

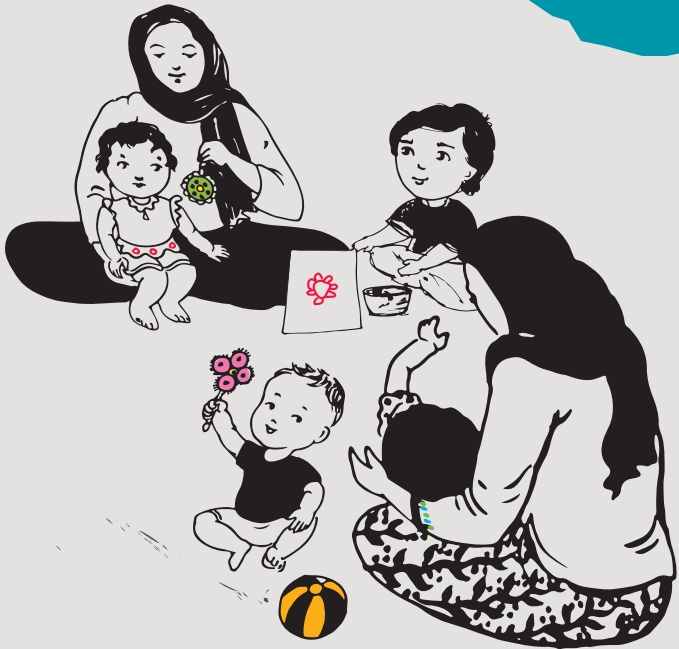


Humanitarian Play Lab

Parenting Curriculum

Under Child Protection

Home based Parenting:
For 0-3 years old children and their mother



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PARENTING CURRICULUM

HUMANITARIAN PLAY LAB HOME BASED

for

0-3 years Children and their Mothers



Preface

From the conception to the first three years is a very important time in a child's life.

The mother's mental well-being and a safe and supportive environment for the child play a central role in promoting child's healthy development. During the early years, the mother's well-being will help enhancing the physical, social, emotional and cognitive development of her baby. In the context of violence, destruction and poverty, mothers and families experience significant grief and loss. In such cases psychological support is essential to reduce psychological distress.

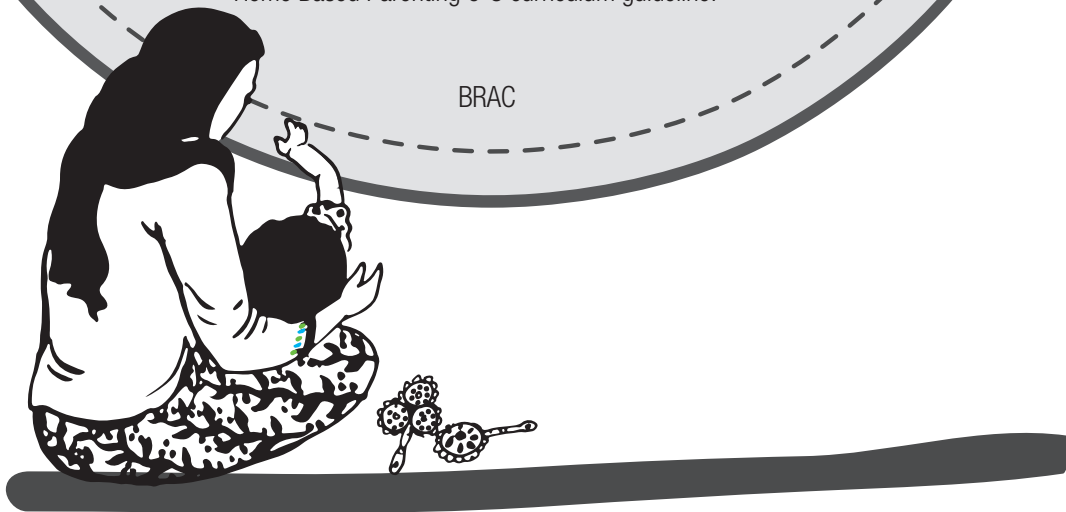
This Home Based Parenting Intervention for mothers and their young children of 0-3 years of age is an integral part of BRAC Institute of Educational Development, Humanitarian Play Lab Model [HPL] for children 0-5 years. Play is the heart of Humanitarian Play Lab Model because play is children's way of making sense of themselves and of the world around them. Play promotes mastery and healthy development, it helps the child to develop psychosocial knowledge and skills, strengthens their resilience and self-control. It also promotes language and cognitive development.

The curriculum of Home Based Parenting Intervention is designed to support and promote the mothers' well-being and by strengthening their confidence and offering opportunities for mothers to enjoy time with their babies, mothers will be better able to provide support, comfort and a sense of belonging for their children.

Through discussion, the Rohingya mothers have chosen to name this Home Based Parenting Intervention "Aju Khana" A peaceful space. As we learn with and from the mothers and children, we will continue to refine, modify and update the curriculum. Thoughtful reflections, opinions and ideas about this curriculum will be appreciated.

Finally, cordial thanks to all those involved in writing and implementing this Home Based Parenting 0-3 curriculum guideline.

BRAC



Introduction

The Home Based

Parenting 0-3 Intervention is a part of BRAC Humanitarian Play Lab [HPL] model developed for children and families in humanitarian crisis. The Home Based Parenting Intervention focuses on mother's mental health and well-being, supporting and encouraging mothers to create a safe and secure environment at home to facilitate their children's healthy development. The mother's psychosocial needs are addressed to increase resilience, build confidence and to bring positive behavioral changes. At the same time, through playing together, the child's cognitive, physical, socio-emotional and language development are promoted. Play, positive relationships, child rearing practices, cultural rhymes and stories are at the heart of 0-3 Home Based Parenting curriculum.

BRAC's HPL model is based on the mainstream play lab model for the children age 0-5 years. Home Based Parenting Intervention for 0-3 years was designed and developed to be an integrated part of the HPL model. This curriculum has been jointly developed with the knowledge and field experience of representatives of Rohingya community, BRAC IED curriculum developers, national and international experts. The curriculum has been developed following Healing and Learning Framework with the assistance of Dr. JoAnn Robinson (Professor Emeritus, University of Connecticut). Dr. Julie Stone (Infant, Child and Family Psychiatrist, Melbourne) offered guidance in the development of the 0-3 intervention and curriculum. Ms. Trudy Klauber and Ms. Biddy Youell (Consultant, Child and Adolescent Psychotherapists, Tavistock Clinic, London) reviewed the curriculum. In addition, early childhood development and the domain of the development for the Rohingya children have been identified using ECCD Learning Competency Network developed by Cox's Bazar ECD Working Group.

The Home Based Parenting (0-3) curriculum sessions are divided into two parts: 'My Well-being' is encouraging mother's self-care, and 'Play & Grow' is promoting healthy child development. Mother's psychosocial and emotional needs are addressed by creating a support network with other mothers and the professionals supporting the group. Mothers will learn about child development and the importance of play by sharing with one another. The sessions are designed to encourage experiential learning through building and strengthening relationships and knowledge sharing.

Individual sessions will be facilitated by a 'Mother Volunter' selected from the mothers' own community. Mother Volunteers' attitude, knowledge, skills and positive outlook are essential for the success of this program. Each Mother Volunteer will be supervised and supported by a Para Counselor. She will also be given a brief description of every session, with illustrations and a translation in the local language.

Above all, our hope is that this curriculum will help the staff/workers to increase their knowledge and, skills, which will play an important role in the positive change of community attitudes to, beliefs about and interactions with very young children.



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Chapter 1



Why mother's mental health is important in child development



From the research evidence, it is clear, that early family relationships are the foundation for children's healthy growth and development. Mothers play a central role. The Mother's mental health and her well-being are vital for her to be able to enjoy her role as mother. She will enjoy getting to know her baby, by taking time to talk to and play with him or her. Her engagement and their shared pleasure will encourage her child to flourish.

When a mother is unwell, anxious or depressed, sadly, this will have a negative impact on her child's development. The research evidence showing the importance of talking to children from birth to three years is very strong. Babies love to be part of a conversation and they take their part by communicating with gestures, movement and sound. The program will help Mothers tune in to their babies' communications, and strengthen their confidence to play and explore the world together.

The Mothers in the HPL program have all experienced a great deal of loss and grief. Some of them suffer from high levels of distress and some are depressed. A central objective of the home-based parenting curriculum is to support the mothers and to emphasize the importance of their mental health and well-being, not only for themselves but for their children and the entire family. By offering encouragement and some suggestions to try, the mothers' ability to take care of their mental health will be strengthened. Over time, she will become more confident and able to solve her problem by herself.

A group of mothers who have already been part of this program say the group is their biggest strength. They share their own sorrow, grief, enjoyment and happy moments with everyone. By sharing their experience and skill among themselves, they learn from and take advice and assistance from others. The trained Para Counselor are available to provide further encouragement, guidance and support, and to offer more support when it is appropriate.

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:

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 care giver in the presence of strangers • Uses body movements and gesture to intimate social interaction

Areas of Development	Skills
	<ul style="list-style-type: none"> • Responds to own name when uttered by caregiver • Gives and takes object when presented • 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)
<p>3 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

Areas of Development	Skills
	<ul style="list-style-type: none"> • 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 correctly • Want to know the meaning of unfamiliar
<p>4 Cognitive Development</p>	<ul style="list-style-type: none"> • 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

Mental health curriculum framework

Mother's mental well being is very crucial for childhood development. Considering this important fact, the framework has designed that focuses on mental health. The framework is –

Theme	Maternal Wellness/Objective	Strands
Positive emotion	<p>Key Words: good feeling, hope, pride, happiness, interest, gratitude</p> <p>Mothers will be able to -</p> <ul style="list-style-type: none"> • Understand and identify own emotions • Develop assertive attitude towards life • Know the value of positive thinking • Promote positive thinking in day to day life and in several ways 	<ul style="list-style-type: none"> • Positive thinking • Finding out own likings • Realizing self- strength • Identifying own happy memories and feel good emotionally • Recognizing own interest and do it in leisure time
Coping to support functioning	<p>Key words: Resilience, mindfulness, coping strategies, self-care, self-love</p> <p>Mothers will be able to -</p> <ul style="list-style-type: none"> • Explore the importance of self- care routines for well-being • Become mindful when depleted and refuel energy for self-care • Explore ways to refuel energy 	<ul style="list-style-type: none"> • Understand the importance of self-care and practice it in daily life to maintain well-being • Be self-aware and understand strengths • Believe in own ability • Self-pampering to prevent stress • Self-praising to boost confidence and self-esteem • Importance of being mindful
Communication	<p>Key Words: Social support, communication, self-regulation, support network, sharing ideas</p> <p>Mothers will be able to -</p> <ul style="list-style-type: none"> • Become aware of when they need social support • Promote healthy way to communicate feelings and emotions • Identify ways to communicate to promote social support • Explore what offers this support 	<ul style="list-style-type: none"> • Knowing when to seek support • Identify support network and seek help in times of need • Understanding the necessity of effective communication in day to day life • Apply communication strategies in daily life to build better relationship with others

Theme	Maternal Wellness/Objective	Strands
Acceptance and Tolerance	<p>Key Words: Acceptance, awareness, realization, emotion regulation, tolerance, accepting feelings, patience</p> <p>Mothers will be able to -</p> <ul style="list-style-type: none"> • Explore their ability to tolerate uncertainty, periods of stress • Recognize that a person is not always responsible for what happens • Developing self-compassion when the feeling of self-blame prevail • Recognize when to accept and adapt during difficulties as the way forward • acknowledge that children's developmental shifts relieve strain • Explore how own developmental shifts reflect adaptation 	<ul style="list-style-type: none"> • Identifying the factor for which person is not responsible • Recognizing best qualities in oneself which will help to accept/adapt to difficult realities • Realizing the person is not alone and help can be found if sought properly
Emotional Development	<p>Key words: Feeling, expression, growth, development, experience</p> <p>Mothers will be able to -</p> <ul style="list-style-type: none"> • Explore the ways of expressing their feelings • Examine understanding others' feeling • Practice talking about own feelings and likings with others • Engage with the environment positively 	<ul style="list-style-type: none"> • Recalling childhood memories • Finding out the ways of anger management • Recognizing the importance of talking about feelings with trusted people and how it brings relief to a person • Realizing self-emotion and regulate them positively • Understanding the importance of family bonding as the positive manifestation of emotional development
How we learn	<p>Key words: Learning, adapt, managing stress and anxiety reactions</p> <p>Mothers will be able to -</p> <ul style="list-style-type: none"> • Understand how body and behavior responds to stress • Explore how they experience stress • Examine how parent's stress affects young children • Promote routines to relieve stress and find calm 	<ul style="list-style-type: none"> • Understanding how stress affects someone physically and mentally • Finding out the symptoms of stress Realizing what a stressed person do • Finding ways to relieve stress • Identifying ways to make daily work easier • Recognizing the importance of practicing positive behavior in daily life and apply it • Understanding the importance of stroking for self-development
Autonomy	<p>Key Words: reflecting self-governing behavior, can do attitude, decision making ability .</p> <p>Mothers will be able to -</p> <ul style="list-style-type: none"> • Explore aspects of daily life where they experience choice and agency • Recognize their inner spirit which will promote their well-being • acknowledge the value of interdependence with another where they can work together having own thoughts 	<ul style="list-style-type: none"> • Realizing self-confidence to take decisions independently • Believing in one's inner strengths

Chapter 2

Humanitarian Play Lab

**Home Based Parenting Intervention for
0-3 years**

Home Based Parenting Intervention (0-3 Years)

Home Based (0-3 years) intervention is a part of the Humanitarian Play Lab [HPL] Model. The intervention's focus is the healthy development of children 0 to 3 years through play, and the health and well-being of their mothers. Pregnant women in their third trimester are invited to be part of the Home-based Parenting intervention.

This intervention recognizes the importance of mother's (or other significant caregiver's) well-being and seeks to support her so that she can enjoy caring for her infant, and facilitating her child's physical, cognitive, language, social and emotional development. A mother's mental health and well-being play a central and vital role in encouraging and supporting young child's holistic early growth and development.

The curriculum is designed and developed to create a culturally appropriate and welcoming space for the mothers and their young children. The intervention emphasizes the importance of the mothers' self care, supporting her to become more confident to create a safe, nurturing space for her children. By encouraging experiential learning, the intervention is designed for mothers to share their experiences and for them to learn together about the importance of play in a child's life. Different games and activities that are fun, and promote healthy development will be introduced.

In this home based parenting curriculum, there are two home visits by one of the program facilitators. Pregnant women who are in the third trimester, and women with babies between 1-45 days old are the recipients of these home visits. The new mothers will then be invited to join a group that meets weekly.

The session for the mothers and their children (46 days to 3 years) will be conducted by a group of two skilled professionals:

1. Mother Volunteer, who will become skilled under the guidance and assistance of Para Counselor. She will follow-up with the mothers and their children every week.
2. Para Counselor, who will offer psychosocial support to the mothers and assist Mother Volunteer in discussing child development and conducting play with the child.

Guiding Principles

HPL Home based (0-3) intervention will support and promote mothers' well-being by building their confidence to provide support, comfort and a sense of belonging to their infants. It uses the power of relationship and play to help children build trust in others, to heal and learn, and to develop.

1. Facilitated group session provides a welcoming space for the mothers and young children of 0-3 years to support mothers and promote healthy mother and child relationship. The space provides an opportunity for mothers to reflect, discuss and interact with other mothers and babies for healthy mother-child relationships, and to support mother's well-being.

2. The aim of the intervention is to understand the challenges in caring for young children and focus on encouraging family harmony and self-care of the mother so that she becomes confident to create a safe and nurturing place for children.

3. Identifies, builds on and respect, positive cultural family practices and how they can be adopted in this new environment.

4. It is designed to be delivered at the home of a mother that is culturally acceptable.

5. Participatory method keeps the infant in mind and offers an opportunity for mothers to observe and play with their babies.

6. Promotes child protection, health, nutrient and hygiene messages and provides linkage to services as needed.

7. Facilitation training incorporates principles of respect, empathic listening and understanding of recent trauma and loss of homeland and how this may impact on the mother and her infant.

Objectives

- To ensure mothers' well-being for themselves and their families.
- To raise awareness and enrich mothers' understanding of healthy child development.
- To help the mothers to understand the importance of play in child development.
- To promote and apply the appropriate child rearing cultural practices to support healthy child development
- To create enabling environment for the mothers to encourage experiential learning facilitated by Mother Volunteer and Para Counselor

Home Based Parenting

(0-3 years old children and their mother)

Objectives of Intervention

- To inform the mother about the importance of play in the growth and development of the child
- Informing the mother about the healthy development of the child
- Ensuring the mental well-being of mothers for themselves and their families
- To encourage the positive practices of own culture for the proper growth and development of the child
- Creating a collaborative and friendly environment through Mother Volunteers to encourage experiential learning

Intervention Characteristics

Both Mother Volunteers and Para Counselors play a key role in Home Based Parenting program (0–3 year old child and their mother). Mother volunteers and Para Counselors will be supervised by Program Organizers.

