# {Course: Have a Healthy Relationship with My Partner}

| {Lesson: Listen and Talking to Each Other} | | |
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| Script | On Slide Text | Animation Notes |
| Hai! It’s good to have you with us again on Crianza con Conciencia Positiva.  This course is about having a healthy relationship with your partner.  In today’s lesson, we are learning how to listen and talk with our partners in a positive way.  Listening and talking to those around us are key to a more peaceful home.  Mari kita teroka dan belajar bersama! | Listening and Talking to Each Other |  |
| Here are some tips on how you and your partner can listen and talk with each other in a supportive and loving way:  [1] First, share how you feel.  Berkongsi perasaan dan bercakap mengenai kesusahan yang dirasai adalah satu tanda kekuatan dan boleh membuat semua ahli keluarga menjadi lebih kuat!  By sharing emotions, you can better understand and support each other.  [pause]  [2] Seterusnya, pilih apa yang ingin anda kongsi.  Sharing your challenges with your partner is about making them more aware of how you are feeling.  Remember, you decide how much you share. You can always choose to share more at a later time.  [pause]  [3] Ketiga, bersikap baik terhadap diri sendiri.  Sememangnya sukar untuk memulakan sesuatu yang baharu. Beri masa kepada diri sendiri dan orang lain untuk menyesuaikan diri.  [pause]  [4] Akhir sekali, pilih masa yang anda rasa selesa.  Tidak mengapa jika anda tidak mahu sentiasa berkongsi perasaan.  Anda boleh pilih untuk berkongsi perasaan anda pada masa lain setelah anda bertenang. | KONGSI PERASAAN ANDA  YOU CHOOSE WHAT YOU SHARE  BERSIKAP BAIK TERHADAP DIRI SENDIRI  PILIH  MASA YANG ANDA RASA SELESA | Animate words to text. |
| Today’s home activity is to try setting aside some time to talk to your partner about your feelings and any difficulties you’re facing. Adakah anda mempunyai masa untuk melakukannya hari ini? | Listening and Talking to Each Other  AKTIVITI DI RUMAH  Share your feelings and difficulties with your partner |  |

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| {Lesson: Making Decisions Together} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, it is great to see you again on Crianza con Conciencia Positiva.  Today, we will talk about how you and your partner can make decisions together.  [pause]  When you make decisions together, you are making your relationship with your partner stronger by communicating better and showing respect to each other more. This also helps girls and boys feel safe and loved.  Mari kita mulakan! | Making Decisions Together |  |
| Here are some steps that you and your partner can do to communicate better and make decisions as a team:  BERKONGSI MEMBUAT KEPUTUSAN  [pause]  INVOLVE YOUR PARTNER  [pause]  TIMING MAKES A DIFFERENCE  [pause]  PRACTICE MAKES IMPROVEMENTS  [pause] | BERKONGSI MEMBUAT KEPUTUSAN  INVOLVE YOUR PARTNER  MASA MEMAINKAN PERANAN  PRACTICE MAKES IMPROVEMENTS |  |
| Pertama, berkongsi membuat keputusan  Next time, before making a decision, talk with your partner as a team.  Ask your partner what they think, and share your thoughts too.  Consider the options you have and reach an agreement.    [pause]  Second, involve your partner.  It can sometimes be hard to remember to involve our partners in decision-making.  If you forget, talk about it with your partner and keep trying!  It is important that both participate and share the responsibility of the family. This shows that both of you care about each other and want to be involved together.  [pause] | ^ | Animate words to text. |
| Ketiga, masa memainkan peranan.  If you have a decision to make, bring it up during a time when you and your partner are not too busy, such as early in the morning or later in the evening.  Find a moment in which both are calm and open to listening and talking.  If the conversation starts getting difficult, you can agree to take a pause and find another time to continue talking.  Remember to think about the different options you have and what is in the best interest of the family.  [pause]  Fourth, practice makes improvements.  It can take time to get used to making decisions together.  Give yourself time and keep trying!  It’s okay not to be perfect. Both of you might make mistakes, and that’s alright. Recognise the mistakes, and try again.  Remember that by communicating with your partner, you will both eventually start to feel more comfortable talking and sharing decisions.  [pause] | ^ | ^ |
| Your Home Activity now is to involve your partner in a decision you are making today. Bolehkah anda lakukannya? | Making Decisions Together  AKTIVITI DI RUMAH  Involve your partner in a decision you are making today |  |

