | 40 |
| Session 09 | 42 |
| Session 10 | 44 |
| Session 11 | 46 |
| Session 12 | 48 |
| Session 13 | 50 |
| Session 14 | 52 |
| Session 15 | 54 |
| Session 16 | 56 |
| Session 17 | 58 |
| Session 18 | 60 |
| Session 19 | 62 |
| Session 20 | 64 |
| Session 21 | 66 |
| Session 22 | 70 |
| Session 23 | 72 |
| Session 24 | 74 |

Chapter 1



Child and child's right

Small children who have passed through any humanitarian crisis, violence or any adverse situation have a different psychological world than those children who have grown up in a normal environment. The way a child growing up in a natural and peaceful environment sees the environment around him, a child growing up in war and conflict does not see the world in the same way. In case of a child adapting to a new situation and environment as a refugee after being deported from his/her own land and for the mental well-being of that child, psycho-social assistance is significantly needed as it plays a big role in a child's holistic growth and development.

Child:

The UN's Convention of Rights of the Child (CRC) defines a 'child' as a person below the age of 18. Each child is different and an individual entity. It's not different for the children who grew up in a critical situation. If we want to truly do the best for them, we need to understand them. Like- children want to get affection and love and acceptance from adults, children like to play and like toys. A child loves to investigate and to express their own opinions. They like to ask many questions and like to follow others.

Survival Right:

The basic needs that are necessary for the survival of the child are known as right to live. For example, the rights to satisfactory quality of life, safe shelter, food, nutrition, medical treatment, etc.

Protection Right:

This refers to a child's right to get protection from all kinds of inequalities and shocking /terrible situations like murder, neglect and exploitation.

Development Right:

This includes all the rights that help a child's holistic development. For example, the right to education, sports, rest, thought, logic, information and knowledge, musical activities, and the right to freely practice their religion.

Participation Right:

This is related to children's right to free speech, and their right to express their own experiences and opinions, their right to participate in peaceful assemblies, and their right to unionize.

Implementation Measures:

Every individual in society should take part to raise awareness and to ensure the rights of children. Thus, this relates to the recognition of a child's identity alongside the implementation of the child rights convention, monitoring and observation, initiatives of non-governmental organizations along with government institutions, and fund collection to implement the convention.



Child **protection** in an emergency **context**

Child protection in an emergency context:

When a critical condition occurs due to any natural or man-made reasons, it is called an emergency situation. This is a situation where immediate response is urgent. In emergency situations you need to protect children from neglect, misbehavior, abuse and violence. If they feel neglected give them the protection urgently. We have to keep in mind that child protection doesn't mean ensuring that a child's every right is met, rather it is to ensure that children are protected because they are especially vulnerable. It is important to keep in our mind, that children are most at risk in an emergency situation. The risks are-

- Separated from their family
- Being oppressed
- Being harassed physically, mentally and sexually
- Being deprived financially
- Being deprived from health, housing and education system
- Uncertainty and security problems and
- In the children's behavior the violence is increased.

Child Protection Policies:

It is every one's moral duty and responsibility to protect a child. There are some important policies and procedures to follow such as:

- Not take any steps which can be harmful while ensuring the protection of a child.
- Remain neutral while providing humanitarian aid and ensure humanitarian assistance for all, especially for those who are innocent or victims of political persecution.
- Protect children from violence and persecution and from physical and psychosocial trauma. But be careful that steps taken to ensure the protection of a child do not go against the wishes of the child or cause them to be afraid.
- While ensuring the basic rights of a child, give priority to the wishes and opinions of the child and make sure that the child is not hurt physically, mentally or emotionally.
- It is difficult to ensure child protection in an emergency setting through using a mix of different policies, laws and various organizational methods. So, clear steps have to be taken by following the national child protection policies to ensure the participation of the local people.
- Ensure that children are in a space where not only are they protected from harm but they are also nurtured.
- One of the most important interventions for child protection is Child Friendly Spaces.

Early Childhood

Development and the Areas of **Development**

Early Childhood Development

During early childhood, the foundations for holistic development are laid as brain cells form, develop and active connections are made between them. In the long term, this period of time plays a pivotal role in a child's development and is crucial in setting up the foundations for a successful adult life. Thus, in the context of humanitarian crises, ensuring early childhood development for refugee children/child survivors is critical. The age limit for early childhood is defined differently around the world. It is sometimes recognized as the period of a child's life from conception to age eight, or age five, or sometimes up to age three.

Every child goes through two types of changes. The changes in a child's size and features refer to his/her physical growth. This growth signifies the changes in their body and the increase in their size. Additionally, the changes that occur in a child's skills and abilities are known as development. This development signifies an improvement in a child's cognitive, language, social and emotional skills. However, unlike the changes in size and features, these developments are not outwardly visible. They can only be identified by judging a child's skills through observing his/her ability to do things. Development and growth both are important in a child's life.

Child's Brain Development

By the age of 6, children's brain structure resembles that of adults, but it functions differently. The foundations for a successful adult life are laid during those early years when overall brain development happens. Generally, children's brain development begins during the prenatal period. Thus, the mother's access to nutrition and her well-being are vital for the child's brain development. After birth, nutrition and various sources of stimulation help connections to form among the child's brain cells. The rate of brain development is the highest during the first five years. If there is any hindrance in the process of connections forming among brain cells, the development of the child will be hampered as well. There are adverse affects on the brain development of children who have experienced torture, violence, negligence or other forms of trauma, or have grown up in an environment full of fear, and this in turn hampers their future development and learning. Therefore, if children are provided with a safe environment and sources of stimulation, their brain development and overall holistic development is promoted.

Child's Areas of Development

Children's skills are developed based on their age. Apart from their age of maturity, the changes in the skills and capabilities of a child depend on their surroundings, family, financial and social status, their care and security, and the interactions of adults with the children. In fact, the development of skills does not come from any specific area; rather it is obtained from different levels of development in different ways. Skills that can be generally expected from 0 to 3 years old children are given below:

| Different Areas of Development | |
|---|---|
| Areas of Development | Skills |
| <p>1</p> <p>Physical Development</p> | <ul style="list-style-type: none"> • Increase size of the body • Increase body strength • Can hold head up and begins to push up when lying on tummy • Makes smoother movements with arms and legs • Sits on floor independently • Rolls over by self • Stands on tiptoe • Holds small object in hand • Follows objects with eyes in all directions • Transfers objects from one hand to the other • Gives toy to caregiver when asked • Uses both hands to play • Points at objects with index finger • Can isolate index finger with other fingers closed • Can build a block tower using blocks • Kicks a ball • Climbs onto and down from furniture without help • Walks and runs independently • Larger toys can push and pull easily • Can get in and out of bed easily • Can walk and run around any object • Can stand and walk on feet |
| <p>2</p> <p>Social and Emotional Development</p> | <ul style="list-style-type: none"> • Smiles at a person when he/she sees someone familiar • Express comfort with the caregiver, smiles at caregiver, lifts up body for going to the caregiver • Cries, makes sounds, or signals caregiver for assistance, attention, or need for comfort • Repeats action many times to cause a desired effect • Actively observes surroundings • Relaxes or stops crying when comforted • Sucks thumbs when feeling insecure • Distinguish between familiar and unfamiliar adults by not reaching out for unfamiliar adults • Exhibits separation anxiety by crying when caregiver is not in sight or clinging to caregiver in the presence of strangers • Uses body movements and gesture to intimate social interaction • Responds to own name when uttered by caregiver • Gives and takes object when presented |

| Areas of Development | Skills |
|--|--|
| | <ul style="list-style-type: none"> • Reaches out to other children or grabs their toys and plays with their toys alone • Follows simple rules and routines for sleep and food • Imitates and plays hide and seek with adults • Looks at face and make eye contact • Asks help from the adult while facing a difficulty • Looks at other children with interest, watches them, and imitates their behaviour • Experiments with effects of own actions on object and people • Expresses joy to be with other children and familiar adults • Begins to share and take turns, with assistance • Starts to share and give back toys • Expresses interest and excitement about animals and other living things • Begin taking turns with children during playtime with the assistance of the primary caregiver • Can share toys with help of adults • Plays and explores in a variety of familiar environments • Expresses simple wishes and preferences through words and gestures • Participates in conversations with adults and enjoys interactive games with adults (e.g. - hide and seek, rolling ball) |
| <h1 data-bbox="212 1276 277 1371">3</h1> <p data-bbox="212 1402 475 1581">Language and Communication Development</p> | <ul style="list-style-type: none"> • Coos, makes gurgling sounds • Turns head toward sounds • Smiles and laughs when he or she is addressed with loving sounds and gestures • Listens to human voice and soothing songs and music with interest • Babbles using many sounds • Communicates a need through facial expressions or gestures which describe actions • Shows interest in colourful books\ pictures • Pays attention to the adult's voice when being read to • Responds to name • Can follow simple instructions • Uses non-sense sound and words to talk • Identifies one or two body parts • Says baba, mama and dada • Points to familiar person • Communicates a need through facial expressions or gestures • Expresses different feelings when someone is reading to him/her • Has vocabulary of significant number of words • Identifies some people, objects and actions around him/her by name • Can respond to simple instructions like run, jump, open etc • Participate in rhymes/songs accompanied by gestures • Expresses feelings meaningfully through expressions and gestures • Says his/her name and can name the family members • Can express fear, discomfort, sickness through using body gestures • Can name pictures of common objects and point to body parts • Can hold pencils, markers, colorful pencils and scribble on floor, board or paper • Can follow two-step instruction (e.g. - get the ball and give it to your brother) • Can tell the words heard from adults • Recites rhymes and imitates sounds and words • Uses new words in everyday conversation • Want to know the meaning of unfamiliar words and use them properly |

Areas of Development

Skills

4

Cognitive Development

- Babbles
- Displays social smile
- Plays peek-a-boo
- Gathers information through the senses (e.g. hard and soft, sour and sweet, dry and wet)
- Actively uses one or more senses to explore environment (e.g. touch, sight, taste, smell, and hearing) with adult supervision
- Turns towards a moving object
- Notices plants, animals, and other people in the environment with help from an adult
- Explores environment in the presence of caregiver (e.g., reaches for toys crawls towards a desired object)
- Recognizes some familiar places (e.g. home, store, grandparent's house)
- Recognizes close relatives
- Shows affection to familiar adult
- Reaches out to touch other children or grabs their toys
- Enjoys playing with water, sand and mud
- Identifies weather (e.g sun, rain, fog)
- Describes the functions of own body
- Can tell where favourite food or toys are stored in own house
- Depends on others to provide for wants and need
- Recognize the names of other children
- Understand that objects come in different shapes and sizes
- Fills and empties containers (e.g., with sand or water)
- Understands "NO" and will stop activity in response
- Learns to share toys (without adult direction)
- Can observe natural phenomena and different animals with five senses
- Can describe the names and functions of some parts of the human body
- Can follow and try to find something
- Can solve simple problems with prior experience
- Imitates various animals
- Can distinguish near and far
- Understands the roles of different family members through pretend play
- Can help adults with simple household chores

