

# Session 1: Introducing the Parenting for Respectability Programme



## 1.0: Introduction

**Participants** | Women and Men separately

**Objectives** |  
1. Introductions, explore expectations, set ground rules and discuss the role of the facilitator.  
2. Appreciate the importance of family relationships.

**Duration** | 2 hours

**Preparation** | Review advance information about participants; revise/expand questions accordingly and prepare questions on flipcharts.

## Activity 1.1: Opening Remarks

**Time** | 30 minutes

### STEPS

- 1 | Provide an over view of the objective of the activity.
- 2 | Begin the session by welcoming and greeting participants.
- 3 | Introduce yourself, other facilitators and staff you are working with.
- 4 | Discuss the Parenting for Respectability (PfR) Programme, its purpose and objectives (as below), and welcome participants to be part of it.
  - a) Parenting for Respectability develops fathers' and mothers' skills to bring up their children well, so that they respect their parents and also earn respect from their parents.
  - b) PfR helps to improve relationships in families in order to prevent violence in homes and communities.
  - c) The long-term goals of this programme are:
    - ⊙ Improve infants' secure attachment to their parents and promote parental bonding and better relationships.
    - ⊙ Improve upbringing of children through positive discipline for family respectability.
    - ⊙ Improve how boys and girls are socialized and reduce negative gender norms in families and society.
    - ⊙ Reduce conflict between parents especially violence, which has negative health consequences and affects family functioning.
  - d) The programme has 16 sessions as summarised in the table below.
 

Total number of sessions	Single sex (women alone and men alone)	Mixed groups (men and women together)	Time per session	Home practice	End of programme
16	9	7	2 hours	Once a week	Certificates may be awarded
  - e) Therefore, the group shall meet 16 times once every week.
  - f) Respond to any questions/comments that may arise.

## Activity 1.2: Introduction of participants

**Time** | 30 minutes

### **What the facilitator needs to know!**

- ⊙ The purpose of the introduction session is for participants to get to know each other and to begin building trust.
- ⊙ It is very important that every person participates actively in this initial session.

**Objective** | To get know each other.

**Materials** | A ball (can be made of any material).

### **STEPS**

- 1 | Provide an overview of the objective of the activity.
- 2 | Invite participants to stand in a circle and participate in a game dubbed 'Catch your name'
- 3 | Instruct them on how the game is played. i.e. when one receives the ball, they tell their name, number of children under their care, and what they like and don't like about being a parent.
- 4 | After they have introduced themselves, ask them to throw the ball to anyone of their choice.  
Once everyone has introduced themselves, ask participants to return to their seats.

## Activity 1.3: Expectations and setting ground rules

**Time** | 20 minutes

**Objective** | To discuss expectations and establish ground rules.

**Materials** | Flipchart and markers

### STEPS

**1** | Provide an over view of the objective of the activity.

**In plenary ask participants to brainstorm on the rules**

**2**

a) Guide participants to respond to the questions below;

⊙ What do you want to learn in relation to parenting? (*These will be participants' expectations. Make sure you clarify those that the programme will be able to achieve*)

b) What will enable you to participate freely in the programme? (*these will be the ground rules*)

**3**

Clarify on the participants expectations emphasising those that the programme will and will not meet.

**4**

Encourage participants to try to stick to these rules and expectations that may include;

⊙ Attending all the sessions.

⊙ Encouraging others to attend regularly.

⊙ Encouraging their spouses to enrol in the programme.

⊙ Doing home practice when given.

⊙ Seeing themselves as the village role model who should help others in regard to parenting.

⊙ Maintaining confidentiality.

⊙ Active participation by everyone for every session.

### **Close the activity by highlighting the following points:**

*1. In this programme, it is important that participants learn from each other.*

*2. The facilitator will also be learning from the participants.*

*3. The facilitator will be guiding the group process of learning.*

*4. The facilitator will be like the mid wife who helps the mother to deliver the baby in a healthy state for both the baby and the mother.*

## Activity 1.4: 50 years and 3 months: Valuing relationships with one's children and spouse

**Time** | 30 minutes

### **What the facilitator needs to know!**

- ⊙ This activity is meant to help participants reflect on the importance of family relationships.
- ⊙ It is also supposed to trigger fathers' and mothers' desire to love their family more, be more available, and work towards strengthening good relationships with their family members, especially spouses and children.
- ⊙ Give at-least one example that shows how important relationships are in everyday life especially when someone has little time to live.
- ⊙ Give an example of things (extramarital relationships, drugs, alcohol etc.) that can fill the 'vacuum' in one's life.

**Objective** | To emphasize the importance of family relationships, especially relationships with one's children and partner.

**Materials** | Flipchart, masking tape and markers.

### **STEPS**

- 1 | Provide an over view of the objective of the activity.
- 2 | Ask participants in 1 minute to think about what they would do if they had 50 or more years to live. ***What would you do for yourself and family? (This is a reflective exercise. Participants will identify items like acquiring property, buildings/ houses, land, having more children, and a good education in good schools etc.)***
- 3 | Record responses from 5-7 participants on a flipchart.
- 4 | Ask participants in 1 minute to think about what they would do if they had only 3 months to live. ***What would you do for yourself and family? (Participants will identify things like; talking to their children everyday, praying to God, being good to everyone and writing a will among others)***
- 5 | Record responses from 5-7 participants on a flipchart.
- 6 | **Ask the participants to:**
  - a) What is the difference between two sets of responses?
  - b) Which of the two sets of achievements is more important and strengthens relationships?
  - c) From the discussion, what are the most important relationships in your life?
  - d) What do we learn from this activity?



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**Introduce** a discussion on the topic "**Relationship Vacuum**" using the notes below;

- a) Every human being needs positive relationships (Love, care, respect and acceptance) whether children, men and women.
- b) Life hates a relationship vacuum.
- c) When there is a relationship vacuum with one's family, people tend to feel empty both inside and around them.
- d) When a person experiences a relationship vacuum in his or her life, he or she is naturally drawn to fill that gap.

This vacuum often leads us to turn to other people or things such as drugs, alcohol consumption, or establish other relationships with other people in order to fill the existing gap.

- ⊙ For example, in Uganda, most infants bond with their caregivers if the parents/ caregivers are available to respond, play and engage with them.
- ⊙ However, most parents have neglected their responsibility especially as children get older. This has made the children to fill the vacuum with other things like peers and drugs. **(You can give a relevant example).** It's important, therefore, to grow the relationship between children and parents to avoid creating a vacuum.

***Close the activity by highlighting some of the following points:***

- 1. Every human being has the need to relate with others – to belong somewhere, be loved and cared for.*
- 2. For any human being, personal relationships are more important than material things.*
- 3. Family relationships provide a sense of belonging and identity.*
- 4. We need to learn to live our lives like we have only 3 months left so that we create a loving environment in our families but also plan for 50 years so that our family members will not suffer the consequences of short term planning.*
- 5. Let us all continue reflecting upon our close relationships and how we can improve them.*

## Activity 1.5: Home Practice

**Time** | 15 minutes

**Materials** | Flipchart, masking tape and markers.

### **S T E P S**

- 1 | Discuss with your partner/ other members in the family about the importance of close family relationships.
- 2 | Practice interaction activities that *improve family relationships by living like you have only 3 months* to live with your children and spouse during the week.  
  
Examples may include: Setting aside time for family, having a family meal together, holding family meetings to give positive feedback - not blame, and having time to play together.
- 3 | Bid participants farewell.