

Parent Support Educator Program CURRICULUM



This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Table of Contents

Self-study units	3
In-person training curriculum	4
Day One	4
Day Two	5
Day Three	6
Day Four	8
Day Five	9

This work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/).

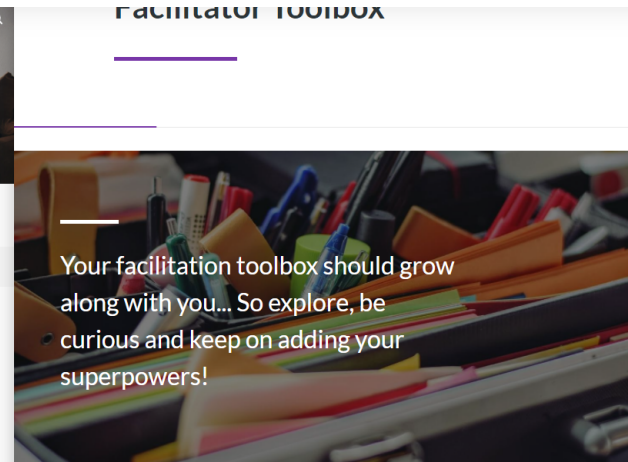
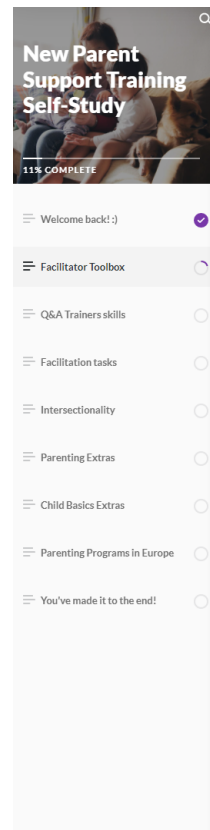
Self-study units

The self-study units were delivered over Roda's online platform at <http://edukacija.roda.hr>. All participants were required to complete the self-study as a prerequisite for attending the in-person training.



Welcome to the New Parent Support Training Self-Study component!
This will be the place where you do all your work in advance of our second in-person training.

- ☰ Welcome back! :)
- ☰ Facilitator Toolbox



In-person training curriculum

Day One

Start time	End time	Topic	Expected outcomes	Resources (if any)	Time needed (HH:MM:SS)
15:00:00	16:30:00	Welcome	Welcome speech Mapping expectations and rules Group reflection on the learning process so far in the training process	PPT with housekeeping info PPT training plan Flipchart + marker, post-it	1:30:00
16:30:00	16:45:00	Warm-up	Delivering warm-ups in pair Dedicated participants give feedback on the choice/apropriatness of the warm-up and the pair's presentation skills		0:15:00
16:45:00	18:00:00	Diversity and gender	Participants understand how privileges/oppression works from a feminist intersectional point of view Impact of privileges/oppressions on pregnancy, birth, postpartum and childraising How to be better allies - roles of allies resources	PPT Cases presented in the self-study Flipchart + marker, post-it notes, pens for brainstorming	1:15:00
18:00:00	18:15:00	Closing round and evaluations		Evaluations	0:15:00
18:15:00	19:15:00	Dinner			1:00:00

Day Two

Start time	End time	Topic	Expected outcomes	Resources (if any)	Time needed (HH:MM:SS)
9:20:00	9:30:00	Housekeeping information			00:10:00
9:30:00	9:45:00	Warm-up	Delivering warm-ups in pair Dedicated participants give feedback on the choice/appropriateness of the warm-up and the pair's presentation skills		0:15:00
9:45:00	11:00:00	Basic emotional need - Connection is vital	Can discuss what connection feels like in the body and what it does to the nervous system Can make a link between the capacity to connect and our formative relationships	PPT Flipchart paper + marker	1:15:00
11:00:00	11:30:00	Coffee break			0:30:00
11:30:00	11:45:00	Warm-up			0:15:00
11:45:00	13:00:00	How emotions work	Can explain how stress works and affects the body - build ups, storing, accessing and realising stress, natural coping mechanisms Can discuss the link between stress patterns and early formative relationships	PPT	1:15:00
13:00:00	14:30:00	Lunch break			1:30:00
14:30:00	16:00:00	Expectation for parents	Be able to reflect on the limited amount of time and resources parents (and trainers)	Flipchart + marker Handouts - tyranny of	1:30:00