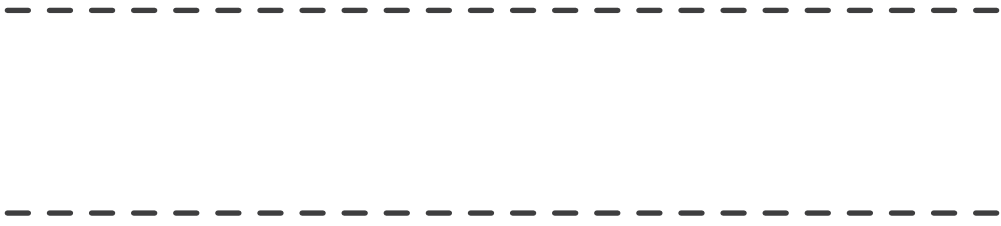
Framework Fathers' Wellbeing & Engagement



| Month | Week | My Wellbeing | Play and Grow |
|--------------------|---------------|---|--|
| Month 01 | Week 1 | Understand the state of mind of own and family member | Importance of Father's Engagement in Child Development |
| | Week 2 | Understand the state of mind of own and family member | Importance of Father's Engagement in Child Development |
| | Week 3 | Understand the state of mind of own and family member | Building connection and attachment with child |
| | Week 4 | Understand the state of mind of own and family member | Building connection and attachment with child |
| Month 02 | Week 1 | Understand the state of mind of own and family member | Understanding child's stress and how to comfort them |
| | Week 2 | Understand the state of mind of own and family member | Understanding child's stress and how to comfort them |
| | Week 3 | Understand the state of mind of own and family member | Importance of play in child development |
| | Week 4 | Understand the state of mind of own and family member | Low-cost play material development |

| Month | Week | Our Wellbeing | Play and Grow |
|--------------------|---------------|--|---|
| Month 03 | Week 1 | Learn to cope with own stress and anxiety, live in peace | Play with the child |
| | Week 2 | Learn to cope with own stress and anxiety, live in peace | Growing up healthy |
| | Week 3 | Learn to cope with own stress and anxiety, live in peace | Creating safe environment for children |
| | Week 4 | Learn to cope with own stress and anxiety, live in peace | Creating safe environment for children |
| Month 04 | Week 1 | Be aware of anger and conflict, stay well | Spending quality time with children |
| | Week 2 | Be aware of anger and conflict, stay well | Spending quality time with children |
| | Week 3 | Be aware of anger and conflict, stay well | Growing up healthy |
| | Week 4 | Be aware of anger and conflict, stay well | Low-cost play material development |
| Month 05 | Week 1 | Learn to cope with conflict and anger, Stay well | Happy and healthy relations in the family |
| | Week 2 | Learn to cope with conflict and anger, Stay well | Happy and healthy relations in the family |
| | Week 3 | Learn to cope with conflict and anger, Stay well | Creating a loving environment for the child |
| | Week 4 | Learn to cope with conflict and anger, Stay well | Creating a loving environment for the child |
| Month 06 | Week 1 | Staying well by learning the techniques of conflict resolution | Spending quality time with family |
| | Week 2 | Staying well by learning the techniques of conflict resolution | Spending quality time with family |
| | Week 3 | Staying well by learning the techniques of conflict resolution | Discuss previous months' topic and practice |
| | Week 4 | Staying well by understanding own and others emotion and preparing myself to practice them in future | Discuss previous months' topic and practice |

Chapter 2





Fathers' Engagement Model (0-3 years) is a part of the Play to Learn project under the Humanitarian Play Lab [HPL]. Its focus is the healthy development of children by father's increased engagement with child through culturally appropriate play and activities; promote father's well-being by supporting them to understand their emotions better so they are equipped with better emotional regulation strategies, daily self-care practices and enhance their coping mechanisms; understand the necessity of developing better relationships with the spouse for creating nurturing home environment for the child. Besides the mother, a father's mental health and well-being play a central and vital role in encouraging and supporting a young child's holistic early growth and development. Fathers' engagement model recognizes that the fathers' well-being will lead them to become more caring for their children which will foster their child's physical, cognitive, language, social, and emotional development. The curriculum is designed and developed to create a culturally appropriate trusted space for the fathers to share their experiences and learn positive practices to enhanced home environment. The sessions in this curriculum emphasizes the importance of the play in child development, fathers' self-care, and supporting the fathers to become more confident to create a safe and nurturing space for their children. By encouraging experiential learning, the sessions are designed for the fathers to share their experiences, and to learn about the importance of their positive interaction in a child's life. Different games and activities that are fun, and promote healthy nurturing and development will be introduced.

In this curriculum, the fathers who have children between 46 days – 3 years old will join weekly sessions and the sessions will be conducted by a group of skilled professionals:

- Father Volunteer, who will become skilled under the guidance and assistance of Para Counselor, will conduct the sessions with the fathers. He will regularly connect with the male Para Counselors for improving his psychosocial skills and refer any father that is in need of a psychosocial support.

Objectives of **Fathers' Wellbeing** and **Engagement Intervention**



- Promote fathers' wellbeing by improving their emotional literacy so that they develop a better knowledge of emotions, have stronger coping skills, and engage in daily self-care practices
- Encourage fathers to develop relationships with their spouses and children that are respectful and supportive and create a nurturing family environment
- Encourage responsive caregiving practices among fathers that promote child nurture, stimulation, and positive parenting based upon playful approaches

Guiding Principles

The 0-3 years' fathers' engagement is an intervention that seeks to promote child development by- facilitating fathers' wellbeing through knowledge generation on emotions, coping practices & self-care, as well as by fostering father-child engagement through playful interaction. In this model, father's psychosocial support, positive parenting, and creating respectful relationships through playful stimulation are highlighted and encouraged to foster emotional literacy & learning, gender awareness, and positive play approaches for early childhood development.

Principles of the model ensure that-

1. The sessions for the fathers provide a trusted space to share their emotions, experiences and knowledge regarding their thoughts, feelings and opinions.
2. Sessions help fathers understand emotional learning & literacy, understanding and coping with different situations, and identifying the differing emotions that his child or spouse may be experiencing in different situations.
3. Fathers are provided with a space to self-reflect on ways in which they can build stronger family bonds and foster harmonious relationships with their community through understanding themselves, their families and the people around them.
4. Fathers are equipped with culturally appropriate positive practices and play activities for playful interaction with their children.
5. The model showcases how fathers can foster a safe environment for their child's development through father-child engagement and by focusing on their wellbeing and self-care.
6. A space of confidentiality is created, where male facilitators selected from the community can engage fathers in sharing their thoughts without feeling judged or shamed.



- Increase fathers' knowledge on emotional literacy to support them with better emotional regulation
- Encourage fathers to do daily self-care practices for their mental wellbeing
- Enable fathers to explore their coping mechanisms that they will implement in their lives
- Increase the awareness on the importance of engaging with child for better development through different activities and play
- Promote healthy relationship practices with the wife and other family members to create nurturing environment for the child
- Equip the father with the knowledge and skills about responsive caregiving through culturally appropriate child rearing practices
- Provide opportunities to interact with other fathers to share their experience as a father and learn

Intervention Characteristics



Father Volunteers will be the front-line worker in this model. He will hold the central responsibility for facilitating the sessions. A Program Organizer will train, support and supervise each Father Volunteer, helping him to become competent and effective in facilitating the sessions. In addition to that, the Father Volunteers will be connected to the male Para-Councilors for any kind of psychosocial support.

Father Volunteer:

Father Volunteer will take on the responsibility for conducting the sessions. Each Father Volunteer will facilitate four groups, with each group meeting for one session in a week and will follow up with the fathers. The Program Organizer assists the Father Volunteer and will follow up with the participants if and when needed.

Para Counselor:

The Para Counselor will be working closely with the Father Volunteer and Psychologist to ensure quality of program activities. The PC will provide necessary psychosocial support to the Rohingya fathers with mental health related issues, provide PSS sessions to him and also refer to the psychologist if needed.

The Program Organizer:

The Program Organizers are responsible for sharing their knowledge with the Father Volunteers, helping them develop a good level of understanding to support the two parts of the sessions 'My well-being' and 'Play and Grow' of the fathers.

The 'Play and Grow' emphasizes the importance of play for children's well-being and healthy development. Program Organizer will also support Father Volunteers to become competent and confident in facilitating both "My Well-being" and 'Play and Grow' part of the curriculum.



Roles and responsibilities

ROLES AND RESPONSIBILITIES OF THE FATHER VOLUNTEER

- Assist the PO to select the home to conduct the session
- Enlist the fathers who have children aged 0-3 years
- Conduct sessions in four designated pockets
- Conduct weekly sessions (group and home visit sessions) with fathers in each pocket in charge and securing materials (mats, flipcharts, toys and others) required for conducting the sessions
- Maintain non-judgement attitude, empathy and confidentiality
- Refer to psychologist for psychosocial support if needed
- Participate in all forms of child-friendly play activities spontaneously with children and encourage to play
- Participate in all kinds of meetings, workshops and trainings
- Abide by all rules and regulations approved by the office

ROLES AND RESPONSIBILITIES OF THE PARA COUNSELOR

- Facilitate the sessions of the father in order to train the Father Volunteer
- Explain the session of any week to the Father Volunteers in any day of that week
- Conduct refresher of Father Volunteers every month
- Establish good relationships with Father Volunteers by communicating regularly and encourage Father Volunteers to refer clients
- Provide psychosocial support to fathers of children and refer to psychologists if necessary

- Talk to the psychologist and receive supervision as needed
- Follow up sessions of Father Volunteers
- Do home visits to enlisted fathers at least once in every 45 days with Father Volunteers
- Monitor the emotional state of fathers by participating in group sessions
- Arranged pockets (houses) with the help of PO and Father Volunteers
- Collect the materials needed for the pockets and sessions from the field office and distribute among the Father Volunteers
- Record the client's psychosocial support sessions in writing and store them in the Taro app if necessary
- Conduct 'Healing Sessions' with Father Volunteers
- Making community people aware of psychosocial issues
- Participate in all types of meetings, workshops and training
- Collect data, make reports, send and store reports
- Participate spontaneously in all kinds of play activities with children
- Share information with concerned authorities
- Liaison and coordination of work with various organizations (public-private) as directed by the office
- Maintain regular contact with beneficiary parents, children and community members

ROLES AND RESPONSIBILITIES OF THE PROGRAM ORGANIZER

- Make a primary list for selecting Father Volunteers
- Assist the manager to the final selection of the Father Volunteers
- Assist the Father Volunteer to make the group of fathers
- Select the pockets to conduct group sessions of fathers
- Allocate, collect and distribute all materials required for decorating the house
- Collect the necessary materials and allocate them for the home visit sessions
- Follow-up the activities of Para Counselor and Father Volunteers and provide essential support
- Make a work plan and arrange weekly meeting with the Father Volunteers for providing technical guidance regarding sessions and ensuring work progress
- Arrange and conduct training and refresher
- Arrange various meetings and workshops with the beneficiaries and facilitate them
- Maintain regular contact with the community people
- Maintain regular contact with other GOs and NGOs and coordinate all the task
- Take necessary initiative for the honorarium of Father Volunteers
- Transact information with the concerned authorities
- Make reports, transmit and preserve them

Introduction to **Session**

There are four step of session _____

Step **1**: Greetings Step **2**: My Well-being

Step **3**: Play and Grow Step **4**: Follow up Task

Step **1** **Greetings**

At the beginning of the session the facilitator will greet the father and welcome him to the session. Fathers will practice any mindfulness activity to relax, calm down, and also to prepare themselves for the main session.

Step **3** **Play and Grow**

In this part the activities and the discussions will revolve around the importance of fathers' involvement in child development, how a father can use play to create a safe nurturing space for the child as well as for the child development, exploring ways of child care and cultural child care practices that could positively contribute to a child's development.

Step **2** **My Well-being**

The main session will emphasize on father's well-being through discussing and practicing content like self-care, coping with difficult situations, identifying the ways of reducing stress, positive parenting etc.

Step **4** **Follow up Task**

At the end of the session, few tasks are given to the fathers based on what they had discussed or practiced that day for themselves and for their children. The main purpose of the Follow up task is to motivate the fathers to practice the conducted activities with their children and reinforce it.