Mother Volunteers will hold the central responsibility for facilitating the Home Based Parenting sessions. A Para Counselor will train, support and supervise each Mother Volunteer, helping her to become competent and effective in facilitating the sessions.

Mother Volunteer:

Mother Volunteers will take on the responsibility for conducting Home Based Parenting sessions. Each Mother Volunteer will facilitate four groups, with each group meeting for one session in a week. The Para Counselor will support the Mother Volunteer to facilitate the weekly sessions until she feels confident to do so on her own. The Para Counselor assists the Mother Volunteer and will follow up with the participants if and when needed.

Para Counselor:

Para Counselors have received extensive training in offering psychosocial support and also on child development and play. They have a well-developed understanding of mental health and the impacts of trauma and adversity. As the mother's well-being and mental health get priority in Home Based Parenting session, the Para Counselors are responsible for sharing their knowledge with the Mother Volunteers, helping them develop a good level of understanding.

The second part of the session 'Play and Grow' emphasizes the importance of play for children's well-being and healthy development. Para Counselors will support Mother Volunteers to become competent and confident in facilitating both "My Well-being" and 'Play and Grow' part of the curriculum.

Program Organizer:

Program Organizers will provide overall support to Mother Volunteers and Para Counselors to conduct the sessions. They also follow up the work of Mother Volunteers and Para Counselors.

Roles and responsibilities

Mother Volunteer

- Look for possible areas for pockets for parenting session and assist Program Organizers (PO) to find out pockets
- Help Para Counselor (PC) and Program Organizer (PO) to decorate pockets
- Look for mothers with children of 46 days to 3 years and help Para Counselor (PC) to search for and register them
- Identify pregnant mothers and help PC to register them
- Arrange home based parenting sessions (mothers with children of 46 days to 3 years) in specific pockets and ensure necessary materials (mat, toys etc.) are available during the session
- Follow Para Counselor while conducting sessions
- Conduct specific sessions assigned by the Para Counselor
- Arrange one to one sessions with pregnant women and the mothers of 1 to 45 days old babies
- Conduct follow-up with listed mothers at least once in a week
- If necessary, refer mother to Para counselor for psychosocial assistance.
- Encourage children to play and join with them spontaneously in all types of play activities suitable for the child
- Participate in all types of training
- Conform to all rules and regulations set by authority.

Para Counselor

- Facilitate one to one session (home visit) with pregnant women in their last trimester and the mothers of 0 to 45 days old babies
- Conduct home based parenting sessions with the mothers of 46 days to 3 years old children in pockets
- and the mothers of 0 to 45 days old new born babies once a month
- Give psychosocial assistance to children and the mothers of 0 to 3 years old children and if needed, refer them
- Show respect to mothers, children and community people and keep good relation with them
- Provide practical knowledge to the mother volunteer about facilitating the session and help them to become skilled
- To be present while mother volunteer conducts her session.
- Play all kinds of suitable games spontaneously with children.
- Ensure the active engagement of children in child appropriate play during the session
- Pay a home visit to the listed mothers at least once a month with mother volunteers
- Help PO and mother volunteer to decorate pockets
- Provide strategic advice to improve the quality of the program
- Participate in all meetings, workshops and training

Program Organizer

- Look for potential mother volunteers and collect primary information
- Recruit mother volunteers for the program
- Find and select houses for conducting group session
- Take necessary steps to decorate the pocket
- Follow-up the work of mother volunteers and Para Counselor
- Participate in all types of meetings, workshops and training
- Identify necessary materials
- Ensure necessary materials (mat, toys etc) are available during the session
- Ensure regular communication with mother, child and local community
- Preserve all administrative information
- Exchange information with supervisors
- Prepare, circulate and preserve reports.

What is 0-3 Intervention



This curriculum is designed based on 7 main themes and they are- positive emotion, coping to support functioning, communications, acceptance and tolerance, emotional development, how we learn, autonomy. Maintaining consistency with each topic, 40 sessions have been developed for first year. Every session will be conducted once a day in a week in one group for an hour. The information, materials and methods will be practiced in the session and are described in sequence in the curriculum. The session is divided into two main parts.

“My Well-being” focuses on the well-being of a mother. It includes discussing and practicing content like positive thinking, self-care, coping with difficult situations, identifying people close to them, etc.

“Play and Grow” focuses on child development. The activities and the discussions revolve around the importance of mother-child relationship in child development, how a mother can use play to create a safe, nurturing space for her child, exploring ways of child care and cultural child care elements that could positively contribute to a child’s development.

Curriculum Objectives

- Recognize, respect and address the needs of cultural diversity and positive practices
- Increase awareness of parents’ roles in child’s development
- Give mothers a wide range of opportunities to share their experience of child rearing practices
- Facilitate the creation of a supportive network among group members
- Identify and recognize the importance of mother’s mental health for her and child’s well-being
- Promote play as a medium of creating safe and secure bonding between mother and child

Chapter 3

Home Based Parenting Session
Ajju Khana

Introduction to **Session**

There are four step of session _____

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

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

Step **1** **Well Wishes**

At the beginning of the session facilitator will greet the mothers and welcome them to the session. Before going to the main session the mothers will practice a mindfulness activity to relax and calm down.

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

In this part the activities and the discussions revolve around the importance of mother-child relationship in child development, how a mother can use play to create a safe nurturing space for her child, 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 mother's well-being through discussing and practicing content like positive thinking, self-care, coping with difficult situation, identifying people close to them, etc.

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

At the end of the session, few tasks are given to the mothers based on what they had discussed or practiced that day. The purpose of Follow up task is to help the mother to take the learning home and reinforce it.

Home Visit

(Third trimester)

1

Well-being of Pregnant Mother



Objective

Will be able to tell what to do to stay physically and mentally sound during pregnancy.



Time

30 minutes



Materials

None



Follow up task

Tell her to imagine good things about the child, reflect back on good memories, take care of herself, talk to the people she likes



Step 1 | Well Wishes

- At first, greet and introduce yourself to the pregnant mother and family members. Now, talk about the objectives of today's visit,
 - Discuss how a pregnant mother can stay healthy physically and mentally
 - Discuss what are the plans and preparation before the delivery
 - Discuss the importance of building a strong connection between a mother and her unborn child and what she can do to create this bonding
- Start the session with the pregnant mother by taking consent from her family.



Step 2 | My Well-being

- Tell her that it is important for pregnant mothers to stay mentally sound besides being physically fit. Now say if she is able to maintain both her physical and mental well-being then she will be able to give birth to a healthy child.
- Now ask her whether she has received any health services from anywhere in the camp during her pregnancy. If the answer is yes, ask her which services she is receiving currently. If she hasn't received any health services yet, encourage her to go to the nearest health center for routine check-ups, and follow the advice of the health center.
- In case of any emergency (e.g., bleeding, high fever, convulsions, excessive headaches, etc.) ask her to go to the health center immediately.
- Ask where the delivery will take place. If necessary, suggest to her to go to the nearest health center or to hire a trained midwife for that
- Tell the mother to eat, shower, rest and sleep on time every day to keep herself in good health.



Step 3 | Play and Grow

- Tell the mother, to do an interesting activity and see how she feels about it
- Tell her to touch her tummy and imagine a happy moment with her child. After a while, ask her how she felt doing it.
- After listening to her, say, "If you think of something beautiful about your child, you will feel happy. This feeling will make you calm and peaceful inside. At the same time, it will create a connection between you and your unborn child and strengthen the mother-child bond"
- Suggest to her to imagine joyful and happy moments with her child during her leisure time
- Ask the mother what do they do to take care of a newborn child.
- Discuss the following points based on the her answers,
 - Breastfeeding should be done immediately after the baby is born and exclusive breastfeeding must continue for the first 6 months of child's life
 - Both mother and child should always maintain proper hygiene and cleanliness
 - Be very cautious so that newborn does not catch cold
 - Mother and child must go to the nearby health center if any kind of emergency arises
- Now ask her what she has understood from the discussion.
- End the session by thanking her and wish her the best for the delivery.

Home Visit

2

(Mother of 1-45 days old newborn baby)

Enjoying Motherhood



Objective

Will be able to tell how the mother can enjoy her time with the child and be happy



Time

30 minutes



Materials

None



Follow up task

Tell the mother to imagine happy moments and talk to her child as much as possible. While breastfeeding, tell her to stare into her child's eyes, hold and play with his/her hands, cuddle and talk with her child



Step 1 | Well Wishes

- Congratulate the mother for her newborn and ask how her daily life is going
- Say thanks for giving you her time.



Step 2 | My Well-being

- Say the objectives of today's visit
 - Discuss how the mother can remain peaceful and stay happy
 - Talk about how she can manage necessary time for her newborn
- Now ask the mother about her feelings after giving birth. Encourage her to speak about both positive and negative feelings
 - Ask her to speak about what she is enjoying and feeling good about
 - Try to identify if there's anything that is bothering her and making her feel bad
 - If she feels bad, find out the reasons
- Tell her that it is normal for new mothers to have some positive and negative feelings for various reasons. The more one focuses on good things in life, the more it helps to reduce the negative feelings
- Now suggest to the mother to try to stay cheerful, speak with everyone, maintain a harmonious relation with all family members, discuss any problems with her husband and other family members, give as much time to her newborn as possible, take care of herself, divide her time for daily chores, do the things she loves, etc
- While taking care of the newborn (e.g. during feeding, bathing, or putting him/her to sleep), tell her to talk or recite rhymes (Oli) to the child
- Also tell the mother to eat properly, not to lift up heavy things, take proper rest and sleep and to maintain cleanliness/hygiene
- In case you understand that the mother's normal life is disrupted due to the mother's negative feelings (lost appetite, lack of sleep, unhappy about the child birth, or doesn't want to talk to anyone and doesn't feel like taking care of the newborn, etc) then you must immediately refer to the para counselor



Step 3 | Play and Grow

- After discussing about the mother's feelings now tell her to imagine a happy moment with her child. After a while, ask her how she feels about it
- Tell her that positive thinking is not only beneficial for the mother and the child individually, but is also useful for building a strong bond between them
- Now tell her how strong mother-child bond contributes to the child's growth
 - Mother's voice boosts child's confidence. Therefore, it is important that the child hears mother as much as possible
 - Small babies babble and makes different sounds. If the mother responds to them, it helps the child to communicate and this will help the child to learn language.
 - Giving attention to the newborn's regular tasks (e.g. feeding, giving bath, rocking the child to sleep) and making eye contact while speaking to the child and cuddling the child can make the child feel safe and secure and bond better with the mother. This will ensure the child's well-being
- Tell the mother to do exclusive breastfeeding till the child is 6 months old
- Tell the mother to vaccinate the child on time
- Ask the mother to go to the nearest health center in case of any health emergency for herself or her newborn
- Ask about today's discussion
- In the end, congratulate the mother again for her baby, wish her and her baby happiness and good health. Finally thank her and end the session.

Session 1

Let's Introduce Ourselves



Objective

Will get to know each other

Will be able to tell the contributions of play to the areas of child development



Time
1 hour



Materials
Petal-shaped paper



Step 1 | Well Wishes

- Ask how everyone is doing
- Thank the mothers for attending the session
- Tell the mothers that every week for one hour this group will sit here. This is a safe space where everyone can share their thoughts and feelings without being judged. All will listen to each other attentively and with respect.



Step 2 | My Well-being

- Now explain to the mother that we will get introduced to each other through an activity. Then give a few petal-shaped papers to the mother and keep some for you. Now explain, imagine each petal is a member of our family and make a flower using the petals with the number of family members we have. After making the flower, share first who are in your family and how they are doing. Now ask the mother to share about her family
- After the game, ask the mothers how they felt introducing themselves and knowing the rest of the mothers' names
- Tell them, every week in this group, mothers will be talking about themselves, discussing about their lives and sharing their experiences. This will help the mothers know each other better. This group will help the mothers to connect and be friends with each other
- Also tell the mothers that in this group they will discuss about their children's well-being and care, activities they like doing with their children, parent child relationship and attachment etc. Mothers will share their experience and will learn from one another.



Step 3 | Play and Grow

- Ask the mothers what type of play activities they do with their children and how do they feel after that. Tell them, they can play with their children at any age. Play contributes to a child's physical, cognitive development etc. Play can reduce stress and can make both mother and child happy
- Now ask the mothers to recite kabbiya (rhyme) to their child. If they want, they can say the following kabbiya. Show the mothers how to do Kabbiya with their children. You can use a doll or a child from the group with the mother's permission. Take the child on your lap and say the Kabbiya with voice modulation and facial expression, engaging the child
- While reciting the kabbiya, move the child's hands or shake the legs affectionately and gently for fun. Then tell the mothers to do the Kabbiya the same way with their child. After finishing, thank and praise the mothers for participating with their children

Amar putu hadere

Kola patar tolere

Chonkhi chonkhi uthe re

Biyarai biyarai hadelle

- Ask mothers about their child's reaction while doing the Kabbiya. Listen to their answers
- Tell the mothers, that every week different types of activities and play will be facilitated with children. This will have a positive effect on children's physical and brain development. Any happy moment shared with children accelerates their development
- Tell the mother to spend more time with her child and encourage other family members to do the same. End the session by requesting mothers to attend the session next time.

Session 2

Relation with Mothers



Objective

Will be able to know more about other group members

Will be able to tell the importance of talking with her child



Time

1 hour



Materials

None



Step 1 | Well Wishes

- Ask how everyone is doing. Thank them for attending today's session
- Ask how their family members are doing.



Step 2 | My Well-being

- Tell the mothers that today in this group everyone will share a happy, interesting or funny experience or memory that they'd like others to know
- To make the mothers feel at ease, start the session by sharing your own experience. Your experience or memory could be from your childhood, a current event or any incident that happened in the past
- After sharing yours tell the mothers to share theirs
- After everyone is done with sharing, ask how they felt talking about their memories or experiences
- Listen to the mothers. Then tell them, this is a group where everyone can share about themselves. Together in a group mothers will talk about their happiness, aspirations or feelings as well as their sorrows or troubles. Sharing helps with reducing stress and promotes relaxation
- Ask the mothers whether they enjoy playing with their children or not. Then say that playing with children is another way to feel better and relax in difficult situations. Through play, both the mother and child can enjoy quality time together.



Step 3 | Play and Grow

- Tell the mothers that today they will do another Kabbiya with their children. Ask them to pick any kabbiya as they wish or they can recite the Kabbiya given here. Before starting, show what to do with a doll or a child after getting the mother's permission. Take the doll or child on your lap and move the legs and arms affectionately and gently while reciting the Kabbiya. Engage the child with facial expression and voice modulation. After finishing your turn ask the mothers to volunteer. Thank and praise the mothers after they finish

Ta tananar bari ja
Nana dilo kela mula
Duyare bosu haa

- Ask the mothers why it is important to do kabbiya with children. Listen to everyone and discuss the importance of reciting Kabbiya from the previous session. The mothers who were present in the previous session should be able to tell more
- Encourage everyone to talk more so everyone can learn from each other
- End the session by thanking the mothers and invite them to attend next week's session.

Session 3

When I Am in a Group



Objective

Will be able to form good relations with other group members

Will be able to tell the importance of touch in child's cognitive and physical development



Time

1 hour



Materials

Cloths and balls



Step 1 | Well Wishes

- Ask how everyone is doing. Thank everyone for attending the session
- Ask how their family members are doing
- Ask how they have been doing over the past week.



Step 2 | My Well-being

- Before starting the session, divide the mothers into two groups and say that they will play an interesting game today. Each group will take a turn so everyone can participate
- Give every group a large piece of cloth with several holes and tell each group member to hold it high
- Now put two balls on the cloth and tell them to move these balls from one side to another without dropping them. Once the balls are successfully moved from one side to other instruct the mothers to bring back the balls to the starting point without dropping them to the floor. Tell them to repeat it for 4/5 times
- After completing the task ask them what they think about this game, what were their strategies while moving the balls, what they did to successfully complete the task
- Now tell them the objective of this game. Everyone present in this session is part of this group. The group members will always work together to achieve a goal. So, it is very important to have a good understanding among the group members. Members must stand by each other whenever necessary. If any member of this group faces any difficult situation then other members must come forward to help. Just like today's game.