			<p>have, and on the choices we have to make to meet our own and others' expectations and needs</p> <p>Be aware of the necessity to keep healthy boundaries and be able to say no (both as trainers and parents)</p>	<p>expectations</p> <p>Roleplay scenarios for saying no (parents, facilitators)</p>	
16:00:00	16:15:00	Closing round and evaluations		Evaluations	0:15:00
18:00:00	19:00:00	Dinner			1:00:00

Day Three

Start time	End time	Topic	Expected outcomes	Resources (if any)	Time needed (HH:MM:SS)
9:20:00	9:30:00	Housekeeping information			00:10:00
9:30:00	9:45:00	Warm up			00:15:00
9:45:00	11:00:00	Open communication between the two parents, differing needs	<p>Be able to implement techniques for role play and communication training</p> <p>Be able to creatively propose different techniques for teaching communication</p> <p>Be able to discuss the technique and benefits of positive/assertive communication and active listening</p>	<p>Flipchart + marker</p> <p>Handout for role play</p> <p>Handout with active listening rules</p>	01:15:00
11:00:00	11:30:00	Coffee break			00:30:00

11:30:00	13:00:00	Crying and soothing	<p>Can identify the three different types of crying (immediate needs, memory/stress release crying and distress crying)</p> <p>Can help build empathy towards people's reactions to crying and start building emotional capacity to ground client's stress</p> <p>To be able to offer guidelines for what to do when baby is crying/parents are in distress over baby crying</p>	<p>PPT Memory or stress release crying; Universal Baby Body Language Dolls</p>	01:30:00
13:00:00	14:30:00	Lunch			01:30:00
14:30:00	14:45:00	Warm up			0:15:00
14:45:00	16:00:00	National Curriculum building	Group workshop	<p>Curriculum examples</p> <p>Existing national educational programmes</p>	01:15:00
16:00:00	16:15:00	Closing round and evaluations		Evaluations	0:15:00
18:00:00	19:00:00	Dinner			1:00:00

Day Four

Start time	End time	Topic	Expected outcomes	Resources (if any)	Time needed (HH:MM:SS)
9:20:00	9:30:00	Housekeeping information			00:10:00
9:30:00	9:45:00	Warm up			00:15:00
9:45:00	11:00:00	Going back to work	To gain a cross-cultural insight into attitudes towards working mothers To learn how to work with prejudices related to going back to work	PPT paper + pens for everyone	01:15:00
11:00:00	11:30:00	Coffee break			00:30:00
11:30:00	13:00:00	Family transitioning	To understand how family structures can transition respectfully Can discuss divorces/split ups		01:30:00
13:00:00	14:30:00	Lunch break			01:30:00
14:30:00	16:00:00	Challenging situations for groups	Be able to share principles, guidelines and practical strategies to handle challenging situations To raise awareness of our own triggers and offer tools to handle them both on the spot and long term	Handout on principles and guidelines for handling challenging situations	01:30:00
16:00:00	16:15:00	Closing round and evaluations		Evaluations	0:15:00
18:00:00	19:00:00	Dinner			1:00:00

Day Five

Start time	End time	Topic	Expected outcomes	Resources (if any)	Time needed (HH:MM:SS)
9:20:00	9:30:00	Housekeeping information			00:10:00
9:30:00	9:45:00	Warm up			00:15:00
9:45:00	11:00:00	Nutrition and breastfeeding after first year	<p>To be able to share evidence based breastfeeding and nutrition after the baby's first year facts</p> <p>To be aware of personal biases</p> <p>Knows how to be understanding and supportive to parents</p> <p>Can implement technics how to enhance informed choices of individual families</p> <p>Be able to respec diversity of families and their needs/expectations</p>	Role play scenarios	01:15:00
11:00:00	11:30:00	Coffee break			00:30:00
11:30:00	12:30:00	Closing activity			01:00:00
12:30:00	13:00:00	Evaluations and goodbye		Final evaluation	00:30:00
13:00:00	14:30:00	Lunch			01:30:00