Chapter 3





Home Visit



Objective

- Father will be able to identify his own emotions as well as his child and spouse's emotion
- Father will be able to tell the importance of child's wellbeing & development



Time

30 Minutes



Materials

Booklet, Flipchart



Step 1

Greetings

- Start the conversation with greetings and ask permission to speak
- Ask the father how he and his family members are doing. Tell him the reason of visiting his home
- Share, from now on I will come to your house for the first three weeks and we will meet in a group every last week of a month. We will discuss how we can take care of ourselves better. Mention that today's conversation will be on fathers' wellbeing and how they can raise their children in a healthy and positive manner



Step 2

My Wellbeing

Understanding myself and others in my family

- Ensure the father that you will listen to him with empathy and whatever he says will be maintained in strict confidentiality beyond work
- Ask the father how he spends his days regularly. Listen to the father attentively and thank him
- Then ask the father how his state of mind has been the last one week
- Listen to what the father has to say and then mention that, when we look at the open sky, we can see how sometimes it is flecked with sunlight, whereas at other times it is covered with clouds. Our mind is also like that; sometimes we remain happy, and sometimes sad
- Ask the father if he has ever noticed when he is in a good mind and when he is in a bad mood
- Listen to the father attentively and then say, when we fall into unexpected situations, we can feel really low. But then again, there are many situations and incidents in our lives which can make us feel very happy
- Now ask the father whether he has ever noticed when his child and spouse are in a good mood and when they are in a bad mood
- Listen to what the father has to say and then mention that when, in addition to understanding our own moods, we try to understand our children's and partner's moods as well, we can maintain harmony at home and raise our children in a positive manner
- Encourage the father to think about how the discussed topics can imply in their life



Step 3

Play and Grow

Importance of Father's Engagement in Child Development

- Tell, during our sessions we will not only discuss about our wellbeing but also talk about our children
- Show the flip chart page 1 to the father and ask the following questions -
 - What do you think about the picture?
 - How do you feel when your child makes eye contact, smiles, talks or plays with you?
- Listen to him and tell, different stages of child development are shown in the picture. When our children smile, talk and play with us, we feel good and peaceful. We can do a lot of things that our children enjoy. It will not only keep our children happy but also keep us cheerful
- Ask him to think of any good memories of his child's first crawling or first word or the time he/she took the first step. Tell him to share his experience and give thanks for sharing
- Now, show page 3 from the booklet and ask him if he does this sort of play with his children
- Listen to him and tell, here it is seen that the father is playing "Tuki or peek-a-boo" with the child. Play is very much important for the holistic development of children. Children learn to understand their surroundings, build relationships with parents and others through play. Besides, play contribute largely to a child's cognitive/brain development
- Now ask, what sort of play do your child loves to do?
- Listen to his answer and say, you can do your child's favorite play regularly. You can engage with your child through different types of play as well. Through play, children will learn how to build relationships with others, learn new words, and eventually, they will grow up healthy
- Now ask, from these sessions what does he wish to learn more about his own wellbeing and his child?
- Listen from the father and explain clearly that we will discuss our wellbeing in the session. For example, how can we keep ourselves happy, can maintain good relationship with family members, and how they can contribute to raising children in a positive manner
- Give the booklet to the father and tell to keep this with him. In this booklet he will find topics such as, how parents can spend quality time with children and what they can do for their children to grow up properly. The booklet will be needed later during the sessions. Father can also show the pictures of the booklet to his children, talk and do the play/activities mentioned here. Apart from it, father can show the booklet to his wife so that she can also get an opportunity to learn from it
- After this, ask the father to share his thoughts about today's session and conclude the session by saying thanks.



Home Visit



Objective

- Father will be able to recognize the physical symptoms of his own, his child & child's mother that indicates about their emotion
- Father will be able to tell the necessity of father's engagement in child development



Time

30 Minutes



Materials

Booklet, Flipchart



Step 1

Greetings

- Start the conversation with greetings and ask permission to speak
- Ask the father how he and his family members are doing. Tell him the reason for visiting his home



Step 2

My Wellbeing

Understanding myself and others in my family

- Ensure the father that you will listen to him with empathy and whatever he says will be maintained in strict confidentiality beyond work.
- Ask father what they remember from last week's session. Listen to what the fathers say and then say, "We spoke about understanding ourselves, our spouses, and our child/children."
- Then discuss how every human being feels both good and bad, as well as happiness and sorrow, and there is a close relationship between our mind/emotions and our body. Ask the father to share his thoughts on this.
- Listen to the father and then tell him, when we feel good, our body also feels better and we feel at peace. Similarly, when we are stressed, our body also feels restless or sweaty. We may have a headache or our chest throbs. Ask the father if he has ever noticed these symptoms in himself
- Listen to the father and then ask him if he has ever noticed how he, as well as his spouse and child/children feels when they are in good or bad states of mind
- After listening to what the father has to say, tell him that, if we can understand the states of our own bodies & minds, as well as ensure that our children and mothers are physically and mentally well, then our family will be in harmony with a strong bond
- Encourage the father to think about how the discussed topics can imply in their life



Step 3

Play and Grow

Importance of Father's Engagement in Child Development

- Show flip chart page 1 to the father and ask him the following questions-
 - Ask the father, what is your favorite daily care for your child? How does the child respond?
 - Ask him what other things you do with your child along with favorite thing (for example, spending time with the baby, playing, taking care, roam around with the baby in different places, bathing, feeding)
- Listen to his answer and tell, if we do the child's favorite things with him; the child becomes very happy and we enjoy this too. Besides the relationship with the child gets stronger
- Now show booklet page no 1 and ask what he thinks about the pictures
- Listen to the father and tell, the pictures show that the father wakes his child up affectionately. Then he smiles at the child. The child smiles back and the father is about to take it in his lap. Both of them are having a very nice time together
- Explain, we can also talk to our children like this picture after he/she wakes up. Such as-
 - What is my child doing? Are you awake?
 - Let's freshen up then you will eat breakfast. After that, we will go outside
- Now tell, the first three years are very important for the child. This time the child's brain develops rapidly, he develops physically too and learns to talk and walk. Therefore, it is crucial for the baby to build a strong and beautiful relationship with the mother and father
- Ask the father what else he can do to make a stronger connection with the baby
- Listen to his answer and tell, we can build a nice relationship with the child by playing, talking, reciting kabbya, telling a story or repeatedly doing what the child likes. By doing these, you can understand your child more, can realize his/her needs and act upon them. As a result, the child will become confident and courageous
- Listen to the father's opinion about today's session and tell the father that he can start spending time with his child as the picture showed in the booklet page 1
- Conclude the session by saying next week we will meet again.

Session 03

Home Visit



Objective

- Father will be able to identify different feelings and emotions of himself, his child & mother of the child observing their body language and will be aware that by doing something positive one can feel good
- Father will be able to tell the importance of doing activities with his child to build connection and attachment



Time

30 Minutes



Materials

Booklet, Colorful cloths



Step 1

Greetings

- Start the conversation with greetings and ask permission to talk
- Ask the father how he and his family are doing



Step 2

My Wellbeing

Understanding myself and others in my family

- Ensure the father that you will listen to him with empathy and whatever he says will be maintained in strict confidentiality beyond work
- Ask the father about last week's discussion. Then tell him that the discussion was about the relationship between the mind and the body
- Ask the father to remember an incident in his life that still makes him very happy. Listen carefully to the father
- Listen to his answer and tell him, any such joyous incident gives us good feelings. Ask to know how he feels physically after remembering the incident
- Tell the father, when the mind is functioning positively, the body is functioning properly as well. We don't always feel good and sometimes we feel bad. But, if we try, then we can change our bad moods. Ask the father to know if he had ever thought in that way
- Listen to his answer and say, it is important to understand the state of mind in order to have a positive mindset. Many of us can understand our state of mind just by understanding the signals of our body, just as we often know when it will rain by looking at the clouds in the sky
- know from the father that, is he able to understand when and why his spouse and child are not in a good mood
- Listen to the father and share, when we can identify the reasons why we are not feeling well mentally, we can then find ways to recover and have a positive state of mind
- Encourage the father to think about how the discussed topics can imply in their life



Step 3

Play and Grow

Building connection and attachment with child: Importance of Touch

- Show booklet page 2 to the father and ask the father the following two questions,
 - What do you think about the picture?
 - How did you feel when you hugged or touched your child for the first time?
- Listen to his answer and share, we can see in the picture that the mother is giving a massage to the child and the father is blowing air on the palm of the child. Touch is very important for children. Babies start learning about their surroundings and environment through their parents' touch and caress
- Now tell the father to recall one favorite moment of him spending time with his father in childhood. Give 1 minute to think and then ask him to share. (Some of the fathers might be an orphan or might not have a favorite memory with their father, in that case, ask him to think of a favorite moment with someone who is like a father figure to him)
- After listening to him ask, what type of play he does with his child? Listen to his answer
- Now ask him to elaborate the different types of play he does with his child and what he thinks about how his child is benefitted through these games?
- Share, there are many activities we can do with our children at home that help to build trust and a beautiful relationship. For instance, peek-a-boo, grabbing colorful clothes, etc.
- Then explain,
 - **Peek-a-boo:** when we are playing peek-a-boo, we cover our face with our hand or some fabrics for a few seconds and then show our face. Our children feel amused by this activity. When children notice their mother or father behind the cover, they start believing that their parents are always around them. So, this activity helps children to build trust with their parents
 - **Grabbing colorful clothes:** Our children get attracted by colorful clothes or objects and they usually try to touch or crawl towards them. They enjoy this kind of active movement and this helps with their physical growth. Such activities help to strengthen the relationship with their parents
- Fathers can play hide and seek with the children whose age is above two. Encourage him to play with his child regularly and encourage other family members to play as well
- Ask the father to share his opinion about the session and conclude the session by giving thanks and hoping to meet him for the next week's group session.

Session 04

Group Session



Objective

- Father will be able to know that ignoring own feelings and emotion as well as spouse's and children will have negative impact in mind and will know the benefit of giving importance to feelings and emotions
- Father will be able to tell the importance of building connection and attachment with child



Time

1 hour



Materials

Ball, Flipchart



Step 1

Greetings

- Welcome and thank the fathers for attending the session
- Ask how they feel after coming to the group session and know from them, how they and their family members are doing
- Ensure the fathers that you will listen to them with empathy and whatever they say will be maintained in strict confidentiality beyond work
- Ask the fathers to introduce themselves through the following game
- Explain them, you will throw a ball to another person and whoever has the ball in hand will tell his name and his favorite childhood play. After that, he must throw the ball at another person to share. You need to remember whom you are throwing the ball at
- After the first round of the game, play it the second time. This time one will throw the ball to the person he threw in the first round and say that person's name and favorite childhood play. Continue the game until everyone is done
- After the game, ask the fathers how they felt introducing themselves and knowing each other's names.



Step 2

My Wellbeing

Understand the state of mind of own and family member

- Ask the fathers about last week's discussion and say, we discussed how to keep our mind better by understanding ourselves and our state of mind
- Tell the fathers, in the first week's discussion we found a kind of similarity between the sky and our different moods. For example, when we see clouds in the sky, we understand that there may be storms and rains. If we understand that, we can prepare in advance. Ask the fathers what they think about this
- Listen from 2/3 fathers and tell them that, similarly, when we are emotionally unwell our body shows symptoms. If we do not think about ways to keep ourselves in a positive frame of mind, then our thoughts may accumulate like dark storm clouds, with increasing anger and anxiety every day. Ask the fathers what they think about this

- Listen from 2/3 fathers and tell them, nothing is good without peace of mind and nothing feels good if we don't feel peaceful. But if we think about how to stay positive without suppressing our negative thoughts, then we will be able to do daily activities with joy. At the same time the relationship with the people around us, including the wife and child will be stronger
- Now tell the fathers to think, who takes care of everything at home? Who cooks food for the family? Who looks after the child and the family? Who takes care the most when someone in the family is unwell or ill? Ask these questions one by one, so the fathers have time to think
- After all the questions are asked, tell them to thank that family member for doing so much relentlessly with love and care. If we can take care of the child and the mother when they are upset or sad then you'll be able to create a stronger bond with the child and the mother. This will eventually lead to a better relationship with the people around us
- Finally tell the fathers, we will discuss more about how to keep ourselves well in the days ahead
- Then request the fathers to take part in an easy activity for their wellbeing. Mention how this activity will help to keep their mind calm and at peace



Easy task

- Sit comfortably
 - Take a deep breath, hold it for some time and slowly breathe out through the mouth. (Do this twice)
- (If the father does not want to do this task, explain the instruction to him so that he can do it whenever he wants)
- Ask him to share how he feels and encourage him to do this task regularly at home



Step 3

Play and Grow

Building connection and attachment with child: Importance of Touch

- Ask the fathers, when you first heard that you are going to be a father, how did you feel?
- Listen from 2-3 fathers and say, it is very normal to feel incredibly happy or tensed realizing the responsibilities after hearing news like that. Ask the fathers if they were worried or scared besides feeling happy
- Listen from the fathers and share, the feelings of this kind during this time are very normal. Parents' bond with their child starts from the time the mother conceives. Talking to the mother regarding the child regularly while it's in the womb, and taking care of the mother would create an attachment between the father and a child even before the birth
- Now show page number 1 from the flipchart and ask:
 - Which stage did you like the most among the 3 stages?
 - Are you getting any similarities with your child in the picture?
- Explain, in this picture there are 3 stages of a child's development. Every child grows in two ways. Hand, leg and body enhancement is called growth. On the other hand, as each child learns to sit, crawl, walk or talk in their own span of time is known as child development. Now ask the fathers, their child is now in which developmental stage and describe the activities that their child usually does?
- Know from 2/3 fathers and say thanks for sharing. Now ask if the fathers have fond memories or beautiful experiences of their child when he/she was a newborn or started learning to crawl or walk?
- Listen to them and explain that spending quality time with children creates good memories and leads to beautiful parent-child relationships.
- Listen from 3-4 fathers' opinion about today's session and encourage them to ask their family members to play with the child
- Give thanks and conclude the session by hoping to see them next week.

