Goal 3: Understand Child Development

| {Lesson: Care for Myself} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to JabuChat! It is great to see you again. This lesson is about taking care of yourself. Pt is normal to feel stressed as your child develops. As they grow, your relationship changes. To handle this change smoothly, you must care for yourself. Self-care is an activity you do for yourself so you feel better and less stressed.    Here is a simple stretching and movement activity that may help you with stress.  Let’s dive in! | Take Care of Yourself |  |
| Stand up and stretch your arms up to the sky.  ...  Push away any clouds and let the sun shine down on you.  ...  Stretch to both sides.  ...  Stretch to the front and to the back. | {image care\_myself\_teen\_1} |  |
| Let your hands hang by your side.  ...  Squeeze your shoulders tightly up to your ears as you breathe in, scrunch your eyes, and hold your breath.  ...  Release your shoulders as you relax your body and breathe out. | {image care\_myself\_teen\_2} |  |
| Relax your arms and let them swing to the front and back. Take 4 deep breaths while you do this. This is good for your lower back.  ...  Relax your arms and let your arms swing sideways, and turn your upper body. Your arms should gently hit your back as you twist from side to side. | {care\_myself\_teen\_3} |  |
| Place one foot in front of the other and make small circles from the ankles, remember to turn to both sides. Do each foot with four circles in each direction. | {image: care\_myself\_teen\_4} |  |
| Now shake your whole body as fast as you can. Shake it up high! Shake it down low! Shake it all around! | {image: care\_myself\_teen\_5} |  |
| Close your eyes and raise your arms slowly above your head as you breathe in. Lower your arms slowly to your side as you breathe out.  ...  Raise and lower your arms, breathing in and out, four more times. | {care\_myself\_teen\_6} |  |
| Dink 'n oomblik na oor wat jy ervaar.  ...  Remember that you can do this activity at any time whenever you feel like you need to release stress and energise your mind and body. | {care\_myself\_teen\_7} |  |
| Your home activity is to try to stretch and move at least once every day. Can you try it now? | Take Care of Yourself  HOME ACTIVITY  Stretch and move every day. |  |

| {Lesson: The Power of Play} | | |
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| Script | On Slide Text | Animation Notes |
| Hi, you're back on JabuChat, fantastic!  This lesson is about supporting your child to find joy in learning in a playful and fun way.  Playing with your child is important for their development and learning in and out of school. This is true for ALL children, including those with physical and developmental disabilities.  Did you know that playing also helps your child learn what is expected from them in the family and community and how to interact with others?  Here are two tips on how you can make learning playful and fun with your child: Get Active and Allow Creativity  Let’s keep going. | The Power of Play  GET ACTIVE   ALLOW CREATIVITY |  |
| Firstly, get active.  To put it simply, play games! Creating time for your child to play and have fun will make their physical and mental health better. Not only that, this enjoyable pastime also helps them learn and remember important facts better. Isn’t that great?  If your child starts to feel overwhelmed with anything in their day, help them reduce their stress by taking a pause or playing together. Use your child’s interests in your play or exercise sessions to help them engage.Begin with something simple and then gradually make it more complex.  Secondly, allow creativity.  Equally important, allow your child to be creative when playing. For example, you might encourage your child to draw or go outside. Should your child show interest in a new topic, talk to them about it and help them explore the topic through play.  Remember, your child is watching and learning from you, so set a good example. Let your child see you being creative and trying something new, even if you are not good at it yet. | GET ACTIVE   ALLOW CREATIVITY |  |
| For your home activity, invite your child to play with you today Encourage them to ask questions and explore new things through play. Do you have time to do it today? | The Power of Play  HOME ACTIVITY  Play with your child |  |