| {Lesson: Being a Supportive Partner and Parent} | | |
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| Script | On Slide Text | Animation Notes |
| Hello again, it’s great to have you here again on Crianza con Conciencia Positivat!  Today, we are learning how to be a supportive partner and parent. When mothers and fathers are both engaged in parenting their girls, boys and teens, everyone benefits.  Here are some simple ways you can become a more confident and supportive partner and parent.  Mari kita mulakan. | Being a Supportive Partner and Parent |  |
| [1] Pertama, tunjukkan penghargaan  Show your partner that you appreciate it when they spend quality time with your girls, boys or teens.  [pause]  [2] Seterusnya, bekerja bersama.  If you are unsure how to work together with your partner, try asking them. Dengan bertanya, ia menunjukkan bahawa anda peduli dan mahu terlibat bersama!  [pause]  [3] Langkah ketiga, Hulurkan Bantuan.  It can sometimes be difficult to remember to ask if your partner needs help. Mereka akan menyedari bahawa anda mahu sering melibatkan diri setelah anda mula bertanya, dan mula meminta bantuan anda tanpa segan-silu.  [pause]  [4] Finally, ask for support.  It can be hard to ask for support. Sometimes we expect our partners to know we need support even if we don’t ask them. Apabila anda sudah mula bertanya, berkemungkinan mereka akan mula menawarkan bantuan pada masa akan datang.  [pause]  Remember to thank your partner! | SHOW APPRECIATION  WORK TOGETHER  LEND A HAND  ASK FOR SUPPORT | Animate words to text. |
| Your home activity is to try doing childcare or housework together with your partner. Adakah anda mempunyai masa untuk melakukannya hari ini? | Being a Supportive Partner and Parent  AKTIVITI DI RUMAH  Try doing childcare or housework with your partner |  |

| {Lesson: Share Family Responsibilities} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva.  Today, we are learning how to share family responsibilities between you and your partner.  Sharing family responsibilities with your partner can help make life less stressful and improve your relationship!  Jom kita bermula! | Kongsi Tanggungjawab Keluarga |  |
| Here are some simple ways you can start sharing family responsibilities with your partners:  [1] Pertama, buat jadual harian.  Tanpa jadual harian, mungkin sukar untuk mengingat semua perkara! Menetapkan rutin berkaitan tugas penjagaan atau kerja rumah kadang-kadang dapat membantu.  [pause]  Creating a routine also lets you talk to your partner about how to share the workload.  [pause]  [2] Next, talk about the workload with your partner  Talking with your partner about how you can share family responsibilities helps both of you understand each other better. Ia juga menunjukkan bahawa anda sebenarnya peduli!  [pause]  [3] Finally, remember to ask for support  It can be hard to remember to ask for support. Be kind to yourself if you forget to ask and try again another time. Asking for support and sharing family responsibilities benefits the whole family! | BUAT JADUAL HARIAN  BINCANG TENTANG BEBAN KERJA  ASK FOR SUPPORT | Animate words to text. |
| Your home activity is to invite your partner to discuss how you can share family responsibilities more evenly at home! Adakah anda mempunyai masa untuk melakukannya hari ini? | Kongsi tanggungjawab keluarga  AKTIVITI DI RUMAH  Discuss family responsibilities with your partner |  |

| {Lesson: Resolving Conflicts Peacefully} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to Crianza con Conciencia Positiva!  Today, we are learning how to resolve conflicts peacefully between you and your partner.  All adults have disagreements sometimes. Fighting is not an effective way to solve issues. Learning to respond in a calmer way when experiencing disagreements with your partner can help you create a more peaceful home.  Sertai saya untuk belajar lebih lanjut! | Resolving Conflicts Peacefully |  |
| Here are some tips you can try to resolve conflicts with your partner in a peaceful way.  [1] Pertama sekali, Kira sehingga sepuluh.  Kadang-kadang, tidak mudah untuk kekal tenang ketika kita sedang berselisih pendapat dengan orang lain.  Try to think of something that you can do that might help, like taking a couple of deep breaths or counting to ten.  [pause]  [2] Second, you could take a pause  Do you remember on the first day of Crianza con Conciencia Positiva, you learned how to close your eyes, breathe deeply, and take a pause? Berhenti seketika sebelum bertindak balas boleh membantu kita kekal tenang dan bertindak balas dengan lebih baik selepas berhenti seketika.  Cuba berhenti seketika apabila anda berasa marah. Anda boleh melakukannya!  [pause]  [3] Akhir sekali, pergi jika perlu.  Sometimes, others respond to us negatively when we’re having a disagreement.  Dalam situasi seperti ini, adalah lebih baik untuk pergi dari situ buat sementara sehingga semua orang kembali tenang jika anda berasa takut atau terancam. Remember, if you need help in a crisis, you can type HELP in Crianza con Conciencia Positiva to receive a list of community resources where you may find support. | KIRA SEHINGGA SEPULUH atau menarik nafas yang panjang beberapa kali  BERHENTI SEKETIKA sebelum bertindak balas  PERGI jika perlu | Animate words to text.  Add animation of phone with HELP on it according to text. |
| Remember, if you need help in a crisis, you can type HELP in Crianza con Conciencia Positiva to receive a list of community resources where you may find support. | BANTU | Add animation of phone with HELP on it |
| Today’s home activity is to practise taking a pause. Adakah anda mempunyai masa untuk berlatih berhenti seketika hari ini? | Menyelesaikan Konflik dengan Aman  KIRA SEHINGGA SEPULUH BERHENTI SEKETIKA PERGI  AKTIVITI DI RUMAH  Berhenti seketika hari ini |  |