Session 05

Home Visit



Objective

- Father will be able to know and recognize about 'Mental Stress' & will be aware of his own stress, as well as his child's and wife's stress
- Father will be able to identify child's stress and how to respond/comfort them



Time

30 Minutes



Materials

Flipchart



Step 1

Greetings

- Start the conversation by greetings and take permission to talk
- Ask the father how he and his family are doing



Step 2

My Wellbeing

Understanding the stress of own and family members, stay in peace

- Let the father recall about the discussion on how our state of mind has an effect on our bodies
- Listen to the father and tell, sometimes we fall into a situation when a lot of things need to happen at the same time and then we get into a dilemma of how to handle
- Ask the father if this has ever happened to him
- Listen to the father attentively and tell, we often have such feelings more or less and this is called stress
- Ask the father if he ever face such a time when he was under stress and how he felt at that time
- Now ask the father, does he ever understand when his wife and child are feeling under pressure
- Listen to the father's answer and praise him for trying to understand the stress of his wife and child
- Ask the father how he feels after sharing these words today. Listen to him and tell, when we can share our thoughts with someone with an open mind, we relieve from our stress to some extent
- Encourage the father to think about how the discussed topics can imply in their life



Step 3

Play and Grow

Understanding child's stress and how to respond/comfort them

- Ask the father, has he ever thought that children can get stressed? Listen to the answer
- Then ask the following questions to the father and listen to the answers
 - Did you ever understand that your child could feel stress?
 - What do children do when they get stressed? (They cry, don't want to go to anyone, don't want to eat, become cranky. Sometimes they can throw their hands and legs, get hiccups or frequent gapes)
 - How might adult's stress affect children?
- After listening to the father tell him that children can get stressed for various reasons. For example, if children are scared and feel unsafe, if they feel very hungry or lonely, if they lack proper attention from caregivers, they may feel neglected and get stressed
- Tell, when children get stressed, they don't smile, they cry, they don't want to eat, they don't want to go to anyone
- Then ask the father what he can do so that children do not get stressed. Listen to the answers and tell, here are the few things we need to remember,
 - Never do anything that may scare children. For example, children may get scared of screams or harsh sounds. So, we should refrain from these
 - Don't beat the children
 - Understand children's needs and act accordingly. For example, always keep an eye on whether the children are having trouble or feeling hungry or not
 - Spend quality time with children so that they don't feel lonely
 - Caress children so that they can realize that they are safe and everyone loves them
- Show the flip chart page 8 and listen to his opinion about it
- Then ask, how to create a safe and nurturing environment for children at home? If necessary, give the father some time to think, then listen to the answer
- Tell, we can create a happy and enjoyable environment at home by staying together, reciting rhymes (kabbya), telling stories (kissa) and playing with the children. If the home environment is pleasant then the children will be happy and they will feel secure as well as they won't get stressed.
- Listen to the father's opinion about today's session. Encourage him to discuss today's topic with the rest of the family members at home
- Conclude the session by giving thanks and hoping to meet him in the next week's session



Home Visit



Objective

- Father will be able to identify his, wife's and child's sources of stress in life and know how stress causes anxiety in life
- Father will be able to identify child's stress and how to respond/comfort them



Time

30 Minutes



Materials

Booklet, Flipchart



Step 1

Greetings

- Start the conversation by greetings and take permission to talk
- Ask the father how he and his family are doing



Step 2

My Wellbeing

Understanding the stress of own and family members, stay in peace

- Now, ask the father if anything happened to him in the last few days that caused him stress
- Listen to him attentively and tell, if we think for a while then we'd be able to find something in our daily life that gives us peace or joy.
- Ask the father what things in his life gives him happiness or causes stress
- After listening to him, tell that this happens to all of us. Often we tend to think excessively about issues and this creates a kind of anxiety among us from which we cannot easily get out. And this is stress/anxiety of our mind
- Ask the father if this has ever happened to him
- Now ask the father, does he ever understand when his child and wife are under pressure and stressed
- Listen to the father's answer and praise him for trying to understand the stress of his wife and child
- Ask the father how he feels after sharing these words today. Listen to him and tell, when we can share our thoughts to someone with an open mind, we relieve from our stress to some extent
- Encourage the father to think about how he can apply the knowledge of discussed topic in his and his family member's life



Step 3

Play and Grow

Understanding child's stress and how to respond/comfort them

- Tell the father now we will discuss the stress of our child and how we can comfort them while they are under stress
- Now ask the father how we can understand that the child is in stress. Listen to the father
- Tell, children can be stressed like us. That time they cry, do not want to eat, do not want to go to anybody's lap, they don't smile, they are in a bad mood
- Now ask if the father can understand that his child is feeling stress and what he does to give comfort. Listen to his answer
- Tell, never do anything that the child is afraid of. For example,
 - Children are scared when they hear loud screams or words, we should not make this kind of noise
 - Don't beat the child
 - Understand the child's needs and act accordingly. For example, always keep an eye on whether the child is having any problem or if he is hungry
 - Spend quality time with the child so that he realizes that he is not alone
 - Caress the child much so that s/he realizes that s/he is safe and everyone loves her/him
- Now ask how the parents spend time with the child
- Show the flipchart number 7 and the booklet page 9 and ask the father what the parents are doing there
- Tell, here the parents are having a nice time with the child by playing rattle. The baby is moving its hands, legs and having fun listening to the sound of rattle. The child is also playing rattle and the parents are observing it
- Now tell, you can also have fun with your child by playing, telling stories (kissa), reciting rhymes (kabbya)
- Now tell the father to recite a rhyme (kabbya) to his child
- Thank the father for reciting
- Listen to the father's opinion about today's session. Conclude the session by giving thanks and hoping to meet him in the next week's session



Home Visit



Objective

- Father will be able to recognize the impact of stress and anxiety on their (Father, child & mother of child) body, mind and behavior
- Father will be able to tell the importance of play in child development



Time

30 Minutes



Materials

Booklet, Flipchart



Step 1

Greetings

- Start the conversation by greetings and get permission to talk
- Ask the father how he and his family are doing and ask nowadays how his daily life is going



Step 2

My Wellbeing

Understanding the stress of own and family members, stay in peace

- Now tell the father, based on the discussion about stress and anxiety in the last two weeks, he might remember, that he found kind of similarity of mind with the sky, just like seeing clouds in the sky indicates that there could be storms and rains
- Add more and say, when we are under a lot of stress and anxiety, we can understand it by looking at the body how we are feeling. For example, sometimes it is headache, neck pain, dry throat, chest throbbing, etc.
- Then ask the father how his body feels when he is under stress and trouble
- After listening carefully to the father, tell that when we are often stressed or troubled, it affects our mind as well as our body. For example, anger, pain, annoyance, fear, etc
- Listen to the father how he feels when he is stressed or troubled
- Explain to the father that when we are under stress, people behave differently. For example, some become alone, some does not talk to anyone, does not want to mix and sometimes annoyance shows in one's behavior
- Ask what the father does in such a situation and listen to the answer
- Now, ask the father if he has noticed these issues with his wife or in child
- Listen to father and tell, we have spoken about the effects of stress and anxiety on our body, mind and behavior so far. The more we focus on these matters, the more we can understand the stress and anxiety of our own, family and people around us
- Encourage the father to think about how he can apply the knowledge of discussed topic in his and his family member's life



Step 3

Play and Grow

Importance of play in child development

- Show booklet number 3 and flipchart number 7 to the father and ask the following question-
 - What do you think about these two pictures?
 - Share your favorite play from your childhood. Encourage him to share which play he thinks of, with whom he used to play with, and how he felt while playing
- Listen to the answers and say, just like the adults, children get a lot of pleasure when we play with them. Through play, children can learn a lot of things
- Now ask the father, what sort of play he and the mother usually do with their child
- Listen to the answers and say, play helps in children's physical and cognitive development, supports them in learning new words, and fosters stronger bonds between children and their parents or loved ones. Through play, children build trust and relationships with family members
- Ask the fathers to play with their children regularly and notice which play his child likes the most
- Listen to the father's opinion about today's session. Encourage them to share the content of the session with the family members. Request the father to bring any unused materials to the next week's sessions for making toys for children such as, bottle, fabric etc.
- Conclude the session by giving thanks and hoping to meet him for the next week's session.

Session 08

Group Session



Objective

- Father will be able to tell last 3 week's discussion topics and how different issues may impact their own, wife's and child's lives
- Father will be able to make toys for the child using materials and play with it with the child



Time

1 hour



Materials

Flipchart, Small Boxes, Plastic Bottles, Yarn/Rope, Scissor, Needle, Cloth



Step 1

Greetings

- Start the conversation by greeting and thank them for participating
- Ask how they feel in joining the group and ask the fathers and their family are doing



Step 2

My Wellbeing

Understanding the stress of own and family members, stay in peace

- Now ask if the fathers remember the topics discussed during the last three weeks
- After listening, tell that we discussed for the last three weeks
 - What is stress or anxiety?
 - From what things are they made?
 - What are the effects of these on our body, mind and behavior?
- After discussing these issues with them, ask if they ever had a chance to think about these
- After listening to 2/3 fathers tell, these things might have happened in the father's life before discussing with us. Ask if they have noticed what things create stress or trouble in life after discussing for the last three weeks
- Listen to their answers and divide them into two groups and do an activity. Group 1 will discuss if they have discussed these topics with his family (child and his mother), by how they understand that the child and his mother are in stress. Give 3 minutes for this activity
- Group 2 will discuss if they have discussed these topics with his neighbor/friends, by how they understand that the neighbor/friends are in stress. Give 3 minutes for this activity
- Now ask one selected father from each group to present discussed topic in big group for 2/1 minutes

- Thank the fathers for noticing his own stress as well as trying to understand the stress of the family and the people around him after the presentation
- Now request the fathers to do an easy task for their wellbeing and tell, this task will help to reduce their stress



Easy task

- Sit back and relax wherever you are
- Exhale slowly through the nose, hold it for a while and slowly release it through the mouth
- Then think of a good quality of your own and think why this quality makes you feel good

(Instruction: If any father does not want to do this task, explain the instruction so that he can do it whenever he wants)

- Know from 2/3 fathers about their feelings of doing easy task and encourage all to do this regularly at home.



Step 3

Play and Grow

Low cost play material development

- Tell, today we're going to make some toys that will allow us to have quality time by playing or talking with children
- Then provide some small boxes, plastic bottles, yarn/rope, scissors, needle, cloth to the fathers and ask them to make a toy that they can play with their children. But we need to always remember that the toy is safe for the children, the edges are not sharp and children don't get hurt from the toy
- Give them 15 minutes to make the toys and make a toy by yourself as well

[If the task is not completed within 15 minutes, ask to have the toy ready before the next home visit session]

- After completing the task, ask the fathers to share how they felt while making it
- Then ask 2/3 fathers, how they want to spend quality time with their children by using it
- Share, making such a variety of toys and playing or telling stories by using it fill our children's hearts with joy as well as ours. Besides, it creates a beautiful relationship with them
- Now show page 9 of flipchart and ask them to make different toys like this or as their wish
- Conclude the session by giving thanks and hoping to meet at the next week's session.



