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PULONG:

**Parenting
(Child Welfare)**

Facilitator's Guide Book

Last update : July 2015



Objectives
<p>By the end of this session, the participants will:</p> <ul style="list-style-type: none"> - Understand the different steps of the pre-natal life, - Be aware of the importance of medical checkup and birth preparation, - Identify and support the stages of child development, - Be able to notice some delay of the development on his child, - Understand the meaning of parenting and its skills, - Identify the three basic needs of children, - Identify the appropriate behaviors that can help guide his children, - Identify child abuses, - Know universal Children's Rights.

Target population
<p>Basic community (Parents) Around 30 participants</p>
In charge
<p>Susan</p>
Time
<p>2 sessions of 1 hour or 1 session of 2 hours</p>

General Flow

	Sr.	Activity	Time	Tools / Material
1st Session	1.	Introduction	5 min	- 1 guideline - Check of attendance
	2.	Pregnancy and delivery	25 min	- Tool A: Quiz about pregnancy
	3.	Child Development	30 min	- Tool B: 15 pictures of child dev. + 3 flash blue cards - Tool C: Child Development Board - scotch tape
2nd Session	4.	Parenting	30 min	- Paper, pens, scotch tape - Tool D: 12 pictures of child needs + 3 flash cards - 2 flash cards: Tama/Mali
	5.	Children's Rights	25 min	- Tool E: Story of Joy - Tool F: Song of Children Right's
	6.	Conclusion	5 min	- Tool G: short summary of Pulong's information

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FIRST SESSION

INTRODUCTION

duration: 5 minutes

❖ Presentation of the Facilitator and the participants

The facilitator will introduce her name and function. Then he will ask each of the participants to tell their name

❖ Presentation of EnFaNCE Foundation

EnFaNCE Foundation (Encourage Families in Need and Care for Education) is a Pilipino NGO (Non-Governmental Organization) registered under the Security and Exchange Commission since August 2003, as non-stock, non-profit, non-sectarian organization (CN 200318186). It is also recognized since November 2005 by the Department of Social Welfare and Development (NCR-2005-R-455) *(SEC/DSWD reg. Not to be included during the presentation, only when requested)*

EnFaNCE is currently working in Baseco, Aroma Temporary House, Parola and Katuparan.

EnFaNCE program, the Family Development Program provides support to the families by house-to-house visits, counseling, OPA (Oras ng Pagtanggap), information dissemination sessions (pulong), workshop and referral. For example, EnFaNCE gives referrals to Vitas Health Center, GAT hospital, Mothers Clinic...

EnFaNCE through a partnership with Uplift also supports Piso-Pisong Ipon savings account.

The Family Counselor assists the families to overcome their basic needs in family welfare, health, education & legal documents and economic stability, based on the services available in the nearby area and our partnerships in order for them to become self-reliant.

Objectives	Material	Method
<ul style="list-style-type: none"> • Understand the different steps of the pre-natal life, • Be aware of the importance of medical checkup and birth preparation. 	Tool A: Quiz about pregnancy	<ul style="list-style-type: none"> • Discussion • Activity

For every topic, the facilitator should firstly **be quiet** and just try to **facilitate the parents' participation**. They already know a lot of things about this topic, some good information to share together and maybe also some misconception that the facilitator will **correct on a second time**.

➤ Conception

Ideas of question: What is conception? When do you start to be a parent?

Elements of answer: Conception can result once a sperm meets an ovum egg. The woman is pregnant when the egg success to attach to the lining of uterus.

➤ Pregnancy

Ideas of question: What happen during the pregnancy? What should the mother do?

Elements of answer: The baby, growing inside the uterus, is breathed and fed by the mother.

It is important to have a **checkup in a health center** because it allows to:

- check the baby's development and the health of the mother (blood test, ultrasound, urine analysis...)
- prevent some potential problems
- prepare the birth on good physical and psychological conditions
- identify the best lifestyle for the mother and her baby (healthy eating, stopping smoking/alcohol...)
- anticipate the care for the baby and the mother after the delivery...

❖ ACTIVITY: QUIZ ABOUT PREGNANCY (Tool A)

The facilitator has to read the question and the different potential answers one time. After, he reads again the answers one by one and the parents have to raise the hand when they think that it is the good option. Finally, the facilitator gives the good answer and can give some additional information or ask to the parents to share their knowledge before reading the next question and potential answers.