{Course: Understand Child Development}

| {Lesson: The Power of Play} | | |
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| Script | On Slide Text | Animation Notes |
| Hi, you're back on Crianza con Conciencia Positiva, fantastic!  Today, we are learning about supporting your girl or boy to find joy in learning in a playful and fun way.  Playing with your girl or boy is important for their development and learning in and out of school. This is true for ALL girls and boys, including those with physical and developmental disabilities.  Did you know that playing also helps your girl or boy learn social values and social rules?  Here are 2 tips on how you can make learning playful and fun with your girl or boy:  Get Active  [Pause]  and Allow Creativity [Pause]  Mari kita mulakan. | Kuasa Bermain  MENJADI AKTIF  BENARKAN KREATIVITI |  |
| Pertama sekali, menjadi aktif.  To put it simply, play games!  [Pause]  Creating time for your girl or boy to play and have fun will make their physical and mental health better.  [Pause]  It also helps them learn and remember important facts better. Bukankah itu hebat?  If your girl or boy starts to feel overwhelmed with anything in their day, help them reduce their stress by taking a pause or playing together.  [pause]  Use your girl’s or boy’s interests in your play or exercise sessions to help them engage. Begin with something simple and then gradually make it more complex.  [Pause]  Yang kedua, benarkan kreativiti.  Equally important, allow your girl or boy to be creative when playing. For example, you might encourage them to draw or go outside.  [Pause]  If your girl or boy is interested in a new topic, talk to them about it and help them explore the topic through play.  Ingat, tunjukkan contoh yang baik kerana anak anda sedang memerhati dan belajar daripada diri anda. Let your girl or boy see you being creative and trying something new, even if you are not good at it yet. | MENJADI AKTIF  BENARKAN KREATIVITI | Animate words to text |
| For your home activity, invite your girl or boy to play with you today. Encourage them to ask questions and explore new things through play. Adakah anda mempunyai masa untuk melakukannya hari ini? | Kuasa Bermain  AKTIVITI DI RUMAH  Play with your girl or boy |  |

| {Lesson: Learning from Experience} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to Crianza con Conciencia Positiva!  Today’s parenting skill is about helping your girl or boy know how to learn from their mistakes. Belajar daripada kesilapan dapat membantu kita mengelakkan kesilapan yang sama pada masa akan datang. It can also help us be more supportive of ourselves and less harsh when things do not go well.  [Pause]  Here are four tips that you can use to help your girl or boy learn from their mistakes:  Bercakap  [pause]  praise effort  [pause]  allow for mistakes to happen  [pause] and share  Jom belajar lebih lanjut bersama-sama. | Memberikan Persekitaran yang Seimbang untuk Anak Saya  BERCAKAP  MEMUJI USAHA  BENARKAN KESILAPAN BERLAKU  KONGSI |  |
| Pertama, bercakap.  Start off by creating space and time for your girl or boy to talk with you about their life. You can ask how school is going, about their friends, their likes or dislikes.  [pause]  If their day was challenging, listen to them and give them space to let them share.  [pause]  Following that, it is important to give them support and show you care. You can tell them, "that sounds difficult.” | BERCAKAP dan biarkan mereka berkongsi |  |
| Petua kedua ialah memuji usaha.  Make a point to praise your girl or boy for the effort they put into their learning even if they did not succeed.  [pause]  Remember, effort is more important than mastering a specific skill. | PUJI USAHA MEREKA, walaupun mereka tidak berjaya |  |
| Kemudian, benarkan kesilapan berlaku.  To begin with, allow your girl or boy to make mistakes. This lets them learn from their own mistakes so they can learn and grow.  [Pause]  You may want to solve every problem for your girl or boy, especially when you know better. But this will not teach them to solve their own problems.  [Pause]  Instead, talk to your girl or boy about their mistakes and allow them to figure out a way to solve their problems and do better next time. | ALLOW MISTAKES to happen. Let your girl or boy figure out a way to solve the problem. |  |
| Akhir sekali, kongsikan.  Try and share your own failures with your girl or boy and discuss how they helped you develop and grow.  [Pause]  By doing this, you help your girl or boy learn that you do not have to be perfect all the time. | BERKONGSI kegagalan anda sendiri |  |
| To help your girl or boy learn from experience remember:  Bercakap  [pause]  Praise Effort  [Pause]  Allow for mistakes to happen  [pause]  And Share.  Your home activity is to share a story with your girl or boy about a time you learned from a mistake. It can be something from when you were a girl or boy yourself or another life lesson.  Adakah anda mempunyai masa untuk melakukannya hari ini? | Memberikan Persekitaran yang Seimbang untuk Anak Saya  BERCAKAP  MEMUJI USAHA  BENARKAN KESILAPAN BERLAKU  KONGSI  AKTIVITI DI RUMAH  Share a story with your girl or boy about a time you learned from a mistake |  |