Home Visit



Objective

- Father will be able to know, identify and aware about stress and what they (father, child & mother of child) usually do during stress and anxiety
- Father will be able to tell the importance of playing with children



Time

30 Minutes



Materials

Booklet, Colorful Clothes



Step 1

Greetings

- Start the conversation with greetings and ask permission to talk
- Ask the father how he and his family members are doing



Step 2

My Wellbeing

Learn to cope with own stress and anxiety, live in peace

- Ask the father what was discussed last week. Then tell him, we talked about the issues in our lives that cause stress and anxiety
- Then ask the father if we ever need stress in our life or not
- Listen to the father and give an example from daily life based on his reply: when there is a wedding ceremony, we can complete all tasks because there is both good stress and bad stress, little responsibilities along with the joy and happiness which allows us to complete our work smoothly. Find out what the father thinks about this
- Ask the father what he usually does if he is stressed or anxious about something
- Listen to the answer and say, when we are under stress or anxiety, we can handle it by doing something by ourselves. For example, washing our hands and face, taking a bath, going for a walk in the open air, etc.
- Then ask the father what his child and the child's mother usually do when they are in stress or anxiety
- Listen to the father and find out how the father feels after talking about stress or anxiety
- Tell him, when we can talk to someone with an open mind, our stress is reduced at least for a little bit
- Also, encourage the father to think about how these discussed topics can be applied in his life and in the lives of other people in the family



Step 3

Play and Grow

Play with child

- Ask the father if he played with the toy that he made last week with his child and how
- Listen to the answer and know, how the child enjoyed playing with the toy
- Say, we can make toys for our children at a very low cost with all the materials available in our household. If you keep the child with you while making the toy, the child will have a lot of fun as well
- Show the booklet page no. 7 to the father and ask, what he thinks about the picture. Listen to the answers and explain the game of 'grabbing the colored clothes' with the child by showing the picture Instruction
 - A colorful cloth will be waved in front of the child's eyes and the cloth will be removed whenever the child reaches for the cloth. After doing this a few times, let the child hold the cloth. Say the words near, far, up, and down while moving the cloth
 - When the child is about 1.5/2 years, the father can hide colorful cloth or toys and ask the child to search for it. Praise when the child will be able to find it. Now tell the child to hide the toy or the cloth and father will search it
- Ask the father to play the game with his child. Collaborate as needed
- Say, we can play this game anytime at home. Through this, the baby will have a lot of fun and get to know the words near, far, up, and down. Also, soft clothes are safe for children. But we have to take care that the cloth does not fall on the nose or face of the child. It may hamper the child's breathing
- Listen to the father's opinion about today's session. Encourage him to discuss today's topics with other family members at home
- Give thanks to the father and conclude the session by hoping to see him next week.

Session 10

Home Visit



Objective

- Father will be able to recognize stress and anxiety based on his own life experience and will be aware about that
- Father will be able to know the importance of growing up healthy



Time

30 Minutes



Materials

Booklet, Flipchart, Poster



Step 1

Greetings

- Start the conversation with greetings and ask permission to talk
- Ask the father how he and his family members are doing



Step 2

My Wellbeing

Learn to cope with own stress and anxiety, live in peace

- Ask the father what was discussed last week and tell him, we talked about some of the good aspects of stress and how to cope with stress & anxiety
- Now ask the father to tell you about an incident that happened in the last weeks which made him very stressed or anxious.
- Tell the father, as we discussed, when we are stressed or anxious, we feel the effect on our body as well as our mind. Ask the father what were the symptoms in his body and mind on the day of that incident
- Listen to the father and find out what steps he took to help him cope with the situation
- Ask the father if, in the last one month, he has noticed when his partners and child are stressed or anxious, their physical and psychosocial manifestations and what they tend to do during those times
- Listen to the father and find out how he is feeling after talking about his stress or anxiety
- Say, when we can talk to someone with an open mind, our stress reduces a bit
- Also, encourage the father to think about how these discussed topics can be applied in his life and in the lives of other people in the family



Step 3

Play and Grow

Growing up healthy

- Tell the father, today we will discuss healthy and nutritional food for the baby
- Show the father poster no 1 and ask his opinion about it. Listen to him
- Ask him if he ever participates in household chores. If he does, what kind of chores he does
- Listen to the answer and tell, we have many different chores in our household. Mother does most of them. If someone can help out the mother with chores, then she can spend more time caring for the baby and breastfeeding. Most of the time mothers do not get a chance to take rest due to household work. At those times, if the father can help out, then she can take a rest. She needs to be well-rested in order to enjoy taking care of the baby and doing household work
- Show page no 5 of the booklet and listen to the father's opinion
- Tell, in order to keep the baby healthy there are a few practices he needs to maintain, such as washing his hands before feeding the baby. clean the fruits and utensils before using them for the baby. In addition, the baby needs to eat home-cooked balanced and soft food along with breast milk from the age of 6 months to grow up healthy. Such as semolina, soft-boiled egg yolk, vegetable khichuri (hotchpotch), fruit juice etc. A balanced diet will meet the baby's nutritional needs which will keep the baby healthy and well-nourished
- Then show flip chart no 3 and ask, why it is important to feed nutritional food?
- Listen to the answer and tell, eating a variety of colorful vegetables and fruits will increase the immunity of the baby and keep it healthy. For this reason, the baby needs different colors of vegetables and fruits every day. It is very important to know that toddlers should eat home-cooked meals and not junk food from the store
- Listen to what the father knew from today's session. End the session by saying thank you and telling to visit next week

Session

11

Home Visit



Objective

- Father will be able to know and aware about some management techniques to deal with stress and anxiety
- Father will be able to tell the importance of creating a safe environment for children by engaging both the parent in child rearing



Time

30 Minutes



Materials

Flipchart, Booklet



Step 1

Greetings

- Start the conversation with greetings and ask permission to talk
- Ask the father how he and his family members are doing



Step 2

My Wellbeing

Learn to cope with own stress and anxiety, live in peace

- Ask the father what was discussed last week and tell him, we talked about some of the good aspects of stress and how to cope with stress & anxiety
- Ask the father what else he could have done that day to cope better
- Now tell the father, sometimes we can easily accept this kind of situation and sometimes it becomes difficult for us to cope up. It will be easier for us to deal with stress and anxiety if we follow certain ways, Such as –
 1. Doing things that you enjoy (such as going for a walk, doing some hobbies, etc.)
 2. Support the family members to enjoy quality time by doing some of the household chores (as shown in flip chart no. 6)
 3. Keep in touch with people close to you and talk openly
 4. Spending quality time with children and family, such as: reciting kabbya or kissa, playing games, etc.
 5. Praise yourself for good deeds
 6. Instead of focusing on something that creates stress in the mind, focuses on your own good qualities
 7. Eating on time, sleeping, resting and exercising
 8. Try to think and do the most important work instead of thinking about a lot of work at once
- Now encourage the father to practice these activities with the whole family

- Ask the father how he feels about the issues he discussed today
- Tell the father, when we can talk to someone with an open mind, our stress reduces a bit
- Also, encourage the father to think about how these discussed topics can be applied in his life and in the lives of other people in the family



Step 3

Play and Grow

Creating safe environment for children

- Now show page no. 4 from the booklet and ask the following questions one after one-
 - Does the picture reflect your life?
 - How do you take care of your child at home?
 - Why do both parents need to take care of their children?
- Listen to the answer and say, a child grows up with the care and love of both fathers and mothers. So, the father also has a role to play in the development of the child along with the mother. For example, when the mother is busy with household/cooking work, the father can take care of the children and help and support the mother in taking care of the child by bathing, feeding, and sleeping, if necessary. During this time, the mother can rest and take care of herself
- Now ask him to think of one/two situations or activities where he can praise his partner. If he can't remember then say, the children's mother can be praised for tidying up the house, cooking food and taking care of everyone, always looking after the child etc.
- Then tell the father to share the situation or activity and praise his partner in mind for it
- Say, our wives contribute so much to the family by taking on a lot of responsibilities and we must feel grateful to them. We need to praise them and help them in child-rearing. Thus, children will get a beautiful and safe environment to grow
- Listen to the father's opinion about today's session. Encourage him to share today's topic with other family members
- Conclude the session by giving thanks and hoping to meet him at the next week's group session.

Session 12

Group Session



Objective

- Fathers will be able to know and aware about last 3 week's discussed issues and how these impact their own, children & mother of the children's lives
- Father will be able to tell the importance of a safe environment for child development



Time

1 hour



Materials

Not required



Step 1

Greetings

- Start the conversation with greetings and ask for permission to talk
- Ask the fathers how they and their family members are doing



Step 2

My Wellbeing

Learn to cope with own stress and anxiety, live in peace

- Ask the fathers what was discussed in the last three weeks and tell them, in the last three weeks we talked about there are some good aspects of stress, what we usually do to reduce stress and anxiety and how we can adjust ourselves to different situations and what else we can do to manage stress and anxiety
- Ask the fathers if they had the opportunity to think about these things and ask what their thoughts are
- Listen to 2-3 fathers and find out what they have done to cope with the stress or anxiety of the past three weeks
- Ask them if they had the opportunity to discuss these issues with others in their family
- Then facilitate a role-play with 2-1 fathers about the topics discussed in the last 3 weeks. (Eg: any of the father's family members or acquaintances were under pressure/troubled by some camp issue or family issue. What did he do first in that situation and how did he get out of the pressure/trouble?). Ask the other fathers to observe the role-play carefully and tell what they understood after the role-play
- Now listen to the opinions of 2-3 fathers and thank everyone for participating in the role-play. Tell, when we talk to someone with an open mind, our stress can be reduced a bit
- Now request the father to conduct an easy task for their wellbeing and tell them that this task helps to calm our minds



Easy task

- Sit comfortably wherever you are
- Take a deep breath with the 'nose', hold it for some time and slowly breathe out through the mouth
- Then ask him to see what objects of the same color he can discover around him.

(Instruction: If the fathers do not want to do this task, explain the instruction to them so that they can do it whenever they want)

- Ask them to share how they feel and encourage them to do this task regularly at home



Step 3

Play and Grow

Creating safe environment for children

- Tell the fathers that today the discussion will be about creating a safe environment for the child
- Divide the fathers into two groups. Now ask each group to discuss what type of precaution they can take to create a safe environment (for instance, while playing, sleeping, or roaming around) for the children
- Now, provide 5-7 minutes for the discussion. After the discussion, listen to their opinion.
- Tell that if parents can take precautions to create a safe environment at home, then the dangers could be reduced. All the things which can hurt, cause pain, or be swallowed such as keys, knives, medicine bottles, pesticides, etc. need to be kept out of the child's reach. Hot water or oil or stove are also dangerous. Caregivers need to watch so the child doesn't crawl or walk toward a bucket full of water. Also, shouldn't hang anything that can fall over the child's head
- Then ask the fathers what else might be unsafe for the child and listen to the answers
- Now tell, if we can identify the harmful elements then we can take measures to remove them beforehand. In a safe environment, the child will be able to play as s/he wants, which will reduce the fear in his/her mind and also reduce the anxiety in our hearts. If you play with joy in a suitable environment for the children, they will grow up beautifully
- Listen to their opinion about today's session. Tell them to discuss today's topic with family members and say goodbye.