1◇ The period during which the expectant mother is most likely to experience the greatest amount of nausea is the:

- 1st trimester (1-3month)
- 2nd trim. (4-6)
- 3rd trim. (7-9)
- entire period of pregnancy

Answer: First trimester between the 1st and the 3rd month

2◇ From which month of pregnancy the mother could be feel the baby moving in her stomach?

- from the conception
- 2 month
- 5 month
- 8 month

Answer: 5 month
The baby's movement are perceptible around the 5th month and a bit earlier for the following pregnancies.

3◇ When is a baby's gender determined?

- at conception
- 2 month
- 5 month
- 8 month

Answer: At conception
The gender is determined at conception but the doctor can find out the baby's sex around the 4th and 5th months.

4◇ What could be responsible of serious baby's malformations?

- alcohol, drugs
- sport
- cigarette
- mother getting sick

Answer: Alcohol, drugs, cigarette and mother getting sick

Regarding to the **4th quiz question**, the facilitator can insist by giving some explanations.

- The majority of what is transiting on the mother's blood passes on the embryo thanks to the placenta. So, when the mother is drinking/smoking/taking medicine or drugs, this substance are arriving **as they are** into the frail embryo.
- When the mother is sick, it is important **to consult quickly a doctor** because some diseases can affect the embryo too.
- Practise no-intensive sport is not dangerous for the baby if the mother is taking care of herself. On the contrary, the physical and psychological well-being of the mother furthers the well-being of the baby.

➤ **Birth**

Ideas of question: How the delivery happens? When and why the mother has to go to the hospital?

Elements of answer:

- Giving birth is a very important moment. The parents have to **prepare the delivery** by consulting a doctor during the pregnancy. The mother can take advantage of the consultations **to ask about her worries** (how to manage the pain of labor, discover the different birthing methods, etc.). The **father** can go with her to be involved in the preparation.
- When the parents observes the **first signs** of delivery (labor, contractions, water breaks...), they have to go quickly to the hospital or health centre even if the mother had not consulted doctors during the pregnancy.
- **It is very risky to give birth at home.** It is very dangerous for the baby and for the mother because of potential complications, infections and sometimes, deaths. Moreover, the mother has to give birth in the hospital to receive the **birth certificate**, a very important paper which is necessary for example to enrol a child in school.

➤ **Breastfeeding**

Ideas of question: What is breastfeeding? What are its benefits?

Elements of answer:

Breastfeeding is the **best possible way to provide food** and drink for your baby in the first six months of life. It contains essential nutrients completely suitable for the infant's needs. It is also **nature's first immunization**. Moreover, breastfeeding enhances **mother-infant relationship**.

Some advice:

- Babies should start to breastfeed as soon as possible after birth. The **first milk** (called colostrum) is thick and yellowish because it is full of protection against common infections.
- Sometimes you can be worried about something (pain, cracked nipples, baby no drinking, etc.)... **Don't be shamed or afraid to speak about your difficulties and feelings!** Professional health (midwife, nurse, doctor...) can help you and give you specific advice regarding of your needs.

Lesson Learned

Pregnancy, delivery and breastfeeding are very specific moments of the life. The health center and the hospital are unavoidable places to be informed and receive appropriate medical care for the mother and for the baby.

Tips for Facilitators

The duration of this part depends on the parents' needs. If they have participated on other pulongs dealing with pregnancy, the facilitator should just ask them a few questions and pass quickly to the next part.

On the contrary, if the facilitator observes that the parents are expressing several misconceptions, she has up to 30 minutes to develop this part.

Objectives	
<ul style="list-style-type: none"> Identify and support the stages of child development, Be able to notice some delay of the development of his child. 	
Materials	Method
<ul style="list-style-type: none"> Tool B: 15 pictures + 3 flash blue cards Tool C: Child Development Board Scotch tape 	<ul style="list-style-type: none"> Discussion Activity

➤ Activity: Child Development Pictures

The facilitator distributes the 15 pictures (**Tool B**) to the participants requesting them to put them on the corresponding column: 8months, 12months or 18months (by sticking them to the wall). Then, the facilitator corrects the exercise asking participants their arguments.