| {Lesson: How Your Toddler is Changing} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, it’s great to see you again on Crianza con Conciencia Positiva!  In this lesson, we help you support your girl’s or boy’s healthy development as they grow and change.   Girls and boys have different abilities at different stages of their development. It is important to be aware of their skills at this stage.    This helps you plan activities that match what they can do but also helps you have realistic goals for them.  At this stage of development, girls and boys are curious about their surroundings and want to learn how to do things on their own.  [Pause]  As time goes on, they will begin to explore the world more and express themselves using emotions and language, too.  To support the healthy development of your girl or boy, use these 3 tips:  Be patient,  [pause]  explore safely  [pause]  and encourage sharing.  Sedia untuk belajar lebih lagi? | How Your Toddler is Changing  BERSABAR   TEROKA DENGAN SELAMAT   GALAKKAN BERKONGSI |  |
| To start, be patient.  Be patient while they learn new things. They may struggle at first, but with time and practice, they will succeed.  [Pause]  You can also support them by helping them break large tasks into smaller tasks appropriate for their ages  [Pause].  Remember to use words of encouragement to motivate them and praise each step!  [Pause]  Your girl or boy may express feelings dramatically. Ini OKEY! They will learn to manage their emotions over time.  [pause]  Our second tip is to explore safely.  [pause]  Your girl or boy will become more curious and will do more by themselves as they observe the world around them. Be aware of their activities, but encourage them to experience fun activities safely!  [pause]  Encourage your girl or boy to learn tasks independently, like combing hair or tying shoelaces. Show them how to do it safely by setting a good example.  [pause]  Thirdly, encourage sharing.  Use games as a tool to teach your girl or boy about taking turns and sharing. They may not enjoy losing initially, but you can show them that the most important thing is to have fun.  [pause]  Also, make sure you praise your girl or boy when they share their things with others and show a positive attitude when they lose in a game. | BERSABAR   TEROKA DENGAN SELAMAT   GALAKKAN BERKONGSI |  |
| Your girl or boy is changing and you are doing a great job of helping them grow!  Your home activity is to complete your girl’s or boy’s development assessment. To get started, type GROW. Can you complete the assessment today? | How Your Toddler is Changing  AKTIVITI DI RUMAH  Complete your girl’s or boy’s development assessment  Type GROW to begin | Phone with GROW on it appears on screen with text. |

| {Lesson: How Your Young Girl or Boy is Changing} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, it’s great to see you again on Crianza con Conciencia Positiva!  Today’s parenting lesson is about how you can support your girl’s or boy’s healthy development as they grow and change.   Girls and boys have different abilities at different stages of their development. It is important to be aware of their skills at this stage.  This helps you plan activities that match what they can do but also helps you have realistic goals for them.  At this stage of development, girls and boys love playing and learning through actions. Daripada aktiviti-aktiviti ini, mereka akan belajar nilai-nilai sosial. Mereka akan mempunyai banyak soalan tentang persekitaran mereka.  Here are two tips to support the healthy development of your girl or boy at this age:  learn by playing  [pause]  and support curiosity.  Sedia untuk belajar lebih lagi? | How Your Young Girl or Boy is Changing  BELAJAR SAMBIL BERMAIN   MENYOKONG PERASAAN INGIN TAHU |  |
| Firstly, learn by playing.  Play, play, and play! Your girl or boy will develop relationships with other girls and boys and understand social rules through play.  [pause]  Your girl or boy may not like to lose, share, or take turns, but losing and taking turns can be taught! Playing is a great way to do this! Praise your girl or boy when they follow the rules or accept defeat.  The second tip is to support curiosity.  Your girl or boy may find it hard to know fantasy from the real world, so they may express feelings in a bigger way than it seems they need to. That is alright! They will learn to manage their emotions.  Your girl or boy may also talk a lot and have many questions. You can give them short but honest answers.  Your girl or boy may repeat the question or ask follow-up questions to learn more. During such a time, take a pause and be calm as you support their interest to learn and continue to answer. | LEARN BY PLAYING   SUPPORT CURIOSITY |  |
| Your girl or boy is changing and you are doing a great job of helping them grow!  Your home activity is to complete your girl’s or boy’s development assessment. To get started, type GROW. Can you complete the assessment today? | How Your Young Girl or Boy is Changing  AKTIVITI DI RUMAH  Complete your girl’s or boy’s development assessment  Type GROW to begin |  |