Step 3 | Play and Grow

- Ask mothers, if they ever massage their child. Encourage mothers to speak, listen to them and ask for a volunteer to show how she gives massage to her child
- Tell mothers to practice massage with their children in the session. While giving massage to their children they can speak affectionately and lovingly. To do this activity it is not necessary to use any oil or cream. Here, the main focus is to bond with the child during the massage and it's important to speak lovingly with the baby during the massage
- Ask the mothers why they massage their child and what do they think are the benefits of it. Ask them what else they like to do during the massage and how their child responds. Listen to them
- Now say that children love their parent's touch and it is a good way of communication. A parent's touch gives a child a sense of security and helps them feel loved
- Now tell mothers, children enjoy when their mother makes eye contact and speaks, or recites Kabbiya while massaging. This helps with the mother-child emotional bond. Other family members can follow the same procedure while massaging the child. In this way, their bonding with the child will be stronger
- Now thank everyone and end the session by inviting them for the next week's session.

Session 4

Let's Review



Objective

Will be able to tell the topics discussed over the past three weeks



Time
1 hour



Materials
Rattle and Ball



Step 1 | Well Wishes

- Ask everyone how they are doing today. Thank all for attending the session
- Then say, "Today, the past three weeks sessions will be reviewed through a game."



Step 2 | My Well-being

- Now to remind the mothers about the previous discussion from last three week's session, discuss the following questions and encourage mothers to participate. Help them if needed
- **1st session: Let's introduce ourselves**
 - What did you do in the first session? How did you introduce yourselves? What did you do with your children in that session? What was discussed about the importance of Kabbiya? What was discussed about Aju Khana/pocket and attending the session?
- **2nd session: Relation with mothers**
 - What points were discussed on how to form a good relationship among the mothers? What were the rules of this mothers' group? Which Kabbiya was told with the children?
- **3rd session: When I am in a group**
 - Which game was played and how? What was discussed about the importance of being in a group?
 - After this, say that now the mothers will play a game
 - Tell everyone to sit in a circle and give them a ball. Show the rattle in your hand and say that they need to pass the ball as long as the rattle makes a sound. Once the rattle stops whoever is holding the ball will have to answer to a question
 - In this game, one question will be asked to one mother. You need to remember, every mother should get at least one chance to answer. Here are few examples of the questions
 - How many days the mother will come to aju khana in a week?
 - Why you will come to aju khana?
 - Why it is good to play with children?
 - What game can you play at home?
 - What are the things you need to remember while playing with children?
 - Why is reciting kabbiya good for children?
 - How can you recite kabbiyas?
 - Recite a kabbiya with your child
 - What is a group and what are the benefits of being in a group?
 - Why is it good to massage a child?
 - After finishing the ball passing game say that everything that had been discussed in the past three weeks has been a great learning for many. From listening to each other everyone learned something. This way, when everyone is together, lots of new things are learnt from each other. Finally finish the session/discussion by saying thanks and invite mothers to come the next week.

Session 5

Positive Thinking



Objective

Will be able to understand the importance of positive thinking

Will be able to promote child's physical development through play



Time
1 hour



Materials

Different types of toys, Colorful papers, glass/small bowl, bottle cap/ small toys, Soft cloth, Spoon, Rattle



Follow up task

Tell the mothers to do breathing exercise along with practice positive thinking at home and play this game or any other game with the children



Step 1 | Well Wishes

- Ask everyone how they are doing today. Thank everyone for attending the session
- Tell the mothers that there are many reasons that may cause stress in daily life. Today they will learn a breathing exercise which will help them to reduce stress
- Then, ask the mothers to share what generally causes stress in them
- After listening to their experiences, conduct the breathing exercise
- Tell everyone to close their eyes and sit comfortably
- Now tell them to take a long deep breath, hold it for some time and slowly breathe out. Tell them to do this exercise three times
- Ask the mothers if they found this exercise beneficial. After listening to them, say that from now on you will conduct breathing exercise at the beginning of every session. This will help everyone to start the session with a peaceful, relaxed mind.



Step 2 | My Well-being

- Tell the mothers that today they will play an interesting game together. Lead the game according to the following instructions
- Tell the mothers, "We are always thinking of something. Sometimes we have beautiful thoughts but sometimes there are thoughts that worry us." Now tell the following sentences and ask the mothers to identify which statements are positive or good for them:
 - I wish the best for my family
 - I will not keep in touch with anyone. Nobody loves me
 - I need to take rest while working
 - My child is very happy when I play with him/her
 - I will scold my child if he/she makes a mistake
- Ask the mothers to identify which statements are good and why they think so
- Now conclude by telling them, "Positive thinking is something that brings peace to our minds. It has a good effect on yourself and others. On the other hand, negative thinking is neither good for yourself nor for others. Positive or good thinking releases pressure from our mind and helps us to stay stress free."



Step 3 | Play and Grow

- Tell the mothers that each of them will play with her child now
- Mothers who have children below 6 months old will play with their children using colorful papers, soft clothes, spoons or rattle toys. First show the toy to the child, then hide it whenever the child tries to touch it and ask "Where did the toy go?" showing your empty hands
- For children more than 6 months, place the toy a little further from the child, cover the toy and ask where did it go. As the child crawls or slowly moves towards the toy, encourage and praise him/her
- For children more than 2 years, arrange two glasses or small bowls and small toys, bottle caps or any object that is smaller than the glass or bowl. Now show the object/toy to the child and cover it with one glass or bowl. Place the other glass or bowl beside it. Switch the two glasses or bowls several times and ask the child to guess where the toy/object is. Whichever glass or bowl the child indicates, uncover it to see whether it has the toy or not. If the child can guess right then clap and praise him/her.
- And if he can't guess, play this game again. Through this play, children will be more attentive and able to develop the problem solving skills.

Session 6

Things I Like



Objective

Will be able to recognize what they like

Will be able to tell the importance of play in child's cognitive development



Time
1 hour



Materials
piece of cloth



Follow up task

Tell the mothers to practice what they like to do and play this game or any other game with their children



Step 1 | Well Wishes

- Ask everyone how they are doing today. Thank them for attending the session
- Ask about last week's breathing exercise. For example, how did they feel while doing the exercise, has anybody tried that at home, or do they find it useful
- Now tell them, before starting the session you will conduct breathing exercise
- Tell everyone to close their eyes and sit comfortably
- Now tell them to take a long deep breath, hold it for some time and slowly breathe out. Tell them to do this exercise three times
- After breathing exercise, remind them about last week's discussion on positive/good thinking and its practice in daily life. Ask them who have thought about positive/good thinking in the past week.



Step 2 | My Well-being

- Now tell everyone to talk about the things they like to do. For example, some like to embroider beautiful flowers, some like to sleep, some like to make samiyana, some like to make something with paper or clay
- Tell the mothers to pair up and share about the things they like doing. When someone is sharing, the other mother will listen actively
- If there's any mother without a partner you must pair up with her
- After the discussion is over, you start by sharing what your pair likes. This will help everyone to share with ease. After you and your partner are finished encourage everyone to speak
- Then ask about their feelings after having listened to each other's likes and shared their own
- Say, everyone has many things they like. If one understands the things she likes doing, then she can practice that more. If everyone practices what they like, then they will feel better. That's why it is important to think about and practice what one likes to do.



Step 3 | Play and Grow

- Tell them in today's session children will play Peek-a-boo with the mothers
- Take a child and cover his/her eyes with a piece of cloth. Then uncover, make eye contact, and say "Tuki" with a smiling face
- Now tell the mothers to play with their children
- For this game, mothers with children less than 6 months old will take their children on their lap and mothers with children over 6 months old will sit the child in front and play. Tell the mothers to encourage children who are more than 1 year old to play on their own. For the children more than 2 years, mothers can play hide-&-seek with their children
- After the activity, ask the mothers about their feelings while playing Tuki with their children. Listen to them. Then say, children enjoy this type of game and learn to express their feelings through gestures. Also, the relationship between the mother and the child deepens and a sense of courage builds in the child's mind so that the child is not afraid, if the mother goes somewhere for a while. He understands his mother is close. This sense of security is very important for the child's development
- Ask them to share their opinions on how the game benefits children. Then tell the mothers that children had fun playing this game and that the attachment between the mother and child grew stronger as a result of this game.

Session 7

I Can Do Many Things



Objective

Will be able to tell the connection between learning new things and feeling of happiness

Will be able to tell the importance of physical play to increase child's motor skills



Time

1 hour



Materials

Paper, Color pencils, Plastic bottles, Two colored ribbons



Follow up task

Ask them to draw something they like and play with children at home



Step 1 | Well Wishes

- Ask everyone how they are doing today. Thank all for attending the session
- Conduct the breathing exercise with mothers
- Tell everyone to close their eyes and sit comfortably
- Now tell them to take a long deep breath, hold it for some time and slowly breathe out. Tell them to do this exercise three times. Review last week's session on the topic 'What I Like.' Ask how many remember the discussion
- Then ask which play they did with the children last week, and if the fathers participated in any activities with the children. Encourage the mothers to speak.



Step 2 | My Well-being

- Tell the mothers that today they will be doing an interesting activity. Ask mothers if they have ever embroidered flowers or made design patterns on kantha, bed-sheets or on curtains at home. Listen to the answers
- Ask the mothers how many different types of patterns or designs they can make. Listen to their answers
- Now give paper and color pencils to the mothers, and tell them to draw designs or patterns as they wish. If the mothers feel hesitant to draw then ask them to think of the beautiful floral patterns they make in Samianas or the designs they do with henna. These could be their design inspiration for drawing
- If the mothers are still uncomfortable with drawing then you can help them by doing a demonstration
- After the mothers are done with drawing, ask how they felt. Listen to their answers
- Now appreciate everyone for participating and say, "At the beginning of this activity some mothers felt awkward thinking they never drew with pencil and paper or they were out of practice. But once they started to draw everyone ended up with wonderful designs! And the creative process has generated positive feeling within everyone"
- Ask the mothers what other creative work they can do. Listen to their answers
- Tell them any kind of creative activity causes one to feel a sense of happiness. One can feel confident doing the work they like and can even become skilled. This also helps to build curiosity towards learning new things.



Step 3 | Play and Grow

- Tell the mothers that they will play with their children in this session. Play instruction for children aged between 6 months to 2 years is described here
- PC and MV must prepare for this activity beforehand. For this play, a transparent plastic bottle and two different color ribbons are needed. Punch two holes in the bottle caps to attach the ribbons. Tie two ribbons with a knot on one end and insert the other ends in two holes on the bottle cap. Tie the knot to the loose ends of ribbons. Now place the ribbons inside the bottle and secure the cap tightly
- Now give the bottle to the children and help them pull the ribbon out. As the ribbons are tied with knots, children can pull as much as they want
- Let every child of this age group play with the ribbon. Children will enjoy watching ribbons move from the transparent bottle and this will help with fine motor skills
- For the children aged between 46 days to 6 months do the play in following manner. Ask the mothers to show colorful ribbons to their children and as they want to grab them hide the ribbons and say, 'Oh where did the ribbon go?'
- Ask the mothers to play this game several times
- Tell the mothers that when children pull or try to grab the ribbon, their muscle movement will improve and it is good for their physical growth.

Session 8

Let's Review



Objective

Will be able to discuss the concepts of past three weeks discussion



Time

1 hour



Materials

Rattle, Ball



Follow up task

Ask them to practice the things discussed in today's session at home and to talk about these topics with other family members



Step 1 | Well Wishes

- Greet the mothers and ask how they are doing. Thank them for coming to the session
- Tell the mothers that today they will do an activity on gratitude practice. Ask them to shut their eyes and think of one thing to be grateful for. After a minute tell them to give thanks silently
- Then ask the mothers to share what they are grateful for. For example, one could be grateful for her good health for and her ability to work or waking up every morning and finding loved ones are all well, etc
- After the sharing tell the mothers, "It is important to think of things we are grateful for in life. This helps us to realize how well we are compared to many others."



Step 2 | My Well-being

- Now to remind the mothers about the previous discussion from last three week's session, discuss the following questions and encourage mothers to participate. Help them if needed
- **1st week's session: Positive Thinking**
 - What kind of thoughts are good for mental health? Have they practiced positive thinking in past weeks? Why does one need to think positively? What are the benefits of this?
 - What kind of play activity did they do with their children? How did the child communicate with the mother?
- **2nd week's session: Things I like**
 - What do they like about themselves? How do they feel when they discuss and share about each other's likes?
 - What kind of play activity did they do with their children? What are the benefits of that play?
- **3rd week's session: I can do many things**
 - What have they drawn at home? Did they enjoy drawing? Has this activity helped them?
 - What kind of play activity did they do with the children? What are the benefits of that play?
- Tell everyone to sit in a circle and give them a ball. Show the rattle in your hand and say that they need to pass the ball as long as the rattle makes a sound. Once the rattle stops whoever is holding the ball will have to answer to a question.
- In this game, one question will be asked to one mother. Need to remember, every mother should get at least one chance to answer. Ask questions like,
 - Mention one thing that you have applied in your life from the last three sessions
 - Name one play you did with your child from the last three weeks' sessions
- After everyone has participated end the activity by saying that they all have gathered here to talk about themselves, share experiences and learn new things from each other. Hopefully the learnings will help them to manage their day to day life better
- Conclude the session by inviting the mothers to join the next session.

Session 9

My Daily Tasks



Objective

Will be able to tell the importance of planning daily chores to become more organized

Will be able to tell the contribution of speaking in child's language development



Time
1 hour



Materials

Papers, Color pencils



Follow up task

Suggest the mothers to think about what they are going to do throughout the day beforehand.

Encourage the mothers to play the game with their children at home



Step 1 | Well Wishes

- Ask how everyone is doing. Thank them for attending in the session
- Request everyone to sit in a relax way
- Now ask them to breathe slowly. while breathing, ask them to notice any sound in their surrounding and try to understand the source of the sound
- Listen their feeling after doing this activity
- Discuss about the last week's contents



Step 2 | My Well-being

- Tell them that in today's session they will discuss their daily chores or what work they usually do everyday
- Divide the mothers into 4 groups and give a paper and 2 color pencils to each group
- Now ask the mothers to draw the work they do throughout the day on their paper. Explain to them the drawing rules
 - Group 1 will draw – Tasks done in the morning
 - Group 2 will draw – Tasks done at noon
 - Group 3 will draw – Tasks done in the afternoon
 - Group 4 will draw – Tasks done in the evening till they go to bed
- Once they finish drawing, ask one mother from each group to show and explain their drawings to others
- Ask the mothers to talk about what other chores or tasks they do besides the ones they already have drawn. Encourage the mothers to speak and listen to them
- Then say, if the mothers can plan their daily chores then their day will be easier. For example, they can prioritize which task they need to do when, what preparation is needed, make list of chores so they know what are left to do etc. Simple planning can make their lives easier in many ways.



Step 3 | Play and Grow

- Tell the mothers that giving time to their children and playing with them is one of the most important activities of the day. Now, ask the mothers to do the following play with their children
- Mothers with children above 6 months will ask their children, 'Where is my baby's leg? Oh! Here it is.' Then say, 'We walk with our legs'. If the child is already learning to walk then after introducing legs, walk the child. Then ask again, 'Where are my baby's hands? Here are my baby's beautiful hands. What do we do with hands? We hold things!' This way, ask the mothers to show each body part in a playful way and say its name. By playing this game children will learn about their body parts
- Play the same game with the children above 2 years. In this case, just let the child answer first
- For children younger than 6 months, ask the mothers to touch their children's hands, feet, tummy while singing Kabbiya or other songs to them
- Say that, by doing this play children will learn about different parts of their body. Also children will be able to respond or express their emotions through movements.

Session 10

My Interests



Objective

Will be able to identify and share their interests with others

Will be able to tell the importance of physical play in developing motor skills



Time

1 hour



Materials

Toys, Cloth



Follow up task

Tell the mothers to think about what they are interested to do after they wake up every morning and encourage them to do that activity. Ask mothers to play this game. Tell mothers to encourage children's fathers to play this game with children too.



Step 1 | Well Wishes

- Ask how everyone is doing. Thank them for attending the session
- Conduct the breathing exercise
- Now discuss the topic from last week's session on 'My daily tasks'. Ask the mothers if the session had been helpful to them in making plans for daily work. Ask the mothers if they had done anything differently
- Then ask them about what play activities they and the fathers had facilitated with their children.
- Encourage the mothers to speak.