Correction:

	 <small>Combines single words and gestures to make wants know</small>	 <small>Walks alone, rarely falls</small>	 <small>Friendly with strangers but initially shows anxiety or shyness</small>	 <small>Searches for completely concealed object</small>	 <small>Feeds self using spoon with spillage</small>
	 <small>Cries when caregiver leaves</small>	 <small>Stands with minimum support</small>	 <small>Look at direction of fallen object</small>	 <small>Feeds self with fingers (biscuits, bread)</small>	 <small>Use meaningful sounds to refer to specific objects or persons (e.g., "mama", "dada")</small>
	 <small>Turns head when called by name, makes eye contact</small>	 <small>Explores objects by biting or holding</small>	 <small>Enjoys friendly handling</small>	 <small>Sits alone steadily</small>	 <small>Begins to take solid foods</small>

After the activity, the facilitator gives some information about child development. She should use the Child Development Board (**Tool C**).

Child development refers to the process that a child goes through his/her environment to increase his/her skills about:

1/ **Physical** dimension: the ability to move and coordinate

2/ **Socio-emotional** dimension: the ability to develop positive feeling for self and to relate to others

3/ **Intellectual** dimension: the ability to think and learn

4/ **Spiritual** dimension: the foundation for values and social behaviour as adult is laid down in early childhood.

Why child development is a very important topic?

Because what happens during the very early of a child's life influences how the rest of childhood and adolescence unfolds.

What happen when the development of child do not correspond with this stage?

It depends. Every child is different and obviously his/her way to growing up is unique. But if the parent observes a delay for more than 2 months, it could be a sign that the child has a problem. So they should consult a doctor to react quickly before that it becomes serious.

➤ *Different ways a child learns*

- through use of **five senses**: sight, smell, hearing, taste and touch.

These are all working from the moment the baby is born. Your children's characteristics are subject to environmental influences which can support or impede their development.

On the way around, if one of this five senses is deficient, the child will have some difficulties to develop specific capacities. It is important that the parent are able to react quickly if necessary.

- through **concrete experiences**

Children are learning through concrete experiences. So, the more the child have experiences in safe conditions, the more s/he will learn.

Children are learning every day and the parents can propose some activities to support them. For example, the parent can ask question while folding clothes about colour (What is this colour?), number (How many T-shirts are there?), size, etc.

- through **play activities** | There are an important part of the child life, so parents should not neglect it! The child learns playing with others kids, alone or sometimes sharing play activities with adults.

songs... Facilitator can ask to the participants which songs they share with their children.

toys, games... Facilitator can ask to the participants which games they know and what do they have to check on a potential toy before letting their children playing with it?

Answer: the toys have to be clean, no spiky and not too small for the children to be unable to swallow it and choke on it.

story telling... Reading/telling stories hones the child's ability to listen and uses his imagination.

Lesson Learned

Child development is at the same time a physical, socio-emotional, intellectual and spiritual process. It is a very important and determining stage of human being life. Baby's entourage has to create favorable conditions to support the child in this step.

Tips for Facilitators

The facilitator will collect participants' answers and then complete if necessary. Encouraging participation will help participants remind the information and express any misconceptions they could have on the topic.

SECOND SESSION

PART 3: Parenting

duration: 30 minutes

Objectives	
<ul style="list-style-type: none"> Understand the meaning of parenting and its skills Identify the 3 basic needs of children Identify the appropriate behaviors that can help guide the children 	
Materials	Method
<ul style="list-style-type: none"> Paper, pens, scotch tape Tool D: 12 pictures of child needs + 3 flash cards 2 flash cards: Tama/Mali 	<ul style="list-style-type: none"> Discussion Activity

➤ *Being a parent*

❖ ACTIVITY

The facilitator divides the participants into 3 groups, provides each group with paper and pen. They have 5 minutes to answer to the following question:

Being a parent, what does it mean? How can you say that you are a parent?

The facilitator asks to each group to present their answer. After this, the facilitator could complete the answers with the following informations.

❖ SOME NOTIONS

Becoming a parent is a process and giving birth to a child is only the first step to become completely a parent.

Being a parent is:

- a physical process (parents give **life** to an human being)
- and psychological process (parent feels a lot of interior changes)
- bearing responsibilities: rights and duties, in moral and legal dimension
- taking actions on the daily life: being a parent is a job of every day of the year

Parenting takes time, attention, patience, strength and most specially **love**.

➤ *Children needs*

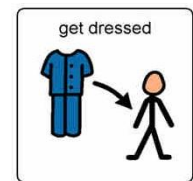
❖ ACTIVITY: CHILDREN NEEDS (Tool D)

Parenting means personally attending to the children's needs. We can identify 3 basic needs of children: Physical Needs, Emotional Needs and Intellectual Needs.

The facilitator distributes the 12 pictures to the participants requesting them to put on the corresponding column: physical needs, emotional needs and intellectual needs (sticking them to the wall). The facilitator corrects the exercise asking participants their arguments.