| {Lesson: How Your Girl or Boy is Changing} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, it’s great to see you again on Crianza con Conciencia Positiva!  Today’s skill is about helping you support your girl’s or boy’s healthy development as they grow and change.   Girls and boys have different abilities at different stages of their development. It is important to be aware of their skills at this stage.  This helps you plan activities that match what they can do but also helps you have realistic goals for them.  Girls and boys at this stage will start to express themselves by wanting independence and trust.  They begin making their own choices, and they may answer back to adults to show that they know the correct answers. Pada masa yang sama, mereka akan menunjukkan emosi dengan cara mereka tersendiri yang unik.  Here are 3 tips to support the healthy development of your girl or boy:  find friends,  [pause]  support curiosity,  [pause]  and trust your girl or boy.  Sedia untuk belajar lebih lagi? | How Your Girl or Boy is Changing  FIND FRIENDS   SUPPORT CURIOSITY   TRUST YOUR GIRL OR BOY |  |
| Pertama, cari kawan.  [pause]  Your girl or boy will be interested in spending time with other girls and boys.  [pause]  Support your girl or boy to make friends based on their interests so that they develop relationships with other girls and boys.  [pause]  Also, help them learn how to share and play with others in a safe and fun way.  Secondly, support curiosity.  [pause]  Your girl or boy will be interested in learning at school and may have favourite subjects. Encourage them to ask you or the teacher about any difficult content.  [Pause]  Your girl or boy may begin expressing interest in religious matters or spirituality. When this happens, you can give them short but honest answers.  [pause]  Finally, trust your girl or boy.  [pause]  Your girl or boy may begin making decisions by themselves. Mereka mahu anda percayakan mereka. Listen to what your girl or boy wants and then set rules that work for the family.  [Pause]  Finally, be sure to praise Your girl or boy when they follow the rules! | FIND FRIENDS   SUPPORT CURIOSITY   TRUST YOUR GIRL OR BOY |  |
| Your girl or boy is changing and you are doing a great job of helping them grow!  Your home activity is to complete your girl’s or boy’s development assessment. To get started, type GROW. Can you complete the assessment today? | How Your Girl or Boy is Changing  AKTIVITI DI RUMAH  Complete your girl’s or boy’s development assessment  Type GROW to begin |  |

{Course: Manage my Girl’s or Boy’s Behaviour}

| {Lesson: Keeping it Positive} | | |
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| Script | On Slide Text | Animation Notes |
| Hello again, it’s great to have you here on Crianza con Conciencia Positiva!   Today’s lesson is all about how to help your girl or boy follow instructions.  Being more effective about how we give instructions can make things more peaceful and calm at home.    Here are three tips on how to help your girl or boy follow instructions more often: | Mewujudkan Peraturan Keluarga |  |
| Sebagai permulaan, jadi spesifik.  Say the behaviour you want your girl or boy to do. For example: “Please put your backpack on the chair when you enter the house, Luis.”  Remember, use your girl’s or boy’s name to get their attention. Go down to their level. Get their eye contact.  [Pause]  Seterusnya, jadi realistik. | JADI SPESIFIK  ✅”Please put your backpack on the chair, Luis” | Animate words to text. |
| Seterusnya, jadi realistik.  Make sure that the instruction is something that your girl or boy can do. Berikan satu arahan pada satu-satu masa. It can be difficult for your girl or boy to remember many instructions! If possible, give a transition warning: “In 3 minutes, it will be bedtime and you will give the cell phone back to me.” Stay calm and remember that expecting perfection adds extra stress for everyone. Instead, treat each moment as an opportunity to learn and teach. | BE REALISTIC  ✅“In 3 minutes, it will be bedtime and you will give the cell phone back to me” | ^ |
| Akhir sekali, jadi positif.  Gunakan perkataan positif ketika memberi arahan. Contohnya, daripada berkata "Jangan jerit," katakan "Cakap dengan suara yang perlahan." Give instructions in a firm voice and stay calm. Behave as if you expect your girl or boy to do what you ask.  Remember to praise, praise,and praise! Make sure you praise your girl or boy immediately when they follow your instructions.  Also, be kind to yourself if you forget sometimes. Learning how to give positive instructions is not easy, but it works! | BERSIKAP POSITIF  ✅“Talk in a quiet voice” | ^ |
| For your home activity, try to give specific, realistic, and positive instructions to your girl or boy.  Adakah anda mempunyai masa untuk melakukannya hari ini? | Mewujudkan Peraturan Keluarga  AKTIVITI DI RUMAH  Give specific, realistic, and positive instructions to your girl or boy |  |

| {Lesson: Creating Family Rules} | | |
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| Script | On Slide Text | Animation Notes |
| Helo!  Today’s parenting lesson is about creating family rules and guidelines with your girls and boys. When you are making family rules with your girls and boys, remember these four tips:  Jadilah Sepasukan  [pause]  Pastikan ia Nyata  [pause]  Sentiasa Konsisten  [Pause]  Praise, Praise, Praise!  Mari pelajari lebih lanjut! | Mewujudkan Peraturan Keluarga   1. JADILAH SEPASUKAN 2. PASTIKAN IA NYATA 3. SENTIASA KONSISTEN 4. PUJIAN, PUJIAN, PUJIAN |  |
| [1] Pertama, Jadilah Sepasukan.  [pause]  Create rules with your girl or boy. You can write these down or use pictures when needed to help them understand. Buat satu peraturan pada satu masa. Talk about the reasons for the rule. Listen to their view.  [Pause]  [2] Seterusnya, Pastikan ia Nyata.  [pause]  Make rules realistic. Think about what your girl or boy can actually do? Be clear and specific about what you want them to do. Make sure the rule is fair. Explain the reason for the rule. | JADILAH SEPASUKAN  Buat peraturan bersama-sama  PASTIKAN IA NYATA  Keep your rules realistic, clear,specific, and fair | Animate words to text. |
| [3] Step 3 is to be consistent.  [pause]  Once you set a rule, stick to it. Ini bermakna, mereka akan lebih cenderung mengikuti peraturan itu. If the rule includes you, it is important that you stick to it, too.  [4] Finally, praise, praise, and praise. Praise your girl or boy for setting a family rule with you. Praise your girl or boy when they follow the rule, just like you do when they behave well! | SENTIASA KONSISTEN  Make sure you and your girl or boy follow the rules consistently  PRAISE, PRAISE, PRAISE  Praise your girl or boy whenever you notice they are following the rule | ^ |
| Ingat:[pause]  [1] Jadilah sepasukan dan buat peraturan bersama-sama.  [2] Pastikan peraturan munasabah dan seringkas yang mungkin.  [3] Patuhi peraturan secara konsisten.  [4] Praise your girl or boy often. Puji mereka kerana membantu anda membuat peraturan dan apabila mereka mematuhi peraturan tersebut.  Your home activity is to create at least one family rule with your girl or boy. Bolehkah anda lakukannya hari ini? | Create Family Rules   1. BE A TEAM 2. KEEP IT REAL 3. SENTIASA KONSISTEN 4. PUJI SELALU   AKTIVITI DI RUMAH  Create at least one family rule with your girl or boy |  |