Step 2 | My Well-being

- After the mothers have shared their experiences, tell them today's discussion will be to explore what interests them. Say that, when they are interested in something, they like to put more attention to it. They enjoy doing that activity or task because it is interesting to them
- To start the conversation, talk about yourself first. For example, you can share that facilitating a session is interesting to you because you learn new things from the mothers or you find talking to everyone interesting or you are interested to make toys and cook special dishes for your children. Sharing different examples will help the mothers to understand and think about their own 'interest'
- Then tell the mothers that today they will be sharing what they are interested about and also learn what others' find interesting
- Now ask anyone to volunteer and share about her interest and how it feels when they are doing something interesting. Encourage everyone to participate
- As the mothers are sharing, ask who has similar interests
- After everyone has shared, ask
 - Have you ever paid attention to what interests you or shared this with anyone?
 - How do you feel talking about your interests and knowing about others' interest?
- After listening to everyone tell them it is good to know what they find interesting. This helps them to know themselves better. When one knows what they enjoy doing then they will put more attention to it and they can become better in that task. For example – anyone who finds drawing interesting can practice more and become better, one who finds interest in cooking or toy making can become more skilled by doing this regularly. Doing something interesting can bring mental peace to individuals
- Moreover, knowing about what other family members love doing will enable the mother to encourage them, this will strengthen the relationship and lead to better family bonding



Step 3 | Play and Grow

- Ask the mothers to take their children on their lap if they are below 6 months and recite the following Kabbiya. Tell the mothers, while reciting to create a rhythm by tapping two fingers on their palms

Ta ta ta naar bari ja
Nana dilo kela mula
Duare boshi ha

- Ask the mothers to do the following play if their children are from 6 months to 1 year old. Tell the mother to take a toy, show to the child and hide it under a cloth, then ask, 'Where is the toy?'. Let the child search for it
- If the child is over one year old then keep the toy at some distance and encourage the child to crawl or walk towards it
- These activities- tapping while reciting Kabbiya, searching and crawling towards toy will help children to focus on something. This will enhance their cognitive and physical development.

Session 11

My Happy Memories



Objective

Will be able to acknowledge the importance of recalling happy memories in day to day life

Mothers will be able to tell the importance of speaking with her child



Time

1 hour



Materials

None



Follow up task

Tell the mothers to play the game with their children at home. Furthermore, suggest to them to think about good things that happened through the day for their own peace of mind.



Step 1 | Well Wishes

- Ask how everyone is doing. Tell them that you are happy to see them. Thank them for attending the session
- Conduct breathing exercise with the mothers
- Now discuss last week's session on 'My Interest'. Ask the mothers if they had thought about their interests
- Then ask, which play they and the fathers had done with their children. Encourage the mothers to share their experiences



Step 2 | My Well-being

- Tell the mothers that today they will be sharing their beautiful and happy memories with everyone
- To encourage the mothers, start by sharing one of your own memories
- Then ask everyone to close their eyes and think about a memory that gives them happiness. That could be a childhood memory or from recent times
- Ask the mothers to share their memory with everyone
- Then ask the mothers how it felt to recall happy memories
- Listen to them and then ask how it feels to talk about happy memories and hear from others
- During the discussion focus on the point that thinking and talking about happy memories not only brings joy but also contributes to positive state of mind. It reduces negative thoughts and sorrows. Sharing happy memories with each other gives pleasure, like during today's session
- Suggest the mothers to share happy memories with their family members as well.



Step 3 | Play and Grow

- Tell the mothers to take the children on their lap and ask them how they show love and affection to their children
- Ask the mothers how their children responds to cuddles, hugs or kisses.
- Ask two or three mothers to show how they cuddle or show affection to their children
- Then tell the mothers to make the eye contact with their children, smile at them and then recite the following Kabbiya

“Ayor putu hoi hoi”

Ponnat gie goi

Hara hara noka aiyer baboi angoi”

- Then tell the mothers to make their children sit at a distance from them and then recite the poem while doing gestures or clapping to grab their children's attention
- During the Kabbiya each child might respond differently, for example they might make noise, try to speak, smile or imitate hand gestures
- Then ask the mothers to share their feelings after doing the Kabbiya with their children
- After listening tell the mothers that when they make eye contact while speaking with their children, children are more attentive and this promotes their language development

Session 12

Let's Review



Objective

Will be able to talk about the topics discussed in the last three weeks.



Time
1 hour



Materials
Rattle and ball



Follow up task

Ask them to practice the things discussed in today's session at home and to talk about these topics with other family members



Step 1 | Well Wishes

- Ask everyone how they are doing. Thank them for attending the session
- Tell the mothers that they will learn a new activity today. In this activity everyone will have to create a rhythm by tapping their palm with two fingers
- Ask them to sit comfortably. Start the activity by saying Tai, Nai, Tum and then ask them to start tapping. Slowly the tapping sound will synchronize and create one group rhythm. After a while finish the activity by saying Tai, Nai, Tum
- Ask the mothers how they felt doing the new activity.



Step 2 | My Well-being

- Now to remind the mothers about the previous discussion from last three week's session, discuss the following questions and encourage mothers to participate. Help them if needed
- **1st session: My daily tasks**
 - Ask the mothers what they remember from first week's session. Listen to them. Ask them how planning can help organize day to day activities and if that has benefitted them in real life
- **2nd session: My Interest**
 - Ask the mothers what they remember from second week's session. Encourage mothers to talk about their interests. Ask them if they had done anything of their interest in past weeks
- **3rd session: My Happy Memories**
 - Ask the mothers what they had discussed in third week's session. Encourage few of them to share their happy memories and ask how they felt sharing their memories. Ask if they had shared their memories with their family members
- Tell everyone to sit in a circle and give them a ball. Show the rattle in your hand and say that they need to pass the ball as long as the rattle makes a sound. Once the rattle stops whoever is holding the ball will have to answer to a question
- In this game, one question will be asked to one mother. You need to remember, every mother should get at least one chance to answer. Ask questions like,
 - Mention one thing that you have applied in your life from the last three sessions
 - Name one play you did with your child from last three weeks sessions
- After everyone has participated end the activity by saying that they all have gathered here to talk about themselves, share experiences and learn new things from each other. Hopefully the learnings will help them to manage their day to day life better.
- Conclude the session by inviting the mothers to join the next session.

Session 13

I Am Not Alone



Objective

Will be able to realize that they are not alone and will be able to identify the people close to them

Will be able to tell the importance of touch for child's sensory motor development



Time

1 hour



Materials

String, Spoon, Balls or any soft toys, scarf



Follow up task

Tell the mothers that whenever they feel lonely, they have to think that they are not alone. They have a lot of close people who love them and talking to those people about their happiness and sorrows will make them feel better. Ask them to play the game shown with their children at home and to encourage other family members to play the same game.



Step 1 | Well Wishes

- Ask how everyone is doing. Tell them that you are very happy to see them
- Thank them for attending the session
- Do the breathing exercise with the mothers



Step 2 | My Well-being

- Tell them in today's session they will talk about the people with whom they can easily share their feelings (happiness, sorrow, laughter, tears etc.) and how speaking to them gives them peace
- Say the mothers will do a short activity. Then give the mothers a string or rope
- Now ask the mothers to think of the people with whom they are very close. Every time they identify one person very close to them, they will tie a knot on a string. The more people they find the more knots they will tie
- After some time when the mothers are finished, show your string and talk about the people close to you
- Now, one by one, ask them to show their strings and talk about these people
- Ask them how they are feeling after talking about the people close to them and hearing from others
- After they answer, ask them to look at each of their strings. Tell them that everyone has several knots in their strings meaning everyone has people very close to them, so they are not alone
- At the end say that everyone has someone very close to them to share their feelings with. These close people are always beside the mothers to give any support and because of them the mothers should never feel alone.



Step 3 | Play and Grow

- Ask the mothers to talk about the people close to their children. Listen to their answers.
- Now tell them, children can feel who are close to them by the tone of voice these people use, by the way these people touch them and by the way these people look at them
- Children learn to depend on those who respond to their emotions and needs when they cry, who take care of them or play with them. This is how children become close to people around them
- Now ask the mothers to do the following play with their children
- Sit beside the child with a spoon, cloth, ball or any soft object. Under 2 years of age, let the child touch the object or give the object to the child and take it away. Do this a few more times and praise the child when she/he touches the object
- For the child above 2 years, tie a knot on one side of a large scarf and put the scarf on the floor. Now place the child in front of the knot and let the child hold the scarf. The knot will provide support from the back. Now, the mother will pull the scarf gently. Make sure the child doesn't get hurt
- Ask the mothers how do they feel after playing the game. Through this game children will get an idea about soft and hard objects or textures. This will also improve their eye-hand coordination

Session 14

My Emotions



Objective

Will be able to understand the importance of every feeling of human emotion

Will be able to tell the importance of play in child's cognitive development



Time

1 hour



Materials

Colored papers, Two glasses or small pot and toys.



Follow up task

Tell the mothers to practice the ways of regulating their emotions at home.

Encourage the mothers to play the game with their children.



Step 1 | Well Wishes

- Ask how everyone is doing. Thank everyone for attending the session
- Ask the mothers to discuss why every session starts with a breathing exercise. Listen to their answers and say that in day to day life they go through a lot of mental pressure and breathing exercise can help manage stress and bring peace
- After that do the breathing exercise
- Discuss last week's topic on 'I am not alone'. Encourage mothers to share their experiences. Then ask if mothers or other family members have conducted the suggested play with children from last week's session.



Step 2 | My Well-being

- Tell the mothers that every human being feels happiness, sadness, anger or fear. When something good happens people feel happy, when bad things happens people feel sad or angry. These are emotions that humans feel and in today's session mothers will be discussing about this
- Start the session by doing the following activity. Show the participants pieces of papers in four different colors. Ask each mother to close their eyes and pick any color from your palm. You must prepare enough pieces of paper at least of four different colors - red, green, yellow and blue - in advance so that every mother gets a piece. Ask the following questions according to the color of the paper and listen to the answers-

Color	Question
Green paper	When do you feel happy?
Blue paper	When do you feel sad?
Red paper	What are the reasons that makes you angry?
Yellow paper	When do you feel scared?

- You must pick one as well and share about your emotions based on whatever color you have picked. Encourage the mothers to talk about why or when they become happy, sad, angry or scared
- After the discussion ask the mothers to say how they comfort themselves when they are sad and listen the answers. Tell mothers, it is totally normal to feel these emotions. But one must remember not to suppress the emotion inside. When one is sad or angry, it is important that they focus on something else or share with someone who understands them. This will help with the healing process.



Step 3 | Play and Grow

- Tell mothers children also have emotions like adults
- When children are happy they laugh, when they feel pain, they cry. When mothers recite Kabbiyas to children or play with their child, the child will feel joy and happiness. The same child will feel threatened or scared if the mother scolds or beats him/her. Feeling sad or scared is not good for a child. It is important for the mother and family members to ensure that the child feels secure and comfortable at home
- After the discussion tell the mothers that they will play with their children now. For this play arrange two glasses or small bowls and small toys, bottle caps or any object that is smaller than the glass or bowl. Now show the object/toy to the child and cover it with one glass or bowl. Place the other glass or bowl beside it. Switch the two glasses or bowls several times and ask the child to guess where the toy/object is. Whichever glass or bowl the child indicates, uncover it to see whether it has the toy or not. If the child can guess right then clap and praise him/her. You can play this with children above 1 year old. Conduct this play with several children in the group
- While playing this with children under 1 year, instead of bowl or glass use a of cloth to cover the toy/object and ask, 'Where is the toy?'
- Through this play children will develop problem solving skills.

Session 15

Controlling Anger



Objective

Will be able to know how to calm down when angry.

Will be able to tell the importance of play in child's socio-emotional development



Time

1 hour



Materials

Paper, Car(toy).



Follow up task

Tell the mothers that they need to practice anger management techniques

Encourage them to play the game with their children. Tell mothers to encourage children's fathers to play this game



Step 1 | Well Wishes

- Ask how everyone is doing. Thank everyone for attending the session
- Do the breathing exercise before starting the session. Discuss last week's topic on 'My Emotions'. Encourage mothers to talk about what had been discussed last week. Ask if the mothers and family members have played with their children.



Step 2 | My Well-being

- Tell the mothers that everyday does not go the same. Someday one might feel happy and other days the same person might feel sorrow or anger. In today's session everyone will talk about how they calm themselves while they are angry
- Now share with mothers what you do when you are angry. For example, to divert your mind you might spend time walking in the courtyard or take a nap
- Now take a paper airplane and tell the mothers that you will throw it to someone and she will have to share how she calms herself down when she is angry. After she is done talking, tell her to throw the paper airplane to anyone in the group
- This way each mother will share techniques they use to calm down
- After every one has shared ask which technique they liked the most and why
- Also, ask them which technique they think they can practice when they need to calm down, and why
- Ask how they feel after sharing and listening to each others' techniques
- Finally, tell them that there are many different techniques to calm down like doing a breathing exercise or taking a short break from work or going somewhere to be alone for some time. It is necessary to know healthy ways of dealing with anger. If one is expressing anger negatively then it will not only harm her but also the people she is with.



Step 3 | Play and Grow

- Ask the mothers why children get restless or cry
- Listen to the answers and say that children too feel happy, sad or angry just like adults. Maintaining a daily routine for meals, bathing, play time and nap time can help a child to remain calm and relaxed. Playing with children also gives them comfort and a sense of security. Play also helps children to bond with family members
- Tell the mothers that now they will play with their children. Ask two mothers to sit face to face with their children. Now tell the mothers to take a toy car and push it from one mother to another. While doing so mothers can make noises like a car to make it more interesting
- Then let other mothers and children play with the car if time allows. This play is for the children over 6 months old. If the child is more than 2 years old, ask two children to sit facing each other and play the game. Through this game, children will learn how to share and their social-emotional skills will develop
- For the children below 6 months play with a rattle. Show the rattle to the child, make noise with it and then put it at a distance from the child so he/she can extend his/her hands and reach for it. This will improve children's physical development
- Conclude the session by saying thanks and inviting everyone to the next week's session.

Session 16

Let's Review



Objective

Will be able to talk about the topics discussed in the last 3 weeks



Time
1 hour



Materials
Ball



Follow up task

Ask them to practice the things discussed in today's session at home and to talk about these topics with other family members



Step 1 | Well Wishes

- Ask everyone how they are. Thank everyone for attending the session
- Now say that today the past three weeks' sessions will be reviewed through a game.



Step 2 | My Well-being

- Now to remind the mothers about the previous discussion from last three week's session, discuss the following questions and encourage mothers to participate. Help them if needed
- **Session 13: I am not alone**
 - Do you remember the activity of tying the knots on the string or rope?
 - Why did you tie the knot and what did you learn about yourselves?
 - what play did they do with their children in that session?
- **Session 14: My emotions**
 - If you become sad, how would you comfort yourself?
 - What was the play activity in that session?
- **Session 15: Controlling anger**
 - What are the ways to calm yourself when you are angry?
 - What was the play activity in that session?
- After the discussion tell the mothers that they will play a game now. Ask everyone to sit in a circle and give them a ball or object. Tell them to pass the ball as long as they hear you recite Kabbiya. The moment you will stop your Kabbiya, whoever is holding the ball or object will have to answer a question. Now recite the following kabbiya -

Amar putu hadere
Kalapatar tole re
- Here are some examples of questions you can ask. Make sure every mother gets a chance to answer
 1. Who are the people close to you?
 2. Name one play from the last three sessions and the benefits of that play
 3. Have you practiced positive ways to deal with anger?
 4. Have you practiced anything from the past three sessions that you think was beneficial for you and your child?
 5. Has anyone from your family played with your child? If yes then what game did they play?
 6. Please demonstrate breathing exercise
- After finishing the game say that they have learned a lot from discussing and sharing experiences. Every time they will gather in a session, they will learn from each other. Finally conclude by thanking everyone and inviting them to come next week.

Session 17

Communicating with Each Other



Objective

Will be able to describe the importance of effective communication

Will be able to tell the importance of play to increase child's communication skill



Time

1 hour



Materials

Colored cloths or tape,
Toys



Follow up task

Tell mothers to practice communicating their own needs and problems with others

Encourage them to play any game with their children at home



Step 1 | Well Wishes

- Ask everyone how they are. Thank everyone for attending the session
- Do the breathing exercise with the mothers



Step 2 | My Well-being

- Ask the mothers, what do they do when need help at home? For instance, when they need something for cooking or if a family member falls ill. Listen to their answers
- Tell them whenever they share their feelings, thoughts or experiences with anyone, that is communication. Communication can also happen through writing, painting, facial expressions, gestures or sign language
- Tell them in today's session they will play an interesting game. In this game you will whisper a sentence to a mother and she will whisper it to the mother sitting next to her. The rule is to say whatever she heard at first go
- Pick a complex sentence and start the game. An example sentence is given here: "In my family, I have 3 sons, 2 daughters, my husband, as well as my mother in law and my youngest son is 3 months old"
- When everyone is done participating ask the last mother to say out loud what she had heard. And then tell the first mother to say the sentence. If the sentence doesn't match, ask them why they think it didn't match. Listen to their responses
- Tell them, "The sentence was complex and you had only one chance to listen to it. That is why there was a misunderstanding. Likewise, in day to day life if one cannot communicate properly then the chances of misunderstanding is higher"
- If the sentences match between the first and last mother then praise them and say that, even though there were many obstacles, they still could manage to communicate with each other properly
- Then tell the mothers that they live not only in a family but in a society too. In this society, they have neighbors, relatives, friends, caregivers such as nurses, health and family planning workers, doctors, police and so on. Every now and then they need to talk to them, inform them about their needs, wishes, difficulties etc which means mothers need to communicate with people all the time
- Say that if the mother can communicate well with the people around them then it will make them feel stronger, more connected and eventually help them feel peaceful.