Session 13

Home Visit



Objective

- Father will be able to know, identify and aware of anger and conflict
- Father will learn about the benefits of telling stories to a child



Time

30 Minutes



Materials

Flipchart and Booklet



Step 1

Greetings

- Start the conversation with greetings and take permission to talk
- Ask the father how he and his family are doing and ask him how his daily life is going these days



Step 2

My Wellbeing

Be aware of anger and conflict, stay well

- Ask the father how he and his family are doing and ask him how his daily life is going these days
- Now tell the father that he may remember that last week there was a discussion about how to cope with stress and anxiety and how-to live-in peace. Ask the father to share his thoughts about this.
- Listen carefully to the father and tell him that there are moments in our lives when situations do not go our way and we can disagree with others. In situations like this one can get into conflict with the other. Then it gets difficult to accept the situation and can cause anger in us
- Now ask to know if this has ever happened to him.
- Tell the father, such situations occur more or less to all of us at some point in our lives. Whenever we disagree with someone, or there is conflict, then the behavior or actions of others who do not think like us can cause a lot of anger or resentment.
- Now ask him to think of a time when he was very angry and share how he felt that day.
- Then ask the father to know if he can understand when his child and the spouse get angry due to conflict
- Listen to his answer and praise him for trying to understand the anger and conflict of the child and the mother.
- Listen to the father and ask him to share how he feels after discussing conflict and anger
- Tell the father that, when we can talk to someone with an open mind, then the anger in our minds decreases a little bit and that can help to solve conflict.
- Encourage the fathers to share today's topic with the family members



Step 3

Play and Grow

Spend quality time with children

- Tell, today we are going to talk about how we can spend quality time with our children
- Ask him the following questions
 - How do children express their needs when they haven't learned to speak?
 - How do we understand if the child is sad?
 - What do you do when children express their needs in various ways?
- Listen to his answer and say, children, express their needs through laughter, tears, joy etc. For example, if you put your child on your lap, they will stop crying and feel happy. Children usually cry when they are upset. When the adults tell kabbyas or stories to the children, they feel happy and want to listen more. We can tell our children kissas, kabbyas or play so the time we spend with them is beautiful and full of fun
- Ask the father what are his favorite activities to do with his child
- Listen to the answer and say, if he regularly does the things that his child likes, then he/she will be happy and the father will also feel much better. This will help build a beautiful relationship between the father and the child
- Show the father flipchart's page 8 and booklet's page 6 and ask him if he ever tells a story to his child.
- Listen to the answer and say, your children will have a lot of fun if you tell stories by showing funny gestures. We can draw a child's face or a cat's face on the child's finger and tell a kissa by showing it. It will help them to learn new words and will enhance their language development. They will also learn to express their feelings
- Now ask the father to draw a face on his finger and to tell any kissa by showing it. If the child is not nearby, ask the father to tell the kissa and show to you
- After that thank the father and ask how he feels. Listen to him and say, in our house, we have bowls, utensils, and toys and we can easily make kissa out of these. For instance, we can show a ball and tell, look at this red little ball. How beautiful this ball is! Now Putu will play with this ball. How happy my putu is!
- Tell the father to tell kissa to his children regularly and to encourage other family members to tell kissa to the children.

Session

14

Home Visit



Objective

- Father will be able to know, identify and aware about the sources of anger in their life (father, child & child's mother), how anger is originated from conflict and the impact of anger & conflict in their life
- Father will be able to tell the importance of spending quality time with children



Time

30 Minutes



Materials

Large Bowl



Step 1

Greetings

- Start the conversation with greetings and take permission to talk
- Ask the father how he and his family are doing and how his daily life is going these days



Step 2

My Wellbeing

Be aware of anger and conflict, stay well

- Tell the father, last week we discussed a situation in our life when we disagreed with others, and how it made us very angry that created conflicts among ourselves.
- Ask the father, did you notice in what situation you become angry?
- Listen to him and then tell, there are some things in our daily life that give us peace or joy, as well as some which cause anger. Ask to know what the father thinks about this.
- Ask to know what kind of impact such situations have on his daily life.
- Listen carefully to the father and ask to know how he feels after sharing. Then tell the father, when you share your inner thoughts with someone, the mind becomes lighter
- Now ask him, does he ever understand when his wife and child are angry because of the conflict?
- Listen carefully to the father and praise him for trying to understand his own conflict as well as the conflict and anger of his wife and child
- Find out how the father felt after being able to say these words today, and tell him that when we can share our inner thoughts with an open-minded person, our mental distress also decreases a little bit.
- Encourage the fathers to share today's topic with the family members



Step 3

Play and Grow

Spending quality time with the baby

- Tell the father, today we'll talk about how to spend quality time with your child. Ask the father when his wife is not around, what sort of activities he does with the baby
- Listen to the answer and tell, we can spend nice time with the baby in many ways. Even if you only speak to your child, he/she will find it interesting.
- Share, now we will play with your child. Then request the father to bring a large bowl where the baby can sit easily. Inside that bowl ask the father to place his child and then pull it like a car/boat and make some playful funny sounds while pulling. Father can pretend that they are in the market place or in another camp and describe where they are going to the child while pulling the bowl
- If the child isn't around, ask the father to describe how he would conduct this play with the child
- Listen to him and then say, we can play with our children by tickling or carrying them on our shoulders and making noises like a car or plane. Moreover, while playing, the father can pretend to be asleep with his child or keep him/her on his feet and play by swinging him. Sometimes hug your child and tell how much you adore and love him/her. This will help to create a stronger bond with your baby
- Also, even if you are feeling angry or upset on a particular day, then spending time with children will make you feel better. Encourage all the family members to give quality time to the child.

Session 15

Home Visit



Objective

- Father will be able to know the impact of anger due to conflict on their body, mind and behavior
- Father will learn about basic hygiene practices for physical well-being



Time

30 Minutes



Materials

Booklet, Flipchart



Step 1

Greetings

- Start the conversation with greetings and take permission to talk
- Ask the father how he and his family are doing and ask him how his daily life is going these days



Step 2

My Wellbeing

Be aware of anger and conflict, stay well

- Now ask the father if he remembers the discussions that took place in the last two weeks, how, if our thoughts or beliefs do not match with someone, then conflicts are created with them. Ask if the father remembers the impact of this in one's life
- Listen to the father's answer and remind him how we discussed last month, the relationship between the mind and the body. If we have stress, anxiety or conflict in our minds, we can understand by looking at the symptoms in our body. For example - When we get angry, sometimes the strength of our body increases, our eyes and face may turn red, it may feel as if hot steam is coming out of our ears and head, etc.
- Now ask, how the father feels in his body when he has a conflict or is angry with someone
- Listen to the father's answer and then tell him, in fact, when we get angry, different people feel the symptoms differently in their bodies. Many times, conflict or anger affects the body as well as the mind. For example, we feel annoyed, restless, start crying, want to scream, feel bad, become very quiet, sometimes feel scared, etc.
- Now ask to know how the father feels when he gets angry
- Then tell the father, when we have a conflict with someone or we get angry, we behave differently. For example – we may break something, storm out of the house, fight, shout and ruin relationships. Ask to know what the father does in such a situation
- Now ask the father whether he can understand the effect of conflict and anger on the body, mind and behavior of the child as well as the mother of the child

- Listen to the father's answer and praise him for trying to notice the effects of conflict and anger on the body, mind and behavior of the child and the mother of the child
- Listen to the words of the father and ask to know how the father feels after talking about the effects of anger/conflict on the body, mind and behavior for so long.
- After hearing the answer tell the father that, if you can share what's on your mind with someone, the mind feels lighter. Then encourage the father to share today's topic with the family members



Step 3

Play and Grow

Growing up healthy

- Now tell the father, today we will discuss about health and hygiene of children
- Show the booklet page 4 and flipchart page 5 to the father and ask the following questions one by one-
 - What can happen if a person doesn't maintain good hygiene?
 - What can happen if a child is not cleaned, bathed regularly or wears dirty clothes?
 - What happens if we keep our home and surroundings dirty?
- Listen to the answer and say, cleanliness is very important for our well-being. If we keep our homes and surroundings clean, there will be fewer health issues and everyone will feel better
- Now ask what good hygiene practices the father needs to have for his child's well-being. Listen to the answer and say, it is important to pay attention to certain things. For instance, washing hands before and after feeding the child, cleaning fruits before feeding, washing hands after using the toilet, changing the child's nappy immediately so that he/she doesn't catch cold, keeping the home and surroundings clean, etc.
- Then ask what the father can do to help the child develop good hygiene habits. Listen and say, father can do the following with his child, such as, cleaning face and brushing teeth together upon waking up, taking bath regularly, washing hands before and after eating, wearing sandals while using the toilet, etc.
- Say, children learn a lot of things from their parents. If the father can develop these habits in the child, then the child will be very happy and he will feel good about himself
- Ask about what he has learned from today's session. Conclude the session hoping to meet him at the next group session.

Session 16

Group Session



Objective

- Fathers will be able to tell last 3 week's discussed issues and how these impact their own, children & mother of the children's lives
- Father will be able to make play materials to play with children



Time

1 hour



Materials

Flipchart, packets of empty chips, foam, cardboard, Colorful Paper or Colorful Cloth, Glue and Yarn/Rope



Step 1

Greetings

- Start the conversation with greetings and take permission to talk
- Ask the fathers how they feel sitting in a group and how their families are doing and how their daily life is going these days



Step 2

My Wellbeing

Be aware of anger and conflict, stay well

- Ask if the fathers remember the topics discussed during the last three weeks
- After listening to them tell that last three weeks we discussed
 - Situations which make us angry
 - The effects or impacts of anger on our lives
 - The effects or impacts of anger on our body, mind and behavior
- After discussing about these topics with the fathers, ask if they ever had a chance to think and reflect about these
- Tell, these things might have happened in your lives before you have spoken to us. But after talking about these things for the last three weeks, did you start noticing in what kind of situation you get into conflict or get angry?
- Listen to them and then tell, today we will play an interesting game. One of you will express your feelings to others but without saying any word. You will act out and others will try to guess what you are trying to say. For instance, you may ask someone's name, how many members are there in the family or how is the child, etc.
- After describing the rules give 5-6 minutes for this activity. Let 4 to 5 fathers to volunteer to act out one by one and others will guess
- When the activity is finished ask how they felt after participating in the activity. Say, when we can't understand someone's feelings, miscommunication, anger and conflict could happen. Now, ask if they have seen anyone around them get in conflict or get angry about something.

- Listen to the answers and then ask if they know anyone who can handle difficult situations calmly, without getting angry. Ask what steps this person takes to diffuse difficult situations
- Listen to their responses and thank them for noticing how it feels to be angry, and for their willingness to understand the people around them.
- After listening to their responses, tell them, if you can share what's going on in your mind with someone, you will feel lighter. Listen to the father's opinion in this regard
- Now request the fathers to do an easy task for their well-being and tell that easy task will help reduce anger



Easy task

- Sit comfortably wherever you are
- Take a deep breathe with the 'nose', hold it for some time and slowly breathe out through the mouth
- Think of a day when you were very angry with yourself
- Think about what you did to yourself that day
- There are times in our lives when we can easily cope with the situation and sometimes, we cannot. During such times we often give ourselves a lot of pain and heartache. Let's think, how would we feel if we were kind to ourselves/ tolerant to ourselves by accepting our own feelings at that time?
- Keep this feeling in your mind for a while
- This time I tell myself, I will show kindness to myself and love myself
- Once again take a deep breathe through the nose, hold it for some time and slowly breathe out through the mouth
(If any of the father do not want to do this task, explain the instruction to him so that he can do it whenever he wants)
- Ask them to share how they feel and encourage them to do this task regularly at home



Step 3 Play and Grow

Low cost play material development

- After the easy task, share, today we're going to make some toys for our children. We can spend quality time with our children by playing with these toys
- Tell the fathers to pair up and if there's any father without a partner you can pair up with him
- Then provide empty chips packets, foam, cardboard, colorful paper or colorful cloth, glue, and yarn/rope to every pair and ask them to make two toys that they can play with their children. But they need to make sure that the toy is safe for the children
- Give them 20 minutes to make the toys
- After completing the task, ask the fathers to share how they felt when they were making toys
- Then ask 2/3 fathers, how do you want to play with this toy with your children to spend quality time
- Listen to them and then share, making toys with recycled materials and playing or telling stories to children will fill their hearts with joy as well as ours. Besides, it will help to create a beautiful relationship with the child
- Now show page 9 of the flipchart and ask them to make various types of toys as shown in the picture
- Conclude the session by giving thanks and hoping to meet at next week's session.

Session 17

Home Visit



Objective

- Father will be aware of anger & conflict management and discuss based on his real-life experience
- Father will be able to tell the importance of having healthy family relationship



Time

30 Minutes



Materials

Flipchart



Step 1

Greetings

- Start the conversation with greetings and take permission for talking
- Ask the father how he and his family are doing
- Ask him how his daily life is going these days



Step 2

My Wellbeing

Learn to cope with conflict and anger, Stay well

- Ask the father about last week's discussion. Thank him for sharing and then tell him, we spoke about situations in which we get angry and its effect on our lives, body, mind and behavior
- Now tell the father, sometimes, when we cannot find something which we need at that time, we get angry, feel annoyed, start screaming, all of which later have an effect on our body and mind. In such a situation, ask what the father usually does and listen to his answer
- Now ask the father what kind of effect such situations have on his mind and body
- Based on what the father shares, tell him, such situations can have a damaging effect on our mind and body. Our resulting behavior can also have a harmful effect on our relationships as well.
- Ask the father how else we can deal with such situations without getting angry and shouting?
- Now tell the father, when we get angry, we can get into altercations with others, say hurtful things and ruin relationships. Alternatively, some people try to contain their anger by distracting themselves with other tasks.
- Then ask the father to know if he can understand his wife and the child getting angry due to conflict
- Now ask if he has noticed the effect of anger or conflict of his wife and child's lives

- Listen to him and then ask, how he feels after talking about the effect of anger or conflict on one's lives
- Tell the father that, when we can talk to someone with an open mind, then we alleviate our anger a little bit.
- Encourage him to look at how anger and conflict affects one's life and the lives of others in the family, and how they usually handle anger in such situations.