Correction:

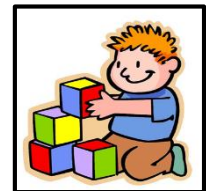
Physical needs



Emotional needs



Intellectual needs



After that, the facilitator introduces the definition of each need. The pictures are good examples to illustrate every points and their differences.

- **Physical needs:** good nutrition, shelter, safety, medical care, rest and exercise.
- **Emotional needs:** love, acceptance, security, praise.
- **Intellectual needs:** school, open communication with your children, concern for your child's education, mental stimulation or creativity, provisions for learnings aids.

❖ THE PARENT IS NOT ALONE TO COVER THE CHILD'S NEEDS.

Parent relationship

- Both fathers and mothers are **important** in the raising of children. They have the **joint obligation** to promote their child's well-being.
- Husbands and wives who feel good about themselves as men and women and who maintain satisfactory relationships are better equipped to cope with the requirements of raising a child.

Importance of the family

Your family is your **child's immediate environment** and serves as the foundation for their physical, social, mental, emotional and moral well-being.

Your family is their source of security, belongingness, emotional and economic growth.

→ Participants have to remember that if the family is going wrong, the children will feel bad. On the contrary, if the family is going well, the children will grow up in good conditions.



Parenthood is a very challenging step on the life. Sometimes it could be complicated because of several reasons (material, financial, physical, etc.) but **the parent is not alone**. The parent should not be afraid to ask some help to family, neighbor, social workers...

❖ ACTIVITY: RIGHT/WRONG - TAMA O MALI

The facilitator has to stick the TAMA and MALI cards on two different parts of the wall. The facilitator stayed at the middle, between the two sides.

All the participants have to stand up and to go on the “right side” (Tama) or “false side” (Mali) to answer the facilitator’s sentences about child’s rights.

Is it an appropriate parental behaviour?

- Give to a child piso-piso (MALI)
- Teach to a child to respect adults (TAMA)
- Buy junk food for children (MALI)
- Manage utilization of TV (TAMA)
- Beat a child (MALI)
- Give small “punishment” tip: time-out for the parent (TAMA)
- Let kids do not go to school if they do not want (MALI)
- Be consistent in rules and explain (TAMA)
- Be appraise-focus on good behavior / do not insult (TAMA)
- Think that the way child act is the way you see him/her. (MALI)
- Satisfy tantrums (MALI)
- Ask to children to participate in doing household chores (TAMA)

About tantrums: The parent has to keep in mind that it is a way to the child to ask attention or to test rules and limits. So, it is important to do something, to think about the really need of the child, without satisfy directly the tantrums to do not give bad habits to the child.

❖ PARENTING SKILLS : appropriate behaviours to guide your children

Ask participants to recall some practical or important parenting skills they learned or they observed.

Some idea of answer: Appropriate behaviors to guide your children

- Applicate discipline with love: discipline means that the rules are the same for every children. Children have to understand and respect the rules: parents should help them in this process.
- Teach social skills (politeness, good manners),
- Encourage independence,
- Deal with frustration,
- Communicate openly and constantly,
- Be a model for your children: they will eventually pick up and learn faster through your actions than through your words or sermons.
- Involve your children in doing household chores: strike a balance between “no participation” and “child labor”.

If your child do not conform to you, how do you do?

Answer elements: - explain with simple words why you get angry,

- remember that you are not angry with your child but with his bad action,
- if necessary, decide to give a no-violent punishment like household chores.

Lesson Learned

Parenthood is a very challenging process. Being parent means giving life but also responding to the physical, emotional and intellectual children’s needs. To provide a respectful and efficient education to their children, parents should adopt behaviors based on love, discipline and communication.

There is **not perfect parent**. There is not perfect way of being a parent. It takes a life time.

Objectives	Materials	Method
<ul style="list-style-type: none">Identify child abuses,Know universal Children's Rights.	<ul style="list-style-type: none">Tool E: Story of JoyTool F: Song of Children Right's	<ul style="list-style-type: none">DiscussionActivity

We have talked about the physical and psychosocial development of children. We have also talked about being parents and different parenting skills. Parents are primarily responsible in answering to the needs of their children. It is a responsibility recognized by an international human standard: the Convention on the Rights of the Child

Most adults naturally feel positive towards children and care for children. However, **situations of child abuse are numerous** and we will now speak about it.