Step 3 | Play and Grow

- Ask the mothers how their children communicate with them
- Tell the mothers that children babble, make meaningless noise, move their hands and legs or cry to communicate their needs. It is important for the mothers to understand what the child is trying to communicate
- Tell the mothers that now they will do an interesting play with the children aged more than two years. For this game they will need one or two colorful large piece of clothes. First you make a zigzag line by folding the colored cloth thinner (large colored tape can also be used) and place a toy at the end of the line. Now walk a couple of times on that line in front of the child (can also use a doll to demonstrate walking) and take the toy
- Now ask any mother to play this game with her child. You can help the child to walk on the line. While walking the mother can encourage the child to pick up the toy at the end. If the child moves away from the line in the middle, ask them to start again from the beginning or bring them to the start point and ask them to walk again. If the child can finish walking over the whole line and take the toy, praise him/her by clapping. (You can also ask the child to drive a car over the line)
- This game will increase the communication between mother and child. Children will also develop physically and learn to control their body
- Children aged more than 6 months, can crawl along that line. For children below 6 months of age, the mother will sit beside the child with any toy, ball or any soft object. Let the child touch/hold the object or give the object to her/him and take it away. Do this few more times and praise the child by clapping when she/he holds the object. This will make the child happy and more attentive.

Session 18

Finding My Support System



Objective

Will be able to identify their support system

Will be able to tell the importance of language development through story



Time
1 hour



Materials
Paper and pencil



Follow up task

Tell the mothers to identify their close ones and share their feelings so that they won't feel alone

Encourage the mothers to tell kissa (story) to their children. Also tell them to encourage children's fathers and other family members to tell kissa (story)



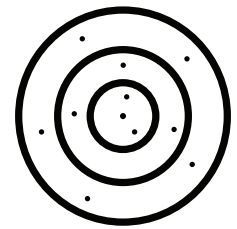
Step 1 | Well Wishes

- Ask everyone how they are. Thank everyone for attending the session
- Then do the breathing exercise
- Discuss the last week's topic on 'Communicating with each others'. Ask the mothers if they had communicated well in last week with other family members and played with children. Encourage them to speak.



Step 2 | My Well-being

- Say that in this session mothers will identify the people who are close to them. Give examples to the mothers and say, "If you face any problem, you may discuss with your PC because she listens to you and gives solutions. On the other hand, if you face any problem at home you solve it by discussing with your parents or husband. When you are upset, you talk to close friends or relatives. We all have such people who are close to us, who are always there for us and help us"
- Then ask the mothers whom they ask for help when they face any problem and why. Encourage every mother to share
- Now tell, let's do a fun activity. You also do with the mothers. Give each mother a piece of paper and a pencil. Now ask them to draw a small circle in the middle of the paper. Then ask them to draw another circle outside this circle
- Now draw another circle outside the 2nd circle. Ask to put a dot in the center of the first circle. Then say, the dot in the first small circle is the mother herself. These three circles are the mother's own world. The first circle closest to the dot contains the closest people
- Ask the mother to think of the people closest to her, to whom she can tell everything and who is always there for help in times of trouble. Mothers will dot the number of closest people they find in the first circle. Ask them to dot the 2nd circle as well who are nearer to the mother but a little further than the first circle. Similarly ask them to dot the 3rd circle which is a little further than the 2nd circle but they are also close to mother's
- When the task is finished, ask a few mothers to tell something about their closest people and what makes them so close
- After finishing, ask them how they liked the activity
- Now say that "If we know who are people close to us then we will not feel alone. We need to know who will help and stay by our side when we are in distress."
- Ask them what need to do to nourish those relationship and listen some of their thought



Step 3 | Play and Grow

- Tell the mothers, "Just as we have people close to us, children also have people close to them. The closest person to a child after birth is his mother. Gradually the child becomes acquainted with father, siblings or other members of the family. The more time family members spend with the baby, the more they become close to the baby. So, the father and the other family members can also play with the child or tell the child a kissa.
- If the child is elder than 2 years, tell the mother to tell any kissa (story) of bird /animal
- If the child younger than 2 years, the mother will take him to her lap. Now, you will tell the story with gesture, smiling face and making eye contact with the doll- "In one country there was a small putu (the child). She was very adorable and naughty sometimes. She did not want to listen to her mother at all. She wouldn't eat and take a bath properly. She would get dirty and just wanted to eat tasty treats from the store! One day the little child's stomach began to ache. She was in so much pain! Her mother saw this and said angrily, "You have to eat whatever is cooked at home!". Putu started listening to her mother's words and eating nutritious food. Gradually she recovered and became more polite. And became sweeter! Though she was sweet already! What is the name of this sweet, polite Putu??" Her name is ... (Their child's name)
- Ask a few mother to tell this kissa (story) to their baby one by one. Ask them how she felt while doing so
- Tell the mothers that telling stories to children will help to develop their language skills, children become interested in doing good deeds and they also have fun.

Session 19

Communicate to Find Services



Objective

Will be able to tell where, when and how to communicate with the available service providers in the camp

Will be able to tell the importance of motor skill development and building confidence through play



Time
1 hour



Materials
Pillow



Follow up task

Tell the mothers to discuss about the service provider center among the family member. Encourage them to tell Kissa to child at home



Step 1 | Well Wishes

- Ask everyone how they are. Thank everyone for attending the session
- Then do the breathing exercise with the mothers
- Discuss about the last week's topic on 'Finding my support system'. Say that last week they identified the people who are close to them and stand beside them under any situation. Encourage mothers to talk about last week's session. Then ask them in last week's session which story they had told to their children. Ask, if she and the father had told any story to the child at home. Let the mothers to share.



Step 2 | My Well-being

- After the discussion tell the mothers to sit in a circle and say that today they will listen to a story. Tell the following Kissa (story)-
- Nur Kayeda is a mother of five children. She is very busy all day doing household chores, cooking, taking care of her children and family members. Her children often roam around and go far from home. When they are home they fight with each other. Nur Kayeda is stressed with the household chores, worried that her children go here and there without telling her and frustrated with their fighting. A few days ago, Nur Kayeda's husband fell ill and he could not go for relief. Meanwhile, they were running out of food. Then, during a storm Nur Kayeda's house's roof was blown away. She was living in great hardship with her family. Because of all these problems, she become even more frustrated and depressed.
- After telling the kissa, ask the mothers-
 - What type of problems were Nur Kayeda facing?
 - Does Nur Kayeda have any solution to these problems?
- After listening to the answers, say that Nur Kayeda can send her children who are above 3 years of age to the nearby HPL. That way children will be occupied at the center and she can do her household chores more efficiently and can have time for self-care. Similarly, if Nur Kayeda knew where to go for relief when her husband was ill, she could have food for the family. By doing all these she could solve her problem and not break down.
- After the discussion, tell the mothers that you will give examples of some situations and the mothers have to tell what they will do if they face these situations, where they should go or whom can could go or whom they could talk to for help. The questions and answers are given below. If the mothers cannot give the answer, help them by telling the answer

Questions	Answers
If house shed is destroyed by a storm, where should one go?	At first to the "Majhi" (Community leader) then to the information center. Information center will guide them what to do.
Where can one get relief?	Relief distribution center
If any one finds a lost child on the road where does he/she need to be taken?	CIC
If one feels troubled or unhappy, where should she go?	To para counselor
If you are ill or cut your hand / leg where will you go?	Health center

- After the discussion tell the mothers that there are many other places like these which are important for them to know. If they know this information then during any trouble they will know where to go or who to seek help from. This will help them to remain calm and confident during any trouble. Now that they know this information, they can also help others in need.



Step 3 | Play and Grow

- Now ask the mothers if their children like climbing. Listen to their responses
- Then say that they can place two pillows on top of each other and let the children climb there. This is a climbing play that children enjoy a lot. When they are climbing over the pillows, they feel like they are climbing a hill. If they fall they will try again and again. This attitude of not giving up will help the child to be more self-confident in the future. This contributes to their physical development. Do this play with children above 6 months old.
- Tell, the children love climbing and move their hands and legs. Now say, today we will play a very interesting game. The game is climbing pillow
- Tell, 2/3 pillows will be needed for this game and describe the rules
- If the children are less than 2 years, tell the mothers to place two pillows on top of each other and let the children climb there. When the child can climb or try to do so, encourage by clapping. Help if needed and say, when the child is trying to climb this foster physical development and become very happy
- Children aged more than 2 years will play this game using 3 pillows. Mothers needs to be careful while playing to ensure safety
- Now, let 2/3 mothers to play this game with their child one by one. Thank them for participating
- Children below 6 months, mother will tell any Kabbiya (rhyme). This will develop communication skills.

Session 20

Let's Review



Objective

Will be able to describe the discussions of last three weeks



Time
1 hour



Materials
Ball



Follow up task

Ask them to practice the things discussed in today's session at home and to talk about these topics with other family members



Step 1 | Well Wishes

- Ask everyone how they are. Thank everyone for attending the session.



Step 2 | My Well-being

- Now to remind the mothers about the previous discussion from last three weeks, discuss the following questions and encourage mothers to participate. Help them if needed
- **1st week's session: Communicating with Each Other**
 - Why is it important to communicate properly with family members and others in society?
 - How do children communicate?
 - What type of game did you play with the children? How did they communicate with you? If yes, what type of benefit?
- **2nd week's session: Finding My Support System**
 - If you face any problems or any danger, to whom will you go?
 - What type of help do you get from that person?
 - Why is it important to feed children on time?
- **3rd week's session: Communicate to Find Services**
 - From where will they get aid in the camp? Tell them to name some of the aid agencies
 - Why do we need to know about these aid agencies?
 - Why do we need to play pillow climbing game with the children?
- Now say, "We will play a game and through this game we will know what we have learned from last three weeks"
- Tell them to sit in a circle and give a ball to any mother. Now you will recite the following kabbiya (rhyme) with nice rhythm-

Amar putu hadere
Kola patar tole re
- As long as you recite, the ball will be passed on. You will stop reciting at any time. When you stop, the mother who holds the ball will be asked one of the following questions. You need to keep in mind that every mother should get a chance, so you need to stop reciting accordingly
- You will ask the following questions to them-
 - Why do we need to communicate effectively? What are the benefits?
 - Why do we need to know who are our close ones?
 - Do we need to play with children? If so then why?
 - Why do we need to recite kabbiyas or tell kissas to children?
 - What are the benefits if we know about service provider places?
- After the game, say that they gathered here to listen to each other and learn from each other. If any enthusiastic mother wants to share, give her the chance to do so
- Thank everyone and wrap up the session

Session 21

I Don't Blame Myself



Objective

Will be able to know why it is important not to blame themselves for everything

Will be able to tell the importance of sound sensory in child development



Time

1 hour



Materials

2/3 Transparent plastic bottles, brick/stone pieces and soil



Follow up task

Tell mothers not to blame themselves in the things which they don't have any control over rather try to find out the reason and take action and practice it in daily life

Tell them to make any toy for the children by using the things they have at home and encourage father and other family member to play with the children



Step 1 | Well Wishes

- Ask how everyone is doing. Thank everyone for attending the session
- Now do the breathing exercise



Step 2 | My Well-being

- Tell the mothers that today you will tell a story. Ask them to sit in a circle and start the following story
- Rabiya's first child is 3 years old and the second child is 2 years old. Her first child started talking at the age of 1 but the second child hasn't started to talk yet and is also short of hearing. Rabiya feels very upset about it and blames herself for the second child's inability to talk. Moreover, everyone in her family blames Rabiya. Due to this Rabiya becomes even more depressed
- After the story, ask everyone-
 - What is the reason for Rabiya's sorrow?
 - Why does Rabiya blame herself?
 - Do any mother think
- Encourage the mothers to speak and listen to their answers
- Now say, like Rabiya in the story many are facing issues which are out of their control. Those issues are not possible to solve alone. In that case, they will need support from others
- For example, if Rabiya's husband and family members were not blaming her for the child's disability and took the child to the doctor then she and her husband could identify the reason for her child's speech delay. Then, Rabiya, her husband and the family members would know that Rabiya had nothing to do with her child's hearing problem and speech delay. Rabiya wouldn't blame herself.
- Sometimes people blame themselves or others without knowing the real reason. This creates negativity and sadness in the person being blamed. But it is important to find out the cause or reason behind the problem rather than feeling guilty or blaming others. If the mothers find themselves in such situations then they should try to find out solutions with help from other people.



Step 3 | Play and Grow

- Tell the mothers that today they will learn to play a musical game with their children by making rattles. Prepare 2/3 empty clear plastic bottles, some bricks, pebbles and some soil particles beforehand. Now in the transparent plastic bottles put these materials and close the bottle cap tightly and the rattle is ready. Now ask more 2/1 mothers to make rattle with empty bottle, close the cap tightly and wrap the bottle with colored paper with glue. Now ask 2/3 mothers to play with their children by shaking different bottles. Due to different bottles having different material inside, each bottle will make different sounds
- Ask the mothers to take children below 6 months on their lap and make sounds with different bottles and talk affectionately. Children over 6 months old will be encouraged to play rattle by themselves. Hide the rattle for the children over 2 years old and encouraged them to find out
- Tell the mothers that children love sound. When children will play with the rattles they will learn to identify different sounds made by different bottles. This will increase children's ability to listen and eye-ear coordination. Also sound makes children happy and they might move their body, hands and legs- which contributes to physical development.

Session 22

Praising Others



Objective

Will be able to identify their and their children's positive qualities

Will be able to tell importance of play in encouraging the child to do good deed



Time
1 hour



Materials
None



Follow up task

Tell them to find out good qualities in family members and praise them for that

Remind them to tell story to their children



Step 1 | Well Wishes

- Ask how everyone is doing today. Thank them for attending the session
- Tell the mothers that today they will start the session with the tapping activity. In this activity everyone will have to create a rhythm by tapping their palm with two fingers
- Ask them to sit comfortably. Start the activity by saying (Burmese Number) and then ask them to start tapping. Slowly the tapping sound will synchronize and create one group rhythm. After a while finish the activity by saying Tai, Nai, Tum Ask the mothers how they felt doing the activity. Tell them this activity will help them to focus and be mindful.
- Then ask the mothers if they remember Rabeya's story from last week. Discuss what they have learned from that story and if they had made any toys for their children. Listen to their experiences.



Step 2 | My Well-being

- Say in today's session they will do an interesting activity.
- Every mother will pair up with the person next to her. If there's an odd number of mothers then you will pair up with her. In pairs mothers will say two good qualities of their partner. For example, She is very articulate and can explain anything very nicely or plays with her child regularly or She is such a good listener and never interrupts while someone is speaking, etc.
- Give some time to think. Then you start the discussion by saying two good qualities of your partner. Now ask your partner to participate. One by one everyone will share about each other.
- After everyone is finished sharing ask how it felt to talk about each other's good qualities. Listen to their responses and then say that sometimes it is easier to find faults in others. But it is important to remember that everyone has good qualities and focusing on the good side of people helps a person to become more positive. Being positive meaning developing positive attitude towards life. If the mothers try to focus on the good qualities of their family members then that will help in building a better relationship with everyone.



Step 3 | Play and Grow

- Now say that like adults, children also like it when parents praise them. When the parents have positive mentality, it is easier to appreciate their child when he/she behaves well, smiles or interacts nicely with everyone.
- Now tell the mothers, that today they will tell Kissa (story) to their children. You can demonstrate with a doll first and tell the following Kissa,

Kissa (Story): There lived a little putu (the child) in this beautiful country. She was adorable but sometimes naughty. She sometimes wouldn't listen to her mom. Putu loved playing with dirt. She didn't like washing and refused to eat on time. She only liked eating packaged food from the store. One day little putu's stomach started to ache. She was in so much pain! Mom said, "If you keep on playing in the dirt and eating packaged food, your stomach ache will continue." Then little putu said, "Mamma I will never do those things again and from now on I will always listen to you." From that day Putu started listening to her mother and started eating homemade food that her mother prepared. She doesn't play in the dirt anymore! Now Putu is healthy and very strong! Do you know this Putu's name? Her name is (Their child's name)

- Now ask few of the mothers to tell the Kissa to their children. Encourage 2 or 3 mothers to take their children on their laps and tell the story with facial expressions and voice modulation
- After the story say that it is natural for children to touch or play with dirt, eat packaged food and not want to wash. They might become ill due to these habits. Through stories like these mothers can communicate with their children, because children love listening to stories. Stories will also help children to develop their imagination and language. Ask the mothers to tell stories to their children regularly
- Finally conclude the session by thanking the mothers and inviting them to the next session.