| {Lesson:Ignore Demanding Behaviours} | | |
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| Script | On Slide Text |  |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva. Today, we will talk about what to do when girls and boys are seeking attention with demanding and disrupting behaviours    There are five steps to reduce negative, attention-seeking, and demanding behaviour, such as whining or throwing tantrums  Redirect,  [pause]  know what to ignore  [pause]  ignore the behaviour not your girl or boy,  [pause]  praise the positive,  [pause]  and be consistent.    Jom belajar lebih lanjut bersama-sama. | Mengajar Akibat Kepada Anak Saya  ALIHKAN PERHATIAN  TAHU APA YANG PERLU DIABAIKAN  IGNORE THE BEHAVIOUR, NOT YOUR GIRL OR BOY  PUJI YANG POSITIF  SENTIASA KONSISTEN |  |
| Firstly, redirect.    Tetap bertenang, pantas, jelas, dan bersikap positif apabila alihkan perhatian mereka kepada tingkah laku atau aktiviti yang positif. Ingatlah untuk memuji tingkah laku positif mereka!  Praise them for this positive behaviour!  You learnt about redirecting in the first course of Crianza con Conciencia Positiva | ALIHKAN PERHATIAN  Be calm, quick, clear, and positive |  |
| Kedua, tahu apa yang perlu diabaikan.      Merengek, mendesak, menunjuk-nunjuk, mengamuk dan tingkah laku negatif lain yang ingin mencari perhatian boleh diabaikan. There are no bad girls and boys, only difficult behaviours!  [pause]  If we respond to disruptive behaviours, girls and boys learn that this behaviour will get them attention, so they will do it again. Mereka juga akan beranggapan bahawa jika mereka menjadi lebih mendesak, permintaan mereka akan dituruti.  [pause]  Beberapa tingkah laku yang TIDAK patut diabaikan ialah: memukul adik-beradik, pulang lewat ke rumah, atau melakukan sesuatu yang berbahaya. We will learn about how to manage these behaviours in the next module. | KETAHUI APA YANG PERLU DIABAIKAN  Boleh diabaikan:  Merengek  Mendesak  Menunjuk-nunjuk  Mengamuk  Other negative attention-seeking behaviours   You should NOT ignore:  Hitting siblings  Pulang lewat ke rumah  Doing something dangerous | Animate words to text. |
| Next, ignore the behaviour, not the girl or boy    When you ignore your girl’s or boy’s behaviour (but not your girl or boy!), they learn that the demanding behaviour will not work.  [pause]  Mengabaikan tingkah laku bermakna mengalihkan pandangan anda dan tidak bercakap atau bertindak balas kepada mereka sehingga mereka berkelakuan dengan lebih baik. You should still be aware of what your girl or boy is doing.  [pause]  Ini memerlukan masa dan kesabaran. Often, your girl or boy will behave worse in order to get attention. Berhenti seketika, kekal tenang, dan terus abaikan tingkah laku negatif tersebut.  [pause]  Find a calm moment to explain kindly to your girl or boy what behaviours you will ignore and how you will manage the situation. Ensure they understand that you are not ignoring them but the behaviour. | IGNORE THE BEHAVIOUR, NOT THE GIRL OR BOY  Your girl or boy will learn that demanding behaviour will not work |  |
| Keempat, puji yang positif.    Praise your girl’s or boy’s next positive behaviour. Once your girl or boy has calmed down after showing demanding behaviour, they will need lots of love and attention on positive behaviour. Anda boleh berbincang kemudian atau keesokan harinya tentang tingkah laku mendesak tersebut. For now, involve your girl or boy in a positive activity. | PUJI YANG POSITIF  Involve your girl or boy in a positive activity |  |
| Akhir sekali, sentiasa konsisten    Even if your girl or boy behaves worse to get attention, it is important to continue ignoring the behaviour. Over time, your girl or boy will learn that this demanding behaviour does not work.  [pause]  If you feel it is necessary, take a pause from the situation and return.  [pause]  Spend lots of positive time with your girl or boy - especially right after a demanding behaviour. Masa bersama seorang dengan seorang yang positif adalah sangat penting! | SENTIASA KONSISTEN  Dan luangkan masa positif bersama seorang dengan seorang |  |
| Your home activity is to find one positive thing your girl or boy does today and praise them for it. If your girl or boy shows any negative, attention-seeking behaviour, redirect and if they continue, try ignoring it. Remember to ignore the behaviour, not your girl or boy!    Can you find something to praise your girl or boy for today? | Mengajar Akibat Kepada Anak Saya  AKTIVITI DI RUMAH  Find one positive thing your girl or boy does today and praise them for it |  |