Step 3

Play and Grow

Happy and healthy relations in the family

- Tell the father, today the discussion will be on building a harmonious relationship with everyone in the family. Ask the father if he had played with his child with the toy that he had made last week
- Then ask the father, how can he understand if there is a good relationship among the family members. Listen to his opinion
- Show him flipchart page 5 and then tell, today I will tell a story about a family . Tell the following story,

“Kashem Mia and Sabekunnahar have five children and their youngest child is seven months old. Kashem Mia and Sabekunnahar work very hard to manage the family yet they are very happy. Because they all have meals together, everyone listens to each other, share household responsibilities and help each other in raising children. Whenever Sabekunnahar is busy cooking, Kashem Mia takes care of the children, gives them bath, feeds and puts them to sleep as needed. They spend a lot of time with their children, play with them and talk to them. When the parents are busy, the older siblings play with the younger ones and take care of them. Whenever their youngest child sees the father returning home after work, she is very happy and excited. She loves spending time with her father. Kashem Mia and Sabekunnahar often take their children out for a trip.”

- After finishing the story, ask the father:
 - How did Kashem Mia and Sabekunnahar make their family happy and joyful?
 - How was Kashem Mia's relationship with his children?
 - Why is it important to have good relationships with family members?
 - What do we need to do to make our family happy and joyful?
- Listen to the answers and say, if there is a harmonious relationship between the family members, everyone will feel good, it'll lead to a beautiful home environment where children will feel safe and secure. And to achieve that we can help each other by sharing household responsibilities and enjoy being together as a family
- Listen to father's opinion about today's session. Say goodbye and tell him you will again meet him next week.

Session 18

Home Visit



Objective

- Father will be able to know and tell about some management techniques to deal with anger & conflict
- Father will be able to tell the importance of healthy family relationship



Time

30 Minutes



Materials

Booklet, Flipchart
& Pillow



Step 1

Greetings

- Start the conversation with greetings
- Ask the father how he and his family are doing and ask him how his daily life is going these days



Step 2

My Wellbeing

Learn to cope with conflict and anger, Stay well

- Ask the father what was discussed last week and tell him that there was a discussion about how to cope with situations when you feel angry or are angry with someone else
- Give an example, when the rubbish bin in our home is full, it starts to stink and give off a bad odor. So, we empty the bin for reuse
- Now tell the father, similarly, there are many states of emotions which fill up our mind like the bin; positive feelings, negativity, anger, annoyance, etc. We need to unload and lighten our minds so that we can adapt to everyday situations and move forward in life with a new outlook. Ask the father what he does when his mind feels heavy
- Ask the father if he notices what his wife and the child tend to do to lighten their minds when they fall into such situations
- Then say, sometimes we can easily accept this kind of situation and sometimes it becomes difficult for us to adapt.
- If we follow certain steps, it will be easier for us to deal with anger and Conflict. For example –
 1. Finding out the causes of anger and being aware of the circumstances under which one gets angry
 2. When one gets angry, he should pay attention to something else rather than immediately answering / expressing it
 3. Express how one feels to the people close to them
 4. Doing things that likes to do (e.g., praying, going for walks, talking, etc.)
 5. Try to spend a nice time with everyone in the family
 6. Remembering the good moments of life
 7. Eat food on time, sleep, rest and do physical exercise
 8. Do breathing exercises 2 to 3 times a day

- Tell the father that, when we can talk to someone with an open mind, then we alleviate our anger a little bit
- Also encourage the father to think about how he can use the issues discussed today in his life and in the lives of other family members



Step 3

Play and Grow

Happy and healthy relations in the family

- Know from the father, what did we discuss in our last week's session about sharing household responsibilities
- After that, ask the father what household chores he does, who in the family takes care of children and listen to the answers
- Now show page 7 from booklet and flipchart page 2 and ask the following questions:
 - What is the benefit of sharing household chores?
 - What are the benefits for the child and the father if they spend time together?
 - What is the father doing with the child in this picture?
- Listen to the answer and say, in this picture the father is playing, grabbing colorful clothes, so the mother gets time to eat. If the mother is healthy and happy, then she can take care of the child properly. As a result, the child will grow up healthy. If both parents share the household work, then the mother will have time for self-care. The father needs to spend enough time with the child, caress and give hugs as much as the mother does. Father can play, tell kabbya/kissa to the child. The more he interacts with the child the stronger the connection between them will be.
- Now, ask the father
 - Do you play with your child?
 - Ask if his child likes to move hands and legs or climbing up?
- Today we will play a fun game. The name of the play is pillow climbing
 - You would need two/three pillows for this play. Now ask the father to place two pillows on top of each other and let the child climb on it. Encourage the child to climb up and praise by clapping if it succeeds. If the child is above 2 years, ask the father to play with three pillows. Help him if needed
- Thank the father for participating (if the child is not with him at that moment, ask the father to play pillow climbing at home)
- Then share, children usually love to move their hands and legs or climb up. This play will help with the child's physical development. Also, if the child receives praise after successfully climbing the pillows he/she will feel confident. This will help him/her in future
- Suggest the father to tell everyone in the family to play this pillow climbing game. However, during this play, they must be cautious about the child's safety
- Listen to father's opinion about today's session. Say goodbye and tell him you will again meet him next week.

Session 19

Home Visit



Objective

- Father will be able to learn to cope up with conflict and anger by becoming aware of social values
- Father will be able to create a nice home environment for the child



Time

30 Minutes



Materials

Booklet, Bamboo sticks, Glue and Paper



Step 1

Greetings

- Start the conversation with greetings and ask permission to talk
- Ask the father how he and his family are doing and his daily life is going



Step 2

My Wellbeing

Learn to cope with conflict and anger, Stay well

- Ask the father what was discussed last week and tell the discussion was about how to cope with the situation when we are in conflict and become angry
- Give an example of a gentleman who went to a wedding wearing his favorite outfit. One of his relatives laughs and makes fun of his outfit's color in front of everyone. Ask the father how he would feel if he were the person
- After listening the answer, ask him how he feels about the relative who made fun of that person
- Now tell, there are many instances in our lives when we make assumptions and judgments on other people's preferences. Ask the father how the person feels after hearing the comments
- Now tell every human being is different, everyone's thoughts, beliefs, likes, dislikes and ability to judge are different. So, when someone judges our preferences, we feel hurt and become angry, which creates conflict. Listen to the father's opinion in this regard
- Tell, each person's beliefs and values are different, and we have these values from our family, society and surroundings. Each family has its own set of rules that everyone tries to follow. For example, to take care of the youngest, to respect adults, etc.
- Ask the father to take some time to think about what beliefs and values he has learned from his family
- Now tell him that everyone has to abide by certain social values in order to maintain social harmony. These rules and regulations vary from society to society. Request the father to think the values he received from his society

- Ask the father if he has noticed what types of values his spouse and children practice
- Tell the father that, when we can talk to someone with an open mind, then we alleviate our anger a little bit
- Also encourage the father to think about how he can use the issues discussed today in his life and in the lives of other family members



Step 3

Play and Grow

Creating a loving environment for the child

- Know from the father, what did we discuss in our last week's session about sharing household chores
- Tell the father, let's go back to childhood. Ask him if he can remember how his childhood home looked like
- Listen to the answer and say, today we will try to recreate that house from childhood. We will talk about the house, its surroundings and beautiful memories from that time
- Now give the father some bamboo sticks, glue and paper and tell him to make a model of that childhood house on the paper. Give him 10 minutes to finish the task
- After the task, praise him for making the house beautifully. Now, ask him to share how he felt and while sharing ask him the following questions,
 - How was your house and its surroundings?
 - Please share any good memories of that time
- Listen to him and then tell, all of us have many beautiful memories from childhood attached to our home or the time we spent with family. We need to try our best to make a nice environment for our children so when they grow up, they can recall the beautiful memories from childhood. For example, spending quality time with the family, showing affection to the child and playing with them etc.
- Show booklet 8 and ask, how can you create a happy environment at home?
- Listen to the answer and tell, a happy environment is important for both boy and girl child while growing up and a father can create a healthy, nice and happy environment for his child. A happy environment is such where a child receives care, feels loved and feels safe
- Listen to father's opinion about today's session. Say goodbye and tell, we will meet in a group session next week.

Session 20

Group Session



Objective

- Fathers will be able to know, understand & aware about conflict due to discrepancy of values
- Father will be able to create a nice home environment for the child



Time

1 hour



Materials

Paper, Pencil and flipchart



Step 1

Greetings

- Start the conversation with greetings and thank everyone for participating
- Ask the fathers how they feel joining in a group. How they and their family are doing



Step 2

My Wellbeing

Learn to cope with conflict and anger, Stay well

- Ask the fathers what was discussed last week. Tell, we discussed how we all grew up with certain beliefs, thoughts and values, which we acquired from our family and society, which may sometimes match with others and sometimes may not
- Then say, besides that we also have our own thoughts, values and principles which we like to practice. For example, to stand by others during difficult times, helping others, etc. Ask about which beliefs, values and practices they like to follow
- Now divide the fathers into two groups. Group 1 will discuss “Only thinking about own self during any kind of danger” and Group 2 will discuss “Always helping others”. Give 5 minutes to do this activity. After that, the fathers will share their opinion in the big group
- Thank everyone after sharing and ask how they will feel if someone’s beliefs and thoughts match with others and if not
- Listen to the fathers and say, when we give our opinion on something, we give it away based on our own values and beliefs, and others tend to do the same. When we have a clash of beliefs and values, there is conflict and dispute. In such a situation, ask them what they usually do to calm themselves
- Ask the fathers, what the spouse and children tend to do to keep themselves calm
- Tell, besides these ways we can practice some techniques to adapt such situations for instance
 1. Sharing our thoughts with close people
 2. Doing things that make us feel good

3. Spending quality time with the family
 3. Doing breathing exercises 2 to 3 times a day, etc.
- Now request the fathers to do an easy task to calm themselves



Easy task

- Sit back and relax wherever you are
- Take a deep breathe slowly through the nose, hold it for a while and slowly release it through the mouth
- Let's think of the blue sky of autumn
- There are white clouds like cotton in the blue sky
- The clouds are slowly moving from one place to another
- This is how the clouds come and go away again
- Our mind is also like this, with time our inner anger, bad feelings, annoyance, comes and goes away again like a white cloud in the autumn sky
- Now let's think, "It is normal for me to feel angry and bad, sometimes it will increase and sometimes it will decrease."
- Take a deep breathe slowly through the nose, hold it for a while and slowly release it through the mouth

(Instruction: If any father does not want to do this, explain the instruction to him)

- Ask them to share their feelings and encourage them to do this task regularly at home
- Also encourage the fathers to think about how they can apply today's topic in their daily lives



Step 3

Play and Grow

Creating a loving environment for the Child

- Tell, we will do an interesting task now. Give paper and pencil to everyone
- Share, we all have our favorite moment with family. We will draw any of our loveable moments that we spent with our family. Give 15 minutes for this activity. You also participate with the fathers
- After finishing the task, show your picture and describe the picture based on the following questions:
 - How many family members are here and who are they?
 - What is happening in the picture and why do you like this?
- Tell everyone to show their drawing and describe as you did
- After finishing, ask them how they liked the activity. Listen to their answers
- Then tell, Spending quality time helps to create better relationships with others and makes us happy by remembering them
- Ask the fathers, what does create obstacles in creating beautiful moments?
- Listen to their answers and ask by showing page 7 of flipchart, why is it necessary to give importance to both boy and girl child?
- Listen to the answers and say, we love our child, whether it's a boy or girl. It is a parent's responsibility to ensure that their child grows up in a good and healthy environment. Like it is shown in the picture, we will give equal affection, care and love to both girl and boy child. From this, more beautiful family moment will be created
- Listen to their opinion about today's session. Conclude the session by giving thanks and hoping to meet in the next week's session.