Session 23

Things That Relax My Anxious Mind



Objective

Will be able to identify the techniques that enable them to relax when they feel anxious

Will be able to tell the importance of play to increase observation skill and hand-eye coordination



Time
1 hour



Materials

Different types of toys – colourful cloths, paper, , Pencil



Follow up task

Tell the mothers from now on, to practice the techniques that will help them feel calm when they are anxious.



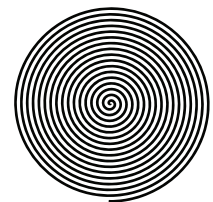
Step 1 | Well Wishes

- Ask how everyone is doing. Thank them for attending the session
- Now do the breathing exercise.
- After that discuss the past week's session on 'Praising Others' and ask if the mothers had praised anyone for their good qualities at home. Also ask if they or any of their family members had told any Kissa to their children and how the children responded



Step 2 | My Well-being

- Tell the mothers that today they will do an activity that will help them calm down if they are feeling anxious
- Give a white paper and color pencils to each of the mothers
- Ask them to draw a big spiral circle from a point on the paper
- Gradually the circle will get smaller until it hits a point in the center of the circle. While drawing they have to be careful so the lines do not touch each other. If that happens, then the mother will have to draw a new one from the beginning give them some time to draw
- After they have finished say that anxiety can become an obstacle in completing a task successfully. Similarly in this activity mothers had to try several times to draw a spiral circle without one line touching another. They had to be focused and give full attention to the task in order to complete it successfully. Those who were calm could do it faster than those who were feeling restless. But this activity can help the mind to calm down and create diversion from worry or anxiety.
- Now ask the mothers what are some ways to reduce anxiety. Encourage them to share their experiences one by one. If necessary give examples, such as doing breathing exercise, talking to the people close to them
- After they all have shared their experiences ask them if they liked any of the techniques shared by their group members. Listen to them and encourage mothers to try those techniques at home



Step 3 | Play and Grow

- Tell the mothers that playing with children also helps to reduce anxiety
- Ask the mothers to do the following play with their children
- Ask each of the mothers to wave a piece of colorful cloth in front of her child, smile at the child and say, "Let me see if you can touch it!". Let the child touch the cloth once or twice. Then wave the piece of cloth higher than the first time so the child tries to reach for it. When the child touches it, wave the cloth even higher. Make the child sit and play with the children above 6 months
- For the children below 6 months, tell each of the mothers to either take the baby on her lap or lay on a pillow and play this. Through this play child's gross motor skills will be promoted through stretching. Also their ability to observe and focus will increase. Mothers will need to observe their children to understand their emotions. During this play mothers need to see how the child is responding to the stimulation

Session 24

Let's Review



Objective

Will be able to describe the discussions of last three weeks



Time
1 hour



Materials
Ball, Rattle



Follow up task

Ask them to practice the things discussed in today's session at home and to talk about these topics with other family members



Step 1 | Well Wishes

- Ask everyone how they are. Thank everyone for attending the session
- Tell them to think of a reason to thank the Almighty while doing breathing exercise.
- After they are done listen from a few of the mothers what they had thanked the Almighty for
- Now say, thinking of a reason to be grateful for will help an individual to become more positive



Step 2 | My Well-being

- Now to remind the mothers about the discussions from the last three weeks, ask the following questions and encourage mothers to participate. Help them if needed.
- **1st week's session: I don't blame myself**
- Ask them what they have learned from 1st week's session. Ask if they can remember the story of Rabeya. Listen to the story from any mother. Then ask them-
 - Does Rabeya have any faults in the story? If not, then why?
 - Listen from the mothers what games they have played in that session. Help them if needed
- **2nd week's session: Praising others**
- Now help the mothers to remember what the topic of the 2nd week's session was. Say that they formed pairs and tried to find the good qualities of others and praise them. Ask them what they did with their children in that session. Listen to the Kissa from a couple of the mothers
- **3rd week's session: Things that relax my anxious mind**
- Ask the mothers the following questions to understand what they remember from the 3rd week's discussion-
 - What can they do to calm down? Help the mothers to answer if needed
 - Ask them if they can remember the game played with the children. Ask 2/3 mothers how the game was played
- Now tell the mothers "We will play a game and through it we will learn how far we understand the topics discussed in the last three weeks. Tell the mothers to sit in a circle and give a ball to any mother. Show your rattle and say, "As long as I shake the rattle, the ball will be passing on. When I stop shaking it, the mother who has the ball will be asked a question." Now start playing the game
- The following questions will be asked to the mothers. You need to keep in mind that every mother should be asked question. The questions are-
 - What can we do if we face any problem without blaming ourselves?
 - Ask them to mention any of the activities done with the children in the previous three weeks and what is the benefit that activity.
 - Did you praise any of your family members for their good qualities? If yes, what were those qualities?
 - Why is it important to praise others?
 - Do you tell any kissa (story) to your children?
 - Why do we need to tell kissa to our children?
 - What are the ways of reducing stress?
 - Tell her to show how to do the breathing exercise
 - What are the benefits of talking to children?
 - Which family members played with the children and what games did they play?
- After finishing ball passing game, thank the mothers. Say that they have learned a lot of new things over the past three weeks. In this way, whenever they get together, they will learn new things
- Wrap up the discussion by inviting them for the next week.

Session 25

Self-care



Objective

Will be able to tell the importance of self-care

Will be able to know the importance of story telling in terms of child's language and emotional development



Time
1 hour



Materials
None



Follow up task

Tell the mothers to practice what they have said about self-care and tell motivational stories to their children.



Step 1 | Well Wishes

- Ask how everyone is doing today. Thank all for attending the session
- Say they will start with a mindfulness activity.
- Tell everyone to sit comfortably. Start the game by saying Tai, Nai, Tum. Now, tell them to make a synchronized rhythm by tapping on their palms with two fingers.
- After a while, stop tapping by saying Tai, Nai, Tum. Ask everyone how they feel after doing this activity
- Discuss about last week's topic



Step 2 | My Well-being

- Ask, what do the mothers do for self-care? Listen to everyone.
- Now say, "We will listen to two stories today." Tell the following two stories one by one
- **Story**
 - Noorkaysa Begum is 25 years old. She is a mother of 3 children. The youngest daughter is 5 months old. She remains so busy throughout the day that she forgets about herself. She can't make time to eat let alone to take rest or tidy up. Nowadays she feels ill. She is always in a bad mood due to work pressure and illness. Nowadays she feels her husband and family members do not like her as much as they used to.
 - On the other hand Bibijan Begum is Noorkayesa's neighbor, and she is 35 years old. She is a mother of 5 children. The youngest daughter is 3 months old. She remains busy all day looking after her family. She knows it is necessary to take care of herself despite her busyness, otherwise her body and mind will not function properly and thus her family will ultimately be affected too. Hence, besides the household chores, she always tries to manage some time for her self-care. She takes her meals on time, takes proper rest and tries her best to stay tidy. She even makes some time for things that she likes to do. These make her less stressed and happy. Everyone likes Bibijan Begum.
- After telling the story ask the mothers what do they think of Noorkaysa and Bibijan Begum
- Listen to the mothers and ask the mothers why self-care is necessary and how they will take care of themselves. Listen to their opinion, add yours if necessary



Step 3 | Play and Grow

- Say not only mothers but also children need to be taken care of. A mother gives food to her child, and maintains cleanliness and hygiene so the child is physically healthy. Similarly, it is important to ensure that the child is also happy and relaxed. When parents give quality time to their children, tell Kabbiyas, kissas or play children are calm and happy.
- Now ask the mothers what do they do to keep their children happy. Listen to their answers
- Now ask the mothers to tell kissa to their children. for the children older than 2 years old, mothers can tell kissa about animals/birds. And for the children younger than 2 years old, ask mothers to say the following kissa. While telling the kissa the mother must use hand gestures and facial expressions to engage the child
 - There lived a little baby in a country. He is so well behaved and listens to mom and dad. He eats properly, does not play in the dirt, plays with everyone in the family and he loves mom and dad so much. He is very dear to his parents' hearts. And this little baby's name is ----- (everyone will say their child's name)
- Ask them how they feel after telling the story to their children
- Say if children hear stories about good behavior and are praised for that then that will motivate them to be well behaved.

Session 26

My Moment of Attention



Objective

Will be able to tell the importance of being attentive and practice it

Will be able to tell importance of play and touch developing mother-child relationship



Time
1 hour



Materials
Papers, Pencils



Follow up task

Tell the mothers from now on, every day they will practice giving their full attention when they do any work.

Tell the mothers to encourage fathers of the child and others in the family to play with the child



Step 1 | Well Wishes

- Ask how everyone is doing today. Thank all for attending the session.
- Now tell them today they will start the session by doing an exercise. Ask them to close their eyes, sit and relax. Tell them to think of three things, without which life will be hard. Those things could be something important to them that they hardly notice. For example, having food, water, wood for cooking etc.
- Ask them to think deeply, without these three things how their lives will turn out, how they use these things for their own advantage. Lastly ask them to think if they show gratitude for having these things in their lives.
- Now tell them to open their eyes slowly. Ask how they feel after doing this activity
- Discuss about last week's topic on 'Self-care'. Ask mothers if they had taken some time every day for their self-care. Also ask if they had told the Kissa to their child that they learned in the last session.



Step 2 | My Well-being

- Ask the mothers what do they understand by the word 'attention'. Listen to their response
- Give a pencil and a piece of paper to every mother with the English number "8" written on it
- Tell the mothers to trace their pencils over the number. The pencil marks must not go out of the border
- You show how to do the activity first. Tell them to do it for a few times
- After the mothers have tried several times ask them to look at their tracing and ask how hard it was to keep focused and trace the border of the number "8". Listen to them
- Now say that many had to attempt several times to perfectly trace the number. Only when they gave all their attention then it could be traced perfectly
- Say that attention means doing any work with full concentration, without thinking of anything else. For example- while eating concentrate on food, while spending time with your child give full attention to him/her, while doing self-care give attention to yourself
- Then ask the mothers why it is important to give full attention while doing anything. Encourage them to share their thoughts
- Tell them when any work is done with full attention one can enjoy the process and the quality of output will be better
- Now let the mothers draw any pattern or anything they wish on the papers. After the drawing, tell mothers to show it to everyone and put them on the walls
- Tell the mothers from now on they should practice giving full attention while doing anything



Step 3 | Play and Grow

- Now tell the mothers, if they give their full attention to their child while playing, then both mother and child can enjoy the time fully
- Tell the mothers to play "Tip-tap" with their children. For this play the mothers will place their children in front of them and speak to them affectionately. While speaking suddenly the mother will gently press with a finger on the child's body parts- for example- arms, cheeks, tummy or legs and say Tip-Tap
- If the child is above 6 months then have the child sit during this play. If less than 6 months than lay the child on mattress
- Tell the mothers that during this play children will laugh and will try to hold the mother's finger. Ask them to play several times
- Mothers will play the same game with the children more than 2 years old. While playing this game, mother will ask the name of the body parts to the child and encourage to answer
- After the play ask the mothers how they enjoyed the play with their children
- Through this game, children will get pleasure and the bonding between mother and child will be stronger.

Session 27

How We Learn



Objective

Will be able to tell how an individual learns

Will be able to explain how the child learns



Time
1 hour



Materials

Colorful balls, cars and dolls



Follow up task

From now on, ask mothers to come to Aju Khana/Pockets regularly to learn new things and seek advice from someone who has experience.

Ask the mothers to play the game at home.



Step 1 | Well Wishes

- Greet the mothers and ask how they are doing. Thank them for coming to the session.
- Tell the mothers that today they will start the session by thinking of a reason to be grateful to God. For example, one could be grateful for good health, waking up in the morning to see loved ones around etc.
- Ask the mothers to shut their eyes and think one reason they are grateful today. Give them some time to think and then tell them to say thanks silently
- After the gratitude practice ask them to share what they thought.
- After the sharing tell the mothers, it is important to do gratitude practice as that helps them realize how well they are compared to many others
- Ask the mothers about last week's session on 'My moment of attention'. Discuss had they tried being more attentive, what have they experienced. Then ask if they and other family members have played 'Tip-Tap' or any other play with their children.



Step 2 | My Well-being

- Tell the mothers that they will observe each other today. Tell them to pair up with the person sitting next to them. If there is an odd number of mothers then you can pair up with her
- Tell them that in pairs they need to observe each other carefully without speaking. Give the mothers three minutes to observe each other
- Then you can start by saying what you have observed about your partner, for example- what is the color of the scarf she is wearing, what is the pattern of her clothing, what jewelry she is wearing etc.
- Tell each pair to describe what they have observed about their partner. Whoever can recall most accurately will be the winner
- After everyone has shared tell them, observation is very important for learning. Through observing anyone can learn about people and surroundings
- Then ask the mothers how they have learned about child rearing practices. Listen to them and say every mother has learnt it from different situations. Many learn by-
 - Taking care of siblings
 - Observing own mother and grand mothers
 - Taking care of own child day by day
 - Observing surrounding people
- Then ask the mothers to think of one positive child rearing practice that they have learned from attending the sessions, which they also practice at home regularly. Encourage them to share their experiences
- After the discussion say that in the session everyone is participating in the discussion, and sharing their thoughts, experiences and observations. This is helping the mother to know lots of new things.



Step 3 | Play and Grow

- Ask the mothers, what do they know about how children learn. Listen to their answers
- Tell the mothers that like everyone else, children also learn in different ways. For example, children learn by observing, by listening and by doing. Children imitate adults, they ask questions, participate and work in a group to learn something new. Children also learn from looking at the images, through Kabbiyas and Kissas. They also play and learn
- Tell them that children learn a lot through play. So, it is very important to play with them. Now ask the mothers to do the following play with their children. You show it first
- Place three colorful toys / objects in front of the child less than two years such as balls, dolls, cars, bowls, combs etc. Then grab an object, name it and place it in front of the child. Name the three toys one by one and place them in front of the child. Now say, "Putu, grab the car". Point to the car with your finger if necessary. If the child can grab correctly, praise with applause. For the children more than 2 years old, ask the toy's name and ask to take child's favorite toy. then play 'hiding object/toy' with the children with his favorite toy. In this way, ask the child to grab other objects one by one. Introduce three things in this way. Keep playing until the child is well acquainted with things and words. Make sure not to force the child rather he/she should have fun. If the child below 6 months old, take a toy or object in hand, name it and place it in front of the child. This play will help in children's cognitive development and will help with vocabulary acquisition.

Session 28

Let's review



Objective

Will be able to tell the topics discussed over the past three weeks



Time
1 hour



Materials
Ball, Rattle



Follow up task

Ask them to practice the things discussed in today's session at home and to talk about these topics with other family members



Step 1 | Well Wishes

- Ask everyone how they are. Thank everyone for attending the session
- Say they will start with a mindfulness activity
- Tell everyone to sit comfortably. Start the game by saying Tai, Nai, Tum. Now, tell them to make a synchronized rhythm by tapping on their palms with two fingers
- After a while, stop tapping by saying Tai, Nai, Tum. Ask everyone how they feel after doing this activity



Step 2 | My Well-being

- Review the topics of the last three weeks by asking the following questions. Help if needed.
- **Session 25: Self-care**
 - Why is self-care necessary?
 - How do they take care of themselves?
 - What are the benefits of telling stories (Kissas) to the children?
- **Session 26: My moment of attention**
 - Why is it important to be attentive when doing any work?
 - How to be attentive while doing something?
 - How to play Tip-tap and what are the benefits of this game?
- **Session 27: How we learn**
 - How do you learn?
 - How do children learn?
 - How to play "name the toys" with children and what are the benefits of this play?
- After this, say that now the mothers will play a game
- Tell everyone to sit in a circle and give them a ball. Show the rattle in your hand and say that they need to pass the ball as long as the rattle makes a sound. Once the rattle stops whoever is holding the ball will have to answer to a question
- In this game, one question will be asked to one mother. You need to remember, every mother should get at least one chance to answer. Here are examples of few sample questions,
- Mention one thing that you thought was most interesting from the last three sessions
- Mention one play that you did with your child
- Is there any content that you shared with your family member? If so which one?
- After finishing the ball passing game say that everything that had been discussed in the past three weeks has been a great learning for many. From listening to each other everyone learned something. This way, when everyone is together, lots of new things are learnt from each other. Finally finish the session/discussion by saying thanks and invite mothers to come the next week

Session 29

Self-praise



Objective

Will be able to tell the importance of praising oneself and their children

Will be able to tell that by this activity children's fingers will be prepared to hold smaller objects. It helps to improve hand-eye coordination.



