

Collaborative Parenting Workshop

Children and Adolescent
Development Package



Program Introduction and Details

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Introduction

Designed as the "Children and Adolescent Development Package", this is a 'two-day long' training package designed for the parents of school-going students. This training program is facilitated by Bachchu Ram Basnet and Co-facilitated by Rajesh Pathak.

As understanding the characteristics of a child is essential for parents, it is important to learn basic skills of parenting for the appropriate growth and development of the children. A trained parent can create the most favorable environment for the children that provides a broad space for the development and use of their potential.

One of the core focuses of the training program is positive parenting. Positive parenting helps children do better in school, have fewer behavioral problems, and have stronger mental health. Positive parenting contributes to better functioning in the brain regions associated with emotions and cognition during the teen years. Children and, adolescents are the backbone of society and these ages are vital to human growth.



Background

This age is considered a period of designing the future. Effective parenting is needed for the better life of a child and authoritative parents are more likely to raise confident kids who achieve academic success, have better social skills, and are more capable of problem-solving.

In general, educational institutions stand for discipline and a better future for the students and the entire educational syllabus remains for the academic and moral scale-up of the students. We send the children to school and expect a complete education from there but we sometimes ignore our responsibility to monitor the development of our children as the impact of school education.

Most of the schools focus on the courses of study and limited extra-curricular activities. Besides the class-wise courses, value-based education is essential for students for their moral and behavioral competency. Which can only be achieved by parenting.

Parents must be aware of the present needs of their children. Most of the guardians have limited knowledge about parenting. Role and responsibilities towards children are natural but it is not updated and modernized as per child development psychology. It is to be timely updated and applied in all families that children be highlighted in academic performance and socio-moral manner.



Methodology

The parenting skills presented in this course work well with teens, and are even backed by scientific research. Even if you have a wayward son or daughter, (or especially if you have a prodigal son or daughter), you need to use these skills.

Love, Laughter, and Limits (3L) parenting can help you handle this difficult situation positively. It can help you achieve a positive home environment, even with teens. It can help you learn and apply the skills you need to help your teen mature into a happy, healthy, and responsible adult. Good parents require effective parenting skills. Here is a list of the skills we teach parents.

The training is mainly based on the participatory process. Group discussions, experience sharing, role play, and questions/answers are selected as the major methods of the training.

Practice-based and experiential learning models are the focus of training methodology.

The overall objective of the training is to prepare the participants to perform Collaborative parenting and establish a better future of their children and adolescents.



Objectives

- ☑ Develop collaborative parenting.
- ☑ Improve communication skills with the children while transacting.
- ☑ Build interpersonal relationship between the children and adolescents
- ☑ Practice empathic behavior with the children.
- ☑ Make able to communicate, facilitate and amicable presentations with the children





Outcomes

- ☑ At least 25 numbers of parents to be trained in life skills-based effective parenting
- ☑ Clarity on the concept of collaborative parenting.
- ☑ The participants can handle the children with due respect, patience, eagerness, and empathetically
- ☑ The family image be improved
- ☑ Develop a friendly, trustful, and well informative environment
- ☑ Developed communication, presentation, and facilitation skills
- ☑ Developed knowledge of team approach strengthening and supporting the family goal achievement





Contents Covered

- ☑ Creating a Positive Home Environment
- ☑ Avoid Coercion
- ☑ Empathy and Understanding
- ☑ Use Reinforcement
- ☑ Effective Praise, Questions, and requests
- ☑ Pivot (planned or purposeful ignoring)
- ☑ Stop, Redirect, Reinforce
- ☑ Parental Expectations
- ☑ Setting Expectations
- ☑ Time-Out from Positive Reinforcement
- ☑ Using Consequences (Punishment)
- ☑ Grandma's Law
- ☑ Developing Positive Behaviour
- ☑ Effective Parenting Skills



Master Trainer

Bachchu Ram Basnet is a highly regarded development consultant and master trainer with over 20 years of experience in the development sector, with specialization in child and woman. He has honed his skills through a wide range of involvement in various fields of knowledge, which he has used to bring greater benefits to rural and urban communities and institutions.

His areas of expertise include community research, public relations, project management, organization development, proposal and report writing, and more. In recent years, he has focused on child-friendly learning, parental skills, and psychosocial counseling, providing training to thousands of teachers in public and private schools based on the UNICEF model.