| {Lesson: Teach my Girl or Boy Consequences} | | |
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| Welcome back to Crianza con Conciencia Positiva! In this lesson,you will learn what you can do when your girl or boy refuses to follow an instruction, forgets a family rule, or behaves in an aggressive or dangerous way.  Giving clear consequences teaches girls and boys responsibility for their actions more than hitting or shouting does.  Here are four simple steps for using consequences when your boy or girl behaves disruptively:  Be Calm [Pause]  Be Fair[pause]  Be Consistent, [Pause]  And Be Positive  Mari pelajari lebih lanjut tentang langkah-langkah ini. | Teach my Girl or Boy Consequences  BERTENANG  BERLAKU ADIL  SENTIASA KONSISTEN  BERSIKAP POSITIF |  |
| Firstly, be calm.  [Pause]  Shouting or hitting our girls and boys only makes things worse. Ia juga membuatkan anak anda berfikir, tidak mengapa untuk memperlakukan orang lain seperti ini apabila mereka berasa kecewa.  [Pause]  Take some deep breaths, take a pause, or walk away if you need to.  [Pause]  Then, respond in a calm, clear way. | BERTENANG  Shouting or hitting our girls and boys only makes things worse |  |
| Next, be fair.  [Pause]  Before giving a consequence, give your girl or boy the option to behave and time to do as you asked.  [Pause]  Give a consequence connected to the behaviour. For example, if they do not pick up their toys, they cannot play with them later or the next day.  {pause]  Make sure you can follow through with that consequence. Sebagai contoh, beritahu mereka bahawa mereka tidak boleh bermain dengan mainan mereka pada hari ini sahaja, dan bukannya sepanjang minggu.  [pause]  Notice if your boy or girl is experiencing a natural consequence for their action already like they are cleaning up after making the table dirty. If so, you might not need to give them one other consequence. | BERLAKU ADIL  Before giving a consequence, give your girl or boy the option to behave and time to do as you asked |  |
| Thirdly, be consistent.  [Pause]  Adalah penting untuk menguatkuasakan akibat setiap kali mereka tidak mematuhi peraturan yang anda tetapkan.  [Pause]  This helps your girl or boy to know what to expect, and makes it more likely that they will follow the rule.  [Pause]  Talk about the consequences for breaking household rules when you set them so that your girl or boy knows them and stick to them. | SENTIASA KONSISTEN  This helps your girl or boy know what to expect |  |
| Finally, be positive.  Praise your boy or girl every time they do actions you want to see more of. Ini membuat mereka lebih cenderung untuk mengulangi tingkah laku tersebut!  [pause]  See if you can avoid giving consequences at all by redirecting them to something else before they behave badly.  [pause]  Menggunakan akibat mungkin akan sukar pada awalnya, tetapi dengan latihan, ianya akan lebih mudah!  [pause]  Consequences help our girls and boys learn that their actions affect others - and to think before they act. | BERSIKAP POSITIF  Praise your boy or girl every time they do actions you want to see more of. |  |
| When giving consequences remember:  Be calm,  Be fair,  Be consistent,  And Be positive.  Your home activity for this lesson is to praise your girl or boy for one thing you’d like them to keep doing. If your girl or boy refuses to follow instructions, you can use a fair consequence. Remember to give your girl or boy a choice to follow the instruction, before giving the consequence and respond in a calm way.  Can you praise your girl or boy for their positive behaviour today? | Teach my Girl or Boy Consequences  BERTENANG  BERLAKU ADIL  SENTIASA KONSISTEN  BERSIKAP POSITIF  AKTIVITI DI RUMAH:  Praise your girl or boy for positive behaviour | Animate words to text. |