Time
1 hour



Materials
Small toys



Follow up task

Every night before going to sleep mothers must praise themselves for good things they did.

Ask the mothers to encourage their children for doing good things and appreciate children's small work.



Step 1 | Well Wishes

- Greet everyone and ask how they are. Thank everyone for coming to the session
- Do the breathing exercise with the mothers



Step 2 | My Well-being

- Ask the mothers, have they ever praised themselves for doing something well, being brave, or after completing a challenging or important task. Listen to their response
- Share an example from your own life when you feel you have done something that deserves praise, for example- when you helped someone in need, took a sick person to the hospital etc. After sharing your experience praise yourself for doing so
- After that tell every mother to share any experience from their life where they did something well, was brave, overcame a challenge or completed a difficult task. As they share they also must praise themselves for their work. After hearing each experience everyone in the group must praise and thank the mother
- At the end of this discussion ask the mothers how they felt praising themselves and others
- Then say, everyday mothers do a lot for their children and family. They work hard, complete difficult tasks or are brave when they need mothers to be, for this the mothers must praise themselves. Self-praise generates better feeling and helps to be self-confident
- Mothers must practice this after doing anything praiseworthy.



Step 3 | Play and Grow

- Ask the mothers if they praise their children, if so then how they do it. Listen to everyone's response
- Tell the mothers, if they praise their children for doing good then the children will feel good, their self-confidence will increase and their interest in behaving well will grow
- After that ask the mothers to do the following activity with their children. Place some small toys in front of the children at some distance. For children older than 2 years old, ask them to rearrange the unorganized toys
- Children above 6 months old will take the toys one by one and give to their mothers. If the child can pass the toy successfully then clap and praise the child by saying, "Yes, my putu has brought toys for me, my putu understands everything! After passing the toys ask them to encourage their child to clap
- Mothers can wiggle their fingers in front of the children below 6 months. When the child can hold the mother's fingers successfully then praise the child
- After the activity ask the mothers how they felt playing with their children. and what are the benefits of doing this activity?
- Listen to them and say, by doing this play children's fingers will be prepared to hold smaller objects. It helps with their fine motor skills, hand-eye coordination and children will also feel encouraged by praise.

Session 30

Stress



Objective

Will be able to tell what is stress and the reasons of it

Will be able to tell the importance of play in child's cognitive development



Time
1 hour



Materials

Transparent Plastic jar,
Small toys.



Follow up task

Tell the mothers to find out the reasons behind their stress and practice the ways of reducing it.

Tell them to play with their children at home and encourage the father and other family members to play.



Step 1 | Well Wishes

- Greet the mothers and ask how they are doing. Thank them for coming to the session
- Then do the breathing exercise
- Discuss about the last week's topic on 'Praising Myself'. Ask if the mother herself and for what, and if the mother and other family members played with the child.



Step 2 | My Well-being

- Tell the mothers that in today's session they will be doing an activity to test their strength. In pairs, one mother will keep her fist closed and the other will try to release it
- After the activity ask how many succeeded in releasing closed fist and how the others felt when their partners were trying to release the fist. Listen to their responses. Then tell, the closed fist is like our mind that we want to protect from outer pressure. Often outer pressure makes us anxious and restless that creates stress in us
- Now ask the mothers what are the reasons for stress. Listen to their answer and add if needed for example when the child is sick, when someone is angry, quarreling with other, problems created in family
- Now ask them what problems can be created for stress. Listen to their answer and tell when something create pressure in our mind some problems can be created- misbehavior, eating disorder, anger, fear, restlessness, lack of interest, disgust, exhaustion, take wrong decision, lack of clarity in thinking, lack of attention while doing anything, lack of child care, lack of self-care etc
- Tell the mothers that stress is normal. Everyone has stress but in order to deal with stress mental strength is important and we need to think how this stress can be reduced and practice it. In next session we will discuss how we can reduce stress.



Step 3 | Play and Grow

- Tell the mothers that children may feel stressed as well. When children are stressed, they cry, do not want to go to anyone, don't want to eat, become cranky etc
- Now ask the mothers what makes their child stressed. Listen to them and say that children may get stressed if they do not get enough time from the parents, if they are scared or if something happens against their will
- Say, the best way to reduce a child's stress is to give the the child enough quality time and engage in play. Play has great power to reduce stress in a child. It also keeps the child happy
- Then tell the mothers to do the following activity with their children
- Take a transparent medium-sized plastic jar. Cut a circular hole in the cork covering the jar so that the child can put small toys and objects in the jar through the hole
- Put the child in front of you. Give the toys one by one to him/her and ask him/her to put the toy inside the jar
- At first you will demonstrate, it, then ask the mothers to play this game with their children
- Ask the mothers of children below six months old to show the toy to her child and put it in the jar through the hole
- Say, this kind of play will promote the child's cognitive development, their eye-hand coordination will improve and they will have fun.

Session 31

Reasons for Stress and Ways to Reduce It



Objective

Will be able to tell different ways of reducing stress.

Will be able to tell the importance of play in logical thinking



Time
1 hour



Materials

Two pieces of red, green and yellow cloth each, three empty pots/boxes, Small toys



Follow up task

Tell the mothers to deal with the stress without keeping it inside of their minds. Ask mothers to play with their children and encourage others to do so.



Step 1 | Well Wishes

- Greet the mothers and ask how they are doing. Thank them for coming to the session
- Tell the mothers that today they will do an activity on gratitude practice. Ask them to shut their eyes and think of one thing to be grateful for. After a minute tell them to say thanks silently.
- Then ask the mothers to share what they are grateful for. For example, one could be grateful for her good health and her ability to work or waking up every morning and finding loved ones are all well, etc.
- After the sharing tell the mothers, "It is important to think of things we are grateful for in life. This helps us to realize how well we are compared to many others."



Step 2 | My Well-being

- Ask the mothers what they can remember about negative effects of stress (lack of child care, lack of self-care, eating disorder, lack of attention while doing anything, anger, lack of interest, fear, restlessness, lack of clarity in thinking, disgust, exhaustion, take wrong decision etc.)
- Now ask them how they calm themselves while they are stressed. Listen to their answers and add to their answers that there are many ways to reduce stress. For example-
 1. talking to close people
 2. doing breathing exercise
 3. taking rest
 4. if someone feels stressed because of work, a proper plan can help
 5. giving proper time to and playing with their children
- Then ask the mothers to think about two people they talk to in order to reduce their stress. Give some time to think. Now ask who they are. If any mother does not want to share, do not force her.
- Tell, if you talk to your close people, it helps to reduce stress. Everyone needs to have some close one to share everything. Say that close connections to other people help to reduce stress.



Step 3 | Play and Grow

- When parents are stressed it is common to neglect the child. So it is important that parents do not let stress affect their children
- Tell the mothers that different games can be played with the children for their cognitive development. Then play the following game
- Put 2 pieces of red, green and yellow cloth each and keep in total 6 small pieces of cloth together in front of the children. Now put three empty pots or boxes in front of the children. Ask the children to separate the red, green and yellow pieces of cloth into the three boxes or pots. If children face any problem then ask their mother to help them. Demonstrate the activity first for the children. Children above 1 year old can play this game
- Mothers of the children aged less than 1 year will keep their children on their lap and keep small toys in a pot. Then children will take out a toy one by one ask the children to take out the toy one by one
- The children will learn to think logically through this game. They also develop a concept of pre-maths.

Session 32

Let's Review



Objective

Will be able to tell the topics discussed over the past three weeks



Time
1 hour



Materials
Rattle, Ball



Follow up task

Ask them to practice the things discussed in today's session at home and to talk about these topics with other family members



Step 1 | Well Wishes

- Ask how everyone is doing today. Thank all for attending the session
- Tell the mothers that they will start their session by doing a visualization exercise. Tell everyone to sit or stand in a circle. Say, "We will go fish in the ocean now. We are standing in front of the ocean. Now I have thrown the net into the sea. We are pulling the net now. We have put the net on the shore. My Goodness! The fish are alive and jumping! Let's see how many fishes we have caught." Then everyone will start counting and after counting, they will say how many and which fish they have caught. After everyone is finished talking, thank everyone and start the session.



Step 2 | My Well-being

- Review the topics of the last three weeks by discussing the following questions. Help if needed
- **Session 29 Self-praise**
 - Do you need to praise yourself? If so, why?
 - For what reasons can you praise yourself?
 - Do children need to be praised? If so, why?
 - What is the benefit for the child to hold his/her mother's finger and hand over the toy to the mother?
- **Session 30 Stress**
 - Why are the causes of stress?
 - What are the effects of stress?
 - How do you play the game of putting toys in the jar?
 - What will be the benefit to the child of playing this game?
- **Session 31 Reasons for stress and ways to reduce It**
 - How to reduce stress?
 - What are the benefits to children of playing the game where they separate pieces of cloth of different colors?
- Say, "We have discussed about what we learned in the last three weeks. Now, we will try to know better what we have learned and understood from last three weeks through a game"
- Tell everyone to sit in a circle and give them a ball. Show the rattle in your hand and say, "As long as I shake this rattle, the ball will be passed on. When I stop, the mother who hold the ball will be asked a question about the new topics from the last three sessions. Also, mothers will be asked about which games they liked most and which games they played with their children." One question will be asked to one mother. You need to remember, every mother should be asked one question
- After finishing the game, say that everyone has learned from each other in the session and they will continue to learn new things from each other
- Finally finish the session by thanking them and inviting them to attend next week.

Session 33

I Can Make My Own Decision



Objective

Will be able to identify their own place to take decision

Will be able to create low cost play material for the child and recognize the importance of sound in child's development



Time

1 hour



Materials

Transparent plastic bottles, bricks, pebbles and soil particles



Follow up task

Tell them to practice the decision making process in their daily life. Tell them to make low cost play material for their children and play with it



Step 1 | Well Wishes

- Ask how everyone is doing. Thank them for attending the session
- Tell the mothers that today they will start the session with the tapping activity. In this activity everyone will have to create a rhythm by tapping their palms with two fingers
- Ask them to sit comfortably. Start the activity by saying Tai, Nai, Tum and then ask them to start tapping. Slowly the tapping sound will synchronize and create one group rhythm. After a while finish the activity by saying Tai, Nai, Tum
- Ask the mothers how they felt doing the activity. Tell them this activity will help them to focus and be mindful.



Step 2 | My Well-being

- Tell everyone to sit in a circle and keep a white paper and pencil in front of everyone.
- Tell the mothers to do anything they like with the paper and pencil. Like, they can draw any design or make paper planes or boats, color etc as they like
- After they are finished ask them how did they decide what to do with the paper? Why did they decide it? Listen to their answers.
- Now ask the following questions one by one
 - What decisions do they make for their family members and themselves?
 - Who makes most of the decisions in their families?
 - What kind of difficulties do they face in making decisions?
 - How do they solve the difficulties or challenges they face?
- Encourage everyone to participate in the discussion. After the discussion say, "We take many decisions in our life. Sometimes we get enough time to make decisions and sometimes we have to decide within a very short time. We might not always make the right decision but there are certain factors that can help us to make good decisions, which are,
 - If anything is unclear, then talk to an experienced person
 - Ask help from the person who you think is knowledgeable
 - Think of the several options and their consequences
 - Ask yourself which decisions will make you happy
- Tell the mothers that decision making is a process that they do almost everyday. Some decisions are easy to make, for example- what to cook for dinner or what to wear today. Some decisions are life changing like- keeping savings, educating children or building houses etc. If one is confident, informed and aware of their surroundings then it is easier to make good decisions. Encourage them to follow the decision making process to practice in day to day life. This will help them to be more confident when they will make bigger decisions.



Step 3 | Play and Grow

- Tell the mothers they today that will learn to play a musical game with their children. For that they will make rattles. Prepare 2/3 empty clear plastic bottles and some bricks, pebbles and some soil particles before the session. Now in the transparent plastic bottles put the bricks, pebbles and soil particles, close the bottle cap tightly and the rattle is ready. Now ask 2/3 mothers to play with their children by shaking different bottles. Due to different bottles having different material inside, each bottle will make different sounds
- Ask the mothers to take children below 1 year on their laps and make sounds with different bottles and speak to the child affectionately. Give the rattles to the children over 1 year old so they can shake and make music themselves.
- Ask children above two years of age to play with other children with rattles. Ask 2/3 children to play with a rattle like this
- Tell the mothers that children love sound. When children will play with the rattles they will learn to identify different sounds made by different bottles. This will increase children's ability to listen and eye-ear coordination. Also sound makes children happy and they might move their body, hands and legs- which contributes to physical development
- After telling the mothers the benefits of this game, encourage everyone to make this at home. Then thank everyone and end the session.

Session 34

When We Work Together



Objective

Will be able to find out the advantages of working together

Will be able to tell the importance of language development through story



Time
1 hour



Materials
None



Follow up task

Tell the mothers to practice to work together in daily life. Encourage them to tell Kissa to their children and tell the father and other family members to do so.



Step 1 | Well Wishes

- Ask how everyone is doing today. Thank all for attending the session
- Do the breathing exercise with the mothers
- Discuss the last week's topic. Ask if mothers have thought about decision-making processes and did they tell stories to their children at home.



Step 2 | My Well-being

- After the discussion say that, today you will tell them a story. Ask them to sit in a circle comfortably and tell the following story

Ayesha Begum is 25 years old. She has two sons, a husband and the in-laws at home. They all stay together. They are not financially sound but are still happy because they discuss together about any issues such as what will be cooked for a meal, how the household work will be distributed etc. Even during any family problems they discuss and make decisions together. While making the decision, everybody gets a chance to give their opinions and they listen to what others are saying

Salma Begum stays a few houses away from Ayesha Begum. She is 30 years old. There are five members in her home. They all live together too but most of the time they quarrel with each other. Everyone in that family are in very bad moods because they disagree on every matter. Moreover, her husband takes all the decisions in the family. He does not consult with anyone or listen to their opinions. Salma Begum is always down as she feels nobody cares for her opinion

- After the story ask the mothers what are the similarities and dissimilarities between the two families?
- After hearing everyone's responses, encourage them to talk about if they have experienced any problems similar to the story
- After the discussion, say that it is very normal to experience difficult situations or problems in a family. In a family or group there are several individuals among whom there are people who are easily upset, and some cannot tolerate other's opinions. But it is a solvable problem
- In a family when the members listen to each other, respect each other's opinions and everyone gets involved for the well-being of the household like in Ayesha's family, the family turns into a happy one. This is why it is important to work together.



Step 3 | Play and Grow

- Now tell the mothers, that today they will tell Kissa (story) to their children. You can demonstrate the with a doll first and tell the following Kissa,

There lived a little putu in this beautiful country. She was adorable but sometimes naughty. She sometimes wouldn't listen to her mom. Putu loved playing with dirt. She didn't like washing and refused to eat on time. She only liked eating packaged food from the store. One day little putu's stomach started to ache. She was in so much pain! Mom said, "If you keep on playing in the dirt and eat packaged food, your stomach ache will continue". Then little putu said, Mamma I will never do these again and from now on I will always listen to you. From that day Putu started listening to mom and started eating homemade food that mom gave. She doesn't play in the dirt anymore! Now Putu is healthy and very strong! Do you know this Putu's name? Her name is (Their putu's name)

- Now ask few mothers to tell the Kissa to their children. Encourage 2 or 3 mothers to take their children on their laps and tell the story with facial expressions and voice modulation
- After the story say that it is natural for children to touch or play with dirt, eat packaged food and not want to wash. They might become ill due to these habits. Through stories like these mothers can communicate with their children, because children love listening to stories. Stories will also help children to develop their imagination and language. Ask the mothers to tell stories to their children regularly
- Finally conclude the session by thanking the mothers and inviting them to the next session.