➤ *Activity: Study case - Story of Joy (Tool E)*

Joy is the eldest of 3 kids. She is 8 years old. She is not enrolled this school year, neither the year before because she needs to take care of her siblings as her parents work outside their house until 3pm. She is very naughty, very malikot she says bad words and **always fights** with her sister.

She has to take care of Jonjon, already 2 years old; he is always left alone in his duyan. He is **very thin** and he still **cannot walk**. Joy is the one to boil water and to prepare his bottle. Sometimes, she will also do the laundry. Some days she is proud to be able to help her parents but most of the time, she feels overburdened and wants to play.

Joy also takes care of Jinjin the opposite in character as Joy. Jinjin is **very quiet, timid and shy**. She prefers to stay in the corner hiding. She is not mingling or interacting with her sibling or other kids of her age. She is **sick** since one month but her parents had no time to bring her to Health Center.

Some days, when they are left with no food until their parents come back from work, Joy took the habit to **steal food** from their neighbors.

Because she has no time to play, Joy is **always angry**, shouting at her brother and sister and looks **unhappy**. When she is too bored, she will leave her sibling alone unattended to go and play with her friends.

➤ *Discussion*

❖ **ABOUT THE STORY - DISCUSSION**

Some questions and answers to discuss with the participants:

- What have you noticed in the story? What is the type or nature of abuse?
- Why do you think the parents are neglecting the children?
 - # Young parents, unexpected pregnancy
 - # Children without spacing
 - # No enough time to spend with the children because of work

- Do you think Joy is a bad kid? Why do you think Joy is acting like that?

Parentification

Absence of recreation

Low self esteem

She is a child ☺

➔ no existence of the children in the mind of their parents

- At what age do you think a kid can take care of youngest sibling for a long time?

- What are the consequences of neglect in the child life?

○ Hunger / malnutrition

○ Slow motor development

○ No reading and writing

○ Low self-esteem / self confidence

○ Anti-social behavior dominated by uncontrolled actions

○ Feeling of resentment



When a child adopts inappropriate or violent behaviors, there is always a reason. It is frequently a way for the child to express suffering. So, the responsibility of the parents is to support him/her in order to understand and resolve this situation.

❖ SITUATIONS OF NEGLECTS: OTHERS EXAMPLES

The facilitator asks to the participants if they have others examples of neglects situations.

How do you can react if you observe a situation of child abuse ?

Do not blame the child. Let him or her know it is not his/her fault.

Report the case to the barangay office, local precinct or to your city/municipal social worker.

➤ *Activity: Song of Children's Rights* (Tool F)

Sampung Mga Karapatan | Ten rights

Sampung mga karapatan ang dapat taglayin | *Ten rights should possess*

Pagmamahal - *Love*

Edukasyon – *Education*

Unang ililigtas natatanging kalinga – *First deliver care*

Lahi - *Nationality*

Kalusugan - *Health*

Paglalaro - *Play*

Kapatiran – *Brotherhood*

Maging/gawing makabuluhan – *Be / make meaningful*

Lesson Learned

The parents have to keep their children safe from abuses and to report to authorities if they observe some situations of child neglects.

Tips for Facilitators

The facilitator will collect participants' answers and then complete if necessary. Encouraging participation will help participants to remind the information and to express any misconceptions they could have on the topic.

CONCLUSION

duration: 5 minutes

Ask participants :

- What did they learn from the training?
- What are the main learning that they will use in their lives?

The facilitator will end the discussion by summarizing the restitution of the participants and by adding if necessary:

- **Pregnancy, delivery and breastfeeding** are very specific moments of the life. The health center and the hospital are unavoidable places to be informed and receive appropriate medical care for the mother and for the baby.
- **Child development** is at the same time a physical, socio-emotional, intellectual and spiritual process. It is a very important and determining stage of human being life. Baby's entourage has to create favorable conditions to support the child in this step.
- **Parenthood** is a very challenging process. Being parent means giving life but also responding to the physical, emotional and intellectual children's needs. To provide a respectful and efficient education to their children, parents have to adopt behaviors based on love, discipline and communication.
There is **not perfect parent**. There is not perfect way of being a parent. It takes a life time.
- The parents have to **keep their children safe from abuses** and to report to authorities if they observe some situations of child neglects.

Finally, the facilitator will end the Pulong by :

- **Giving** a short summary paper of Pulong's information (**Tool G**),
- **Reminding** the topic and the schedule of the next Pulong,
- **Providing** the timetable of OPA.