| {Lesson: Solve Problems with My Girl or Boy} | | |
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| Hai! It is great to see you again on Crianza con Conciencia Positiva! This lesson is about learning how to solve problems with your girl or boy.  Learning how to solve problems with your girl or boy can help you avoid having to use consequences.  As girls and boys get older, they will be able to work through their problems by themselves more often.  When something happens, take a deep breath then, help your girl or boy work on the problem with these four steps:  KNOW IT,  [pause]  SOLVE IT,  [pause]  TRY IT,  [pause]  and TEST IT.  Mari pelajari lebih lanjut mengenai langkah-langkah ini. | Solve Problems with My Girl or Boy  TAHU  SELESAIKAN  CUBA  UJI | Animate words to text. |
| Step 1 is Know It.  Jelaskan masalah tersebut dengan kata-kata. Describe the problem as if you are explaining it to a stranger.  [Pause]  Talk to your girl or boy about what the problem is. Remember, your girl, boy or you are not the problem. Focus on the situation. | TAHU  Put the problem into words |  |
| Step 2 is to Solve It.  Together, think of possible solutions to this problem.  What could you or your girl or boy do differently in this situation in the future? | SELESAIKAN  Together, think of possible solutions to this problem |  |
| Step 3 is to Try It.  Choose one solution together. Try it next time you're in a similar situation. | CUBA  Choose one solution together to try next time. |  |
| Step 4 is to Test It.  Ask yourself, “Did it work?”  If yes, great! If not, talk to your girl or boy about trying another solution for next time. Use the 4 steps to find a new solution. | UJI  “Adakah ia berkesan?” |  |
| Remember, to solve problems with your girl or boy:  [1] Know the problem by putting it into words,  [2] think of solutions to the problem together,  [3] Choose one solution and try it next time.  [4] Uji langkah penyelesaian tersebut. Adakah ia berkesan?  Your home activity is to talk with your girl or boy about the four steps to problem-solving by reviewing this module together. Mengetahui cara untuk menyelesaikan masalah adalah sesuatu yang dapat mereka gunakan sepanjang hidup mereka!  Bolehkah anda lakukannya hari ini? | Solve Problems with My Girl or Boy  TAHU  SELESAIKAN  CUBA  UJI  AKTIVITI DI RUMAH:  Talk with your girl or boy about the four steps to problem solving |  |

| {Lesson: Knowing Everyone’s Role} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva.  Caregivers, girls and boys have a role to play in the household. Your girl’s or boy’s role is to learn from their caregivers what to do and what not to do. As a caregiver, your role is to care for your girl or boy, keep them safe, and teach them how to behave in the world.  Let’s continue to learn more about the four tips to help you know what your role is as your girl’s or boy’s caregiver and to teach them their role, too. | Knowing Everyone’s Role |  |
| To kick things off, know your role  As a caregiver, your role is to make sure your girl or boy has enough healthy food,  [pause]  mempunyai pakaian yang mereka perlukan,  [Pause]  kekal selamat daripada bahaya,  [Pause]  has opportunities to go to school,  [pause]  has medical attention when sick  [pause]  menyumbang kepada keperluan keluarga, seperti melakukan kerja harian,  [pause]  learns the traditions and values you wish them to have, such as honesty,  [pause]  has opportunities to express themselves,  [pause]  has opportunities to play,  [pause]  and feels loved and supported, no matter what. | KETAHUI PERANAN ANDA  Make sure your girl or boy:   has enough healthy food,  has the clothes they need,  stays safe from harm,  has opportunities to go to school,  has medical attention when sick  contributes to family needs, like doing chores,  learns the traditions and values you wish them to have, such as honesty,  has opportunities to express themselves,  has opportunities to play, and  rasa disayangi dan disokong, tidak kira apa jua keadaan. | Animate words to text. |
| Kedua, ajar.  Tell Your girl or boy what their role in the family is. This can include:  [pause]  doing age-appropriate chores, like putting their toys away, making their beds, and sorting laundry,  [pause]  cooperating when their caregivers ask something of them,  [pause]  being respectful to others in the family,  [pause]  going to school and doing their homework,  [pause]  and being part of family decisions. | AJAR  Tell your girl or boy what their role in the family is | Animate words to text. |
| Seterusnya, buat seperti apa yang saya buat.  Your girl or boy will learn from your actions much more than from the words you tell them. Mereka perhati tindakan anda lebih banyak daripada apa yang anda sangka! Treat your girl or boy and those around you in the way you would want them to act: with respect, kindness, patience, and love.  Shouting at or hitting your girl or boy will only teach them to hit others when they are upset. Berbincang dengan mereka secara tenang dan tetapkan akibat yang jelas supaya mereka belajar untuk bertenang dengan diri sendiri dan juga orang lain. If you are feeling intense emotions, like feeling upset or stressed, take a pause to care for yourself and then talk with your girl or boy.  You can learn more about consequences in the course Manage My Girl’s or Boy’s Behaviour. | BUAT SEPERTI APA YANG SAYA BUAT  Your girl or boy will learn more from your actions than your words | Animate words to text. |
| Akhir sekali, perhatikan.  Notice what your girl or boy enjoys doing and help them do more of it. If they feel as if their needs and interests are respected, they are more likely to do their chores in the home willingly!  Notice and praise them when they do the tasks that are their responsibility so they learn what is expected of them. Dengan cara ini, mereka akan lebih cenderung untuk melakukannya lagi. | NOTICE  Notice what your girl or boy enjoys, and praise them for doing their tasks | Animate words to text. |
| Your home activity is to talk to your girl or boy about one of their interests or something they love doing and show them you love and support them for their passion. Ini menunjukkan kepada mereka bahawa mereka adalah penting dalam keluarga anda.  Adakah anda mempunyai masa untuk melakukannya hari ini? | Knowing Everyone’s Role  AKTIVITI DI RUMAH  Talk to your girl or boy about one of their interests or something they love doing and show them you love and support them for their passion |  |

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