Session 35

Belief in Your Capabilities



Objective

Will be able to identify their own capabilities

Will be able to tell the importance of physical play to increase children's motor development



Time
1 hour



Materials
Ball



Follow up task

Tell them to think about own capability and play with the children



Step 1 | Well Wishes

- Ask how everyone is doing. Thank them for attending in the session
- Conduct the breathing exercise with the mothers



Step 2 | My Well-being

- Welcome the mothers with a story for the conversation
- Nure-e-Jannat and Kawsar are a couple with three children. Their total family members are five. Kawsar is a carpenter with a low income. With this income and relief, they were passing their days nicely. But the problem happened when Kawsar got sick. Nure-e-Jannat found it very hard to manage all the family and medical expenses. She was feeling very helpless. After a few days, she starts to think about a way where she can earn money. She starts farming and tailoring. With these farming and tailoring she starts to earn a good amount of money which now she can use for family and medical expenses
- After listening to the story, encourage the mothers to share her comments on the story as well as about Nur-e-Jannat's skills that she used in the story
- Actively listen to mothers' comments and ask them, like nur-e-Jannat in the story, what mothers think about their own skills and which strength and skills mothers have
- Listen to mothers' answers and share that all people have many skills but most of the time we are not aware of that or are not focusing on them. If we nurture our skills and use them in a productive way then it becomes our strength. If we know about our ability, any task can be done very easily and be successful in daily life. For this, some things need to be kept in mind-
 - Thinking about what I can do
 - Believing I can do the job
 - Expressing a positive attitude
 - Don't make hasty decisions; think before making them.
- Then say, "Today everyone learned about ability, and from now on everyone will trust in their own ability."



Step 3 | Play and Grow

- Tell mother to play with children with ball.
- Mothers with children more above one year should make the child sit at a specific distance
- Now ask the mother to call the child's name and roll the ball to him/her. After the child holds the ball ask him/her to throw it back to the mother. If the child is less than one year old, the mother will keep the child on her lap and play with the ball while talking to the child
- Continue this play for a few times. After finishing say to the mothers, "When we call our children's name during play, they will give their attention to us. When they receive the ball and pass it back to us their hand and neck muscles will work. This is good for their physical development." Also tell the mothers that, children love playing and when they play with mother or father like this their relationship with the person will be stronger
- Finally conclude the session by thanking everyone.

Session 36

Let's Review



Objective

Will be able to talk about the topics discussed over the past three weeks



Time

1 hour



Materials:

Ball



Follow up task

Ask them to practice the things discussed in today's session at home and to talk about these topics with other family members.



Step 1 | Well Wishes

- Ask how everyone is doing. Thank everyone for attending the session
- Do the breathing exercise with the mothers like before



Step 2 | My Well-being

- Tell the mothers that today they will be discussing topics covered in the sessions over the last three weeks
- Listen from a couple of the mothers what was discussed in the 33rd week's session. Ask them—
 - What are the things to keep in mind before taking any decision?
 - How we can solve it if any problem arises before taking a decision?
 - Did you make any toy for your child at home? If so, what was it and how did you play with it?
- Listen from 2/1 mothers what was discussed in the 34th week's session. Ask them—
 - Do you remember the story of Ayesha Begum and Salma Begum?
 - What do we understand from this story?
 - What are the advantages of doing any work together?
 - Why it is important to tell Kissa (story) to the children?
- Listen from a couple of the mothers what was discussed in the 35th week's session. Ask them—
 - Do you remember the story of Noor Jannat and Kausar? What did we learn from the story?
 - What do we need to remember in order to believe in ourselves?
 - Do you play with your child at home? If so, how do you play with him/her?
- Tell them to sit in a circle and give a ball to any mother. Now you will recite the following kabbiya (rhyme) with a nice rhythm—

Amar putu hade re
Kola patar tole re

- As long as you recite, the ball will be passed on. You will stop reciting at any time. When you stop, the mother who is holding the ball will be asked one of the following questions. You need to keep in mind that every mother should get a chance to answer, so you need to stop reciting accordingly
- Ask the following questions to the mothers in the game—
 - What do we need to do before doing any work together?
 - What are the advantages of working together?
 - Do we need to play with our children? If so, why?
 - Why we need to tell stories to our children?
 - What kind of food do we need to feed our children to keep them healthy?
 - What is the importance of self-confidence?
 - Do you play with your child at home? If so, how and why do you play with him/her?
 - What are the important things we need to remember before taking any decision?
- After the game, say that they gathered in a group to learn from each other and share their experiences. If any enthusiastic mother wants to share, give her the chance to do so.
- Finally finish the session by thanking everyone.

Session 37

Finding Ways to Make My Daily Work Easier



Objective

Will be able to know and tell ways to make daily work easier

Will be able to tell the importance of play in child's cognitive development



Time
1 hour



Materials

Two glasses/pot, small toys



Follow up task

Tell them to practice the ways to make their daily work easier.

Encourage them to make play with children with the available resources at home.



Step 1 | Well Wishes

- Greet the mothers and ask how they are doing. Thank them for coming to the session.
- Ask the mothers to shut their eyes and think about a reason to be grateful to the creator. Let them think for a while and tell them to thank silently.
- Ask the mothers to share what they are grateful for. For example, one could be grateful for her good health for which she could go to work or waking up to see loved ones around, etc.
- After the sharing tell the mothers, it is important to think about the reasons to be grateful as that helps to realize how well we are compared to many others.



Step 2 | My Well-being

- Tell the mothers, we will do one thing together. Divide mothers into two groups to do the task. Shuffle several pieces of red, blue, green and yellow paper into each group. Now ask each group to separate the papers according to color. Allow two minutes to do the task
- Now thank the mothers for completing the task and ask how they feel. Then say that, as we had difficulty sorting the colored pieces of paper, we may become stressed when our daily tasks are also messy. On the other hand, if we separate daily tasks, like separating pieces of paper, it becomes much easier for us.
- Ask mothers how they usually finish their daily tasks. Hear from 2-3 mothers. Then sincerely want to know how they can make things more organized. Then tell, there are ways to make every day work easier:
 1. Work distribution among the family members. Rather than doing all the work alone, mother can seek support from other family members in doing certain work, like- looking after children
 2. Don't leave work for later. Sometimes we ignore the smaller tasks and leave it for later, but by doing this we are piling up all the undone work
 3. Identify the most important work first thing in the morning and plan accordingly
 4. Everyday, make time to do what you love
- Tell the mothers, it is important to set some time for themselves every day for their self-care and well-being. Often mothers are too busy taking care of everyone in the family and ignore themselves. But it is important for the mothers to do something they like at least once every day.



Step 3 | Play and Grow

- Tell them we will play an interesting game now. We need two glasses and a small toy to play this game. You can use bowls instead of glasses and cork, necklace/garland or any small thing instead of small toys at home. At the beginning, take two glasses that you have brought in front of a child, show a small toy to the child. now hide the toy with one glass by making it upside down and leave the other glass empty upside down. Now turn the two glasses in front of the child once and replace the position of the glasses. Ask the child where is the toy and let him pick up a glass.
- If the child can pick the right one and can find the toy praise him by clapping. And if he picks an empty glass then play the game again. Now ask any one mother to play the game with her child.
- If possible, given the opportunity to another child to play.
- Children more than one year can play this game. It will develop their cognitive domain and have fun.
- For those whose child is less than one year old, show a toy and cover the toy with a cloth or hide it with your hand and ask where the toy is. The children will try to remove the cloth or find the toy. This will make the children more attentive and develop their problem-solving skills.

Session 38

My Child's Emotional Needs



Objective

Will able to say the ways to address their child's emotional needs

Will be able to tell about the importance of telling Kissa to her child



Time
1 hour



Materials
None



Follow up task

Tell the mothers, to observe her child more closely on how she/he respond to when she is cuddling or hugging.

Ask the mother to encourage father to give more attention to the child



Step 1 | Well Wishes

- Greet the mothers and ask how they are doing. Thank them for coming to the session.
- Tell the mothers that today they will do an activity on gratitude practice. Ask them to shut their eyes and think of one thing to be grateful for. After a minute tell them to say thanks silently.
- Then ask the mothers to share what they are grateful for. For example, one could be grateful for her good health and her ability to work or waking up every morning and finding loved ones are all well, etc.
- After the sharing tell the mothers, "It is important to think of things we are grateful for in life. This helps us to realize how well we are compared to many others."
- Discuss about previous week's topic. Tell, we discussed about the ways to make our work easier. Listen from some mother do they practice these ways in their daily life? Ask them if they play with their children.



Step 2 | My Well-being

- Tell that today we will listen to two stories. Start the stories–
- Noor Jannat is a mother, she has a 2 year old son named Rahim. Noor Jannat is very caring towards Rahim. Even in the midst of his busy schedule, he pays close attention to what Rahim needs. When Rahim laughs or cries, he can easily understand what he wants, what makes him happy, what makes him sad and she fulfills his needs accordingly. So, Rahim can easily understand that his mother loves him and he feels safe. Although his mother is not around for some time, Rahim plays with his own joy and spends time with others. Seeing Rahim mingling with others and growing up beautifully also creates a serenity in the mind of Noor Jannat.
- Another mother, Nur Qaisa, has a 2-year-old son named Abdullah. Nur Qaysa is so busy with household chores all day that she can't take care of Abdullah's needs and can't give much time. She doesn't pay much attention to why Abdullah is crying, what makes him happy, what makes him sad. As a result, Abdullah is getting irritable day by day, he doesn't want to go to anyone, he wants to be with his mother all the time and he cries when he is not with his mother.
- Then ask the mothers which of the two stories they like best and why?
- As the mother, what can we do to help our child grow safe and sound? Listen to her opinion, appreciate and praise.
- Tell, when the mother understands her child's need and fulfills it, then just as the child feels good, the mother also feels peace and happiness. Hence, mother and child can understand each other and the relationship between them becomes stronger.



Step 3 | Play and Grow

- Say when parents give quality time to their children, tell Kabbiyas, kissas or play children are calm and happy.
- Now ask the mothers what do they think is their child's favorite activity- listen to kabbiya, Kissa or to play? Listen to their answers
- Now tell the mothers to say the following story to their children. While telling the Kissa the mother must use hand gestures and facial expressions to engage the child
Kissa: There lived a little baby in a country. He is so well behaved and listens to mom and dad. He eats properly, does not play in the dirt, plays with everyone in the family and he loves mom and dad so much. He is very dear to his parents' hearts. And this little baby's name is ----- (everyone will say their child's name)
- Ask them how they feel after telling the story to their children
- Say if children hear stories about good behavior and are praised for that then that will motivate them to be well behaved. Kissas also help the children to imagine and they can relate themselves with the character. This will help them to be empathetic later in life. Stories also help children with their language development
- Conclude the session by thanking the mothers.

Session 39

Our Family Bonding



Objective

Will be able to understand the importance of good family relations and will be able to practice techniques of doing this at home

Will be able to tell the importance of play in gross motor development



Time
1 hour



Materials

Car/any toy, rattle



Follow up task

Tell them to discuss with family members about techniques to maintain good family relationships

Tell them to play with children using any materials/toys and encourage the father and other family members to play with children



Step 1 | Well Wishes

- Ask how everyone is doing. Thank everyone for attending the session
- Do the breathing exercise
- Discuss previous week's topic on 'positive behavior'. Ask the mothers to discuss how they teach positive behaviour to their children. Listen to their experiences and ask if they have told the kissas from last week to their children and what do they think are the benefits of telling Kissas



Step 2 | My Well-being

- Tell the mothers to sit in a circle. Say that today they will listen to a story about 'Jamila's family'. Tell the following story-
- Jamila lives in a one room tiny hut with a family of eight. She and her husband have four children and her husband's parents live with her. Most of the time they are quarreling and fighting with each other. Jamila and her husband do not agree on anything. Even the in-laws do not have a good relationship with each other. The children are growing up in an environment where everyone fights with each other. Children also fight with each other a lot. There is no peace in Jamila's family. Everyone is constantly blaming each other and do not have any respect for each other. In the middle of this, Jamila cannot focus on her work, she feels extremely tired and frustrated,
- After telling the story, ask the mothers-
 - What are the reasons for chaos in Jamila's family?
 - How is the relationship between the children in this family?
- Encourage mothers to share their opinions. After listening to them say, in Jamila's family no one cares about anyone's opinion because there isn't any respect among the adults. Everyone is constantly finding faults with each other, which adds to the chaos. Watching adults fight, the children are also learning and imitating their behavior. If everyone in Jamila's family was patient, tolerant and respectful towards others, then family relationships would be much better. And the children would be well behaved as well.
- Ask the mothers, what they do to make their family relationships better. Listen to them
- Then say, there are a few things that everyone in the family can practice to keep the harmony and peace, for example,
 - Keeping a positive attitude and not find faults with family members
 - Applying techniques to stay calm when feeling stress and anger
 - Spending quality time by doing something productive and interesting with family members
- Listening to each other's opinions and appreciating them. Even during disagreements, it is important to listen to what another person wants to say.
- Ask the mothers to practice these techniques in day to day life and they will find better family bonding and relationships at home.



Step 3 | Play and Grow

- Tell the mothers that now they will play with their children. Ask two mothers to sit face to face with their children. Now tell the mothers to take a toy car and push it from one mother to another. While doing so mothers can make noises like a car to make it more interesting. Then let other mothers and children play with the car if time allows. This play is for the children over one year old. Through this game, children will learn how to share and their social-emotional skills will develop
- For the children below one year play with a rattle. Show the rattle to the child, make noise with it and then put it at a distance from the child so he/she can extend his/her hands and reach for it. This will improve children's physical development
- Conclude the session by saying thanks and inviting everyone to the next week's session.

Session 40

Let's Review



Objective

Will be able to talk about the topics discussed over the past three weeks



Time
1 hour



Materials
Rattle, Ball



Follow up task

Ask them to practice the things discussed in today's session at home and to talk about these topics with other family members



Step 1 | Well Wishes

- Greet the mothers and ask how they are doing. Thank them for coming to the session
- Tell the mothers that today they will do an activity on gratitude practice. Ask them to shut their eyes and think of one thing to be grateful for. After a minute tell them to say thanks silently
- Then ask the mothers to share what they are grateful for. For example, one could be grateful for her good health and her ability to work or waking up every morning and finding loved ones are all well, etc.
- After the sharing tell the mothers, "It is important to think of things we are grateful for in life. This helps us to realize how well we are compared to many others."



Step 2 | My Well-being

- Tell the mothers that today they will be discussing the topics covered in the past three weeks. While discussing the following questions, make sure all the mothers are participating.
- **1st week's session:** Finding ways to make my daily work easier
 - What did you do in the first week's session? What are the ways to make your daily tasks easier to do?
 - What did you do to make difficult tasks easier over the past few weeks?
 - What kind of play activity did you tell your children?
- **2nd week's session:** My child's Emotional Needs
 - How can you meet child's emotional needs? What have you observed about your child in past few weeks?
 - What kind of kissa did you do with your children?
- **3rd week's session:** Our Family Bonding
 - What are the things you can do to make family relationships stronger?
 - What is the relationship like between the children in your family?
 - What kind of play activity did you do with your children?
- Tell everyone to sit in a circle and give them a ball. Show the rattle in your hand and say that they need to pass the ball as long as the rattle makes a sound. Once the rattle stops whoever is holding the ball will have to answer a question.
- In this game, one question will be asked to one mother. You need to remember, every mother should get at least one chance to answer. Ask questions like,
 - Mention one thing that you have applied in your life from the last three sessions.
 - Name one play activity you did with your child that was introduced in the last three weeks
- After everyone has participated end the activity by saying that they all have gathered here to talk about themselves, share experiences and learn new things from each other. Hopefully the lessons learned will help them to manage their day to day life better.
- Conclude the session by thanking everyone.

Daily Routine

Steps	Well Wishes	My Well-being	Play and Grow	Follow up Task
Time	15 Minutes	20 Minutes	20 Minutes	5 Minutes

Monthly Plan

Month	Week	Session name
1 st month	1 st week	Let's Introduce
	2 nd week	Relation with mothers
	3 rd week	When I am in a group
	4 th week	Let's review
2 nd month	1 st week	Positive thinking
	2 nd week	Things I like
	3 rd week	I can do many things
	4 th week	Let's review
3 rd month	1 st week	My daily tasks
	2 nd week	My interest
	3 rd week	My happy memories
	4 th week	Let's review
4 th month	1 st week	I am not alone
	2 nd week	My emotions
	3 rd week	Controlling anger
	4 th week	Let's review
5 th month	1 st week	Communicating with each other
	2 nd week	Finding out my support system
	3 rd week	Communicate to find services
	4 th week	Let's review
6 th month	1 st week	I don't blame myself
	2 nd week	Praising others
	3 rd week	Things that relax my anxious mind
	4 th week	Let's review

Month	Week	Session name
7 th month	1 st week	Self-care
	2 nd week	My moment of attention
	3 rd week	How we Learn
	4 th week	Let's review
8 th month	1 st week	Self-praise
	2 nd week	Stress
	3 rd week	Reasons for stress and ways to reduce it
	4 th week	Let's review
9 th month	1 st week	I can make my own decision
	2 nd week	When we work together
	3 rd week	Belief in your capabilities
	4 th week	Let's Review
10 th month	1 st week	Finding ways to make my daily work easier
	2 nd week	My child's emotional needs
	3 rd week	Our family bonding
	4 th week	Let's Review