Objective

- Father will be able to recognize the causes behind conflict
- Father will be able to tell the ways of spending quality time with family



Time

30 Minutes



Materials

Booklet



Step 1

Greetings

- Start the conversation with greetings
- Ask the father how he and his family are doing and ask how his daily life is going



Step 2

My Wellbeing

Staying well by learning the techniques of conflict resolution

- Now mention that last month we talked about how conflicts and disputes can arise when people have different beliefs or values, and understand how to address such situations. Ask the father what he thinks about this
- Listen to the father's opinion and appreciate for being aware of these issues and trying to adapt to the situation
- Now ask the father to think of a situation where a person buys one kilo of potatoes from the market and he finds out that there are also some rotten potatoes mixed in. His temper flares, and he begins to think that the shopkeeper was cheating people day after day. He starts shouting at the shopkeeper and they start arguing
- Ask the father how he would feel if he were the person and then listen to the answer
- Now ask the reason of the conflict and listen to the answer
- Now ask what will the father do in such situations
- Ask him if he notices what his spouse and children tend to do when they fall into such situations
- Listen to the answer and praise for trying to understand himself as well as his spouse and children
- Now mention, we express our feelings differently when we disagree with someone. Someone might express it through words and behavior while some may remain silent
- Ask the father how the man could deal the situation without quarreling

- Listen to the father and tell him our relationship with people depends on behavior, and if we maintain good relationships, then we will stay well
- Ask how he feels after sharing his thoughts and tell, through sharing we feel refreshed. Listen to the father's opinion about these
- Encourage the father to notice how he, his children and his partner express when they disagree on any issues.



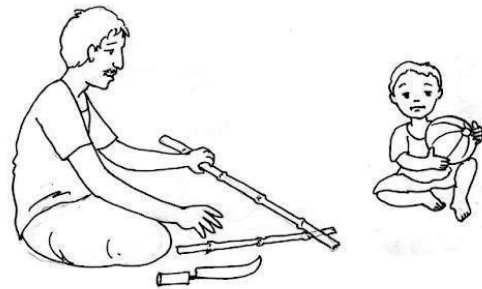
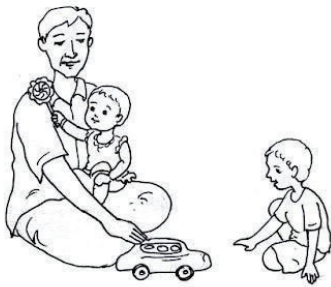
Step 3

Play and Grow

Spending quality time with family

- Tell the father that today we will discuss about the ways to build harmonious relationships and a happy environment in the family
- Now show the pictures drawn for this session and tell him to describe based on the following questions-
 - Which picture do you like the most and why?
 - Why does everyone look happy in the first picture?
- Listen to the answers and then tell, in order to build a harmonious family environment, we can practice a few things, for example-
 - Spending quality time (Playing with children, spending time with other family members, eating meals together)
 - Listening to others and giving importance to family members
 - Being appreciative towards family members and praising their good work (when a child helps out spontaneously or thanks the mother for her hard work).
 - Sharing household chores
- Tell, these positive practices will improve family relationships and we can spend quality time
- Now ask the father to think who is the closest person to his child and why. Give some time to think
- Listen to the answers and tell him that every child wants love and attention. Children usually get a lot of love and attention from their mother, so they feel safe with her and feel her as the closest person
- Now show page 3 from the booklet and ask the following questions:
 - What do you understand from the picture?
 - What kind of relationship the father wants to build with his child and how could that happen?
- Listen to the answers and tell, in this picture both parents are playing with the children. Along with mothers, fathers also need to spend time, caressing and giving hugs to their children. It can create a playful environment for children as well as strengthen the bond with the father. In this way, fathers can be closer to their children with whom children can feel safe
- Ask the father's opinion about today's session and conclude the session by hoping to meet him at the next week's session.

Images for Session 21



Session

22

Home Visit



Objective

- Father will be able to know and respond to situations which we have under control & beyond
- Father will be able to tell the importance of spending quality time with the family by taking care of the children and mothers



Time

30 Minutes



Materials

Poster, Flipchart, Small toy/object and Fabrics



Step 1

Greetings

- Start the conversation with greetings
- Ask the father how he and his family are doing and ask how his daily life is going



Step 2

My Wellbeing

Staying well by learning the techniques of conflict resolution

- Now mention, last week we talked about our relationship depending on the way we talk, interact and behave with others. Ask what the father thinks
- Listen to his opinion and then say, suppose you are invited to the wedding of a very close relative, but your doctor told you not to eat oily/spicy foods. So, you go to the wedding to keep your relatives happy and eat only as much as is healthy for you
- Ask how he would feel and do in this situation
- Listen to the answer and ask what his spouse and children would do
- Tell, when situations are under control, we can handle them properly
- Now think of a situation where we all are ready to go to a wedding, but there is a huge storm outside and we cannot go out. This time, the situation is beyond our control
- Ask how he would feel and do in this situation. Listen to his answer
- Ask what his spouse and children would do and praise for trying to understand himself as well as his family members
- Now tell him that there are times when we have control over a situation, and sometimes situations are beyond our control
- Ask how he feels after sharing his thoughts and tell, through sharing we feel refreshed. Listen to the father's opinion about these
- Then encourage the father to notice some good qualities in himself, his children and his partner



Step 3

Play and Grow

Spending quality time with the family

- Now show poster 2 and flipchart page 4 to the father and ask him to share his thoughts
- Say, in one picture, we can see the father has taken his pregnant wife to the health center. And in another picture, we can see the parents have brought the baby to the health center
- Now ask the following questions one by one and listen to the father's opinion
 - Is there any similarity with your life and the pictures?
 - What can you do to take care of a pregnant mother and newborn baby?
 - What can we do to make a strong relationship with our spouse and child?
- Listen to the answers and say, the pregnant mother needs special care because the little baby is growing in her womb. At this time, taking the mother's care means taking care of the baby. For healthy child birth, the mother needs regular checkups in the health center, help her with heavy work, eat nutritious food and take adequate rest. Timely vaccination for newborns and visiting health centers for any health risks are very important
- Listen to the father's opinion in this regard. Now we will play a game with the child
- For children younger than 2 years, show any toys/household items to the child. Move the toy/object to a certain distance and cover it with a cloth. Ask the child, where did the toy/object go? The child will find it by crawling or walking. In terms of children older than 2 years, hide the toy/object somewhere nearby and encourage the child to find the toy/object. For children under six months, hold the toy/object and say what color it is, what it looks like
- Say, these types of play will foster physical development and improve concentration power
- Ask about today's session and conclude the session by hoping to meet him at next week's session.

Session 23

Home Visit



Objective

- Father will be able to understand and identify the techniques of managing unfavorable situations
- Father will be able to tell previous months' topic and the importance of practicing those in daily life



Time

30 Minutes



Materials

Booklet



Step 1

Greetings

- Start the conversation with greetings
- Ask how he and his family are doing



Step 2

My Wellbeing

Staying well by learning the techniques of conflict resolution

- In the last two weeks, we discussed some situations that we have under control and beyond. Some circumstances and situations are good for us, while others cause stressful times, conflict and negativity. Life is all about taking in both the good and the bad
- Ask what the father thinks about this and listen to his opinion
- Now ask to think of a day when he had to deal with an unfavorable situation. Thinking about these types of situations ask the following questions and listen carefully –
 - How did the father feel in that situation and why?
 - How could he manage the situation?
 - If he couldn't, what would he have done?
- Tell the father, by practicing some things, we can find out the good aspects of ourselves which will help us to keep calm and handle the situation. For example -
 - Keep ourselves calm by doing breathing exercises in such a situation
 - Taking some time to assess and not taking any action immediately
 - Trying to understand the situation
 - Calmly understand your own feelings and explain them to others
- Ask if he can practice what we've talked
- Listen to him and ask how his partner can apply these topics in her life

- Listen to the answer and appreciate for trying to figure out how to apply these in his own and spouse's life
- Ask how he feels after sharing his thoughts and tell, through sharing we feel refreshed. Listen to the father's opinion about these
- Also, encourage the father to try to understand the feelings of himself, his wife, and his children as well



Step 3

Play and Grow

Discuss previous months' topic and practice

- Tell the father, today we will talk about the topics we have discussed in the last few months
- Ask the father what he can remember from our previous sessions. Listen to the answer and say, we have discussed many topics in the last few months. We have discussed on our well-being, how to strengthen the family relationship, child development through play
- Now ask the following questions-
 - What are his favorite topics or sessions, and why?
 - Have there been any changes in his family life after all the discussions that took place in the last few months? If so, what kind of changes are there?
 - What is his favorite play activity that he likes most to do with his child?
- Listen to the answers and thank him
- Show booklet page 3 and ask to play peek-a-boo with the child
- Thank him and say, through this game your child will understand you more, move hands to hold you, learn new words and grow healthy
- Listen to the father's opinion about the program. Conclude the session by hoping the father and his family will be safe and sound.

Session 24

Group Session



Objective

- Fathers will be able to tell previous months' topics and the importance of practicing those in daily life



Time

1 hour



Materials

Flipchart, Booklet, Paper, Ball and Rattle



Step 1

Greetings

- Start the conversation with greetings
- Ask the fathers how their family and daily lives are going these days



Step 2

My Wellbeing

Staying well by learning the techniques of conflict resolution

- Now recall that last week we discussed how we can deal with an uncontrollable situation by discovering the good qualities in ourselves that allow us to be peaceful
- Request the fathers to construct a paper plane. Assist them if needed. Now tell them to stand in a circle and ask if the fathers faced any incident after our conversation last week, which made him angry or involved in a conflict. Ask if the discussion was helpful to him during that situation. Now you throw your paper plane towards any father and ask him to share his thoughts. After his sharing, he will throw the paper plane to others. Like this, they will share their opinion
- Now tell, you are delighted that everyone shared their reflection spontaneously and very happy to work with them. Ask how they feel to be a part of this program
- After listening to the answers, find out how the sessions helped them in their daily lives
- Now ask whether they discussed these topics with his family/ neighbors / friend
- Listen to the answers and ask will they implement these in upcoming days
- Listen to them and ask how their spouses and children can practice these topics
- Ask how they feel after sharing their thoughts and tell, through sharing we feel refreshed. Listen to the fathers' opinion about these
- Now request the fathers to do an easy task for their well being



Easy task

- Sit comfortably wherever you are
- Take a deep breath through the nose, hold it for some time and slowly breathe out through the mouth
- Think of a person you love to talk to
- What is it about the words of a person for which you like to talk to him/her
- Now think about what quality you have and the way you talk for which people may enjoy talking to you
- Keep this feeling in mind for a while
- Take a deep breath through the nose, hold it for some time and slowly breathe out through the mouth

(Instruction: If any father does not want to do this task, explain the instruction to him so that he can do it whenever he wants)

- Ask them to share how they feel and encourage them to do this task regularly at home



Step 3

Play and Grow

Discuss previous months' topic and practice

- Say, we have discussed about creating a playful environment for children, different types of play activities, the importance of play etc. from the last few months
- Tell the fathers that today we will do an interesting activity. Ask them to sit in a circle and give a ball. Show the rattle on your hand and say, the ball will continue to pass as long as I keep shaking the rattle. When it stops, the father who has the ball will be asked a question. After his answer, I will play the rattle again and the ball will continue to pass. All the fathers need to be asked a question. Once a father answers the question, he will be excluded from the game. Now start the game
- During the game one of the following questions will be asked-
 - Which topic/game do you like the most among the topics discussed with the child?
 - Does the session's content have any impact on child rearing? If so, what are they?
 - Which pictures of the booklet/flipchart did you like the most and why?
- Thank the fathers for participating in that activity. Tell, we discussed various types of play and activities for children. Children make connections and build relationships with others through play, they learn new things and it also helps with communication
- Then ask, how the fathers feel after participating in all the sessions
- Listen to them and say, our session is going to end today. We'll be fine if we put what we've learned into practice. Through this period of time, I have built a good relationship with you and your child. Hopefully, we can maintain this good relationship in future
- Take note of their thoughts on the program. Conclude the session by expressing the hope that the fathers and their families will be safe and sound.