| {Lesson: Learning from Experience} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to JabuChat!  Today’s parenting lesson is about helping your child know how to learn from their mistakes. Learning from our mistakes can help us avoid them in the future.  It can also help us be more supportive of ourselves and less harsh when things do not go well.  Here are four tips that you can use to help your child learn from their mistakes: Talk, praise effort, allow for mistakes to happen, and share  Let’s learn more together. | Learning from Experience  TALK   PRAISE EFFORT   ALLOW MISTAKES  SHARE |  |
| First, talk.  Start off by creating space and time for your child to talk with you about their life. If they’ve had a challenging day, take a moment to really listen to them and give space to let them share. Following that, it is important to give them support and show you care. Respond with understanding phrases like "that sounds difficult”. | TALK and let them share |  |
| The second tip is to praise effort.  Make sure to praise your child for the effort they put into their learning even if they did not succeed. Remember, tryingsomething is more important than being able to do something perfectly | PRAISE EFFORT, even if they did not succeed |  |
| Next, allow for mistakes to happen.  To begin with, allow your child to make mistakes. This lets them learn from their own mistakes, which ultimately helps them learn and grow.  As a parent, you may be tempted to solve every problem for your child, especially when you know better. But, this will not teach them to solve their own problems.  Instead, make a habit of talking to your child about their mistakes and allowing them to figure out a way to solve their problems and do better next time. | ALLOW MISTAKES to happen, let your child figure out a way |  |
| Finally, share.  Try sharing your own failures with your child. Discuss how they helped you develop and grow. By doing this, you help your child learn that you do not have to be perfect all the time. | SHARE your own failures |  |
| Your home activity is to share a story with your child about a time you learned from a mistake. It can be something from when you were a child yourself or another life lesson.  Do you have time to do it today? | Learning from experience  HOME ACTIVITY  Share a story with your child |  |

| {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 JabuChat!  This lesson is about helping you support your child’s healthy development as they grow and change.   Children have different abilities at different stages of their development. So, it is important to be aware of your child’s skills at this stage. This helps you plan activities for them that match what they can do and helps you have realistic expectations of them. At this stage of development, children are curious about their surroundings and want to learn how to do things on their own. They will also begin to explore the world more and express themselves using emotions and language.  To support the healthy development of your child, here are these three tips: Be patient, explore safely, and encourage sharing.  Ready to learn more? | How Your Toddler is Changing  BE PATIENT   EXPLORE SAFELY   ENCOURAGE SHARING |  |
| Firstly, be patient.  Take the time to be patient while your child learns new things. They may struggle at first, but remember, with time and practice, they will succeed.  You can also support them by helping them break large tasks into smaller tasks appropriate for their age. Use words of encouragement to motivate them and praise each step.  Your child may express feelings dramatically. This is OK! In time, your child will learn to manage their emotions.  Following that, explore safely.  As your child grows, they will naturally become more curious and do more by themselves as they observe the world around them. Be aware of what they do, but encourage them to experience fun activities safely!  For example, if your child wants to do tasks on their own, such as tying their own shoelaces or combing their own hair, take the time to teach them and help them do it safely.  Finally, encourage sharing.  Your child may not like to lose or take turns at first, but the idea of sharing can definitely be taught, especially through play! Make sure to praise your child when they share their things with others to help them learn. | BE PATIENT   EXPLORE SAFELY   ENCOURAGE SHARING | Animate words to text |
| Your child is changing and you are doing a great job of helping them grow!  Your home activity is to complete your child's development assessment. To get started, type GROW. Can you complete the assessment today? | How Your Toddler is Changing  HOME ACTIVITY  Complete your child's development assessment. To get started, type GROW | Phone with Grow on Screen |

| {Lesson: How Your Young Child is Changing} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, it’s great to see you again on JabuChat!  This lesson is about helping you support your child’s healthy development as they grow and change.   Children have different abilities at different stages of their development. So, it is important to be aware of your child’s skills at this stage. This helps you plan activities for them that match what they can do and helps you have realistic expectations of them.  From these activities, they learn what is expected of them and how to interact with others. They will have a lot of questions about their environment.  Here are two tips to support the healthy development of your child at this age: learn by playing and support curiosity.  Ready to learn more? | How Your Young Child is Changing  LEARN BY PLAYING   SUPPORT CURIOSITY |  |
| Firstly, learn by playing.  When your child is at this age, play, play, play! Through play, your child will develop relationships with other children and understand how to interact with others.  Your child may not like to lose, share or take turns initially, but the idea of sharing can definitely be taught. Playing is a great way to do this. Make sure to praise your child when they follow the rules, accept defeat, or play nicely with others.  Our second tip is to support curiosity.  Your child 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. Don’t worry, that’s perfectly alright! Over time, your child will learn to manage their emotions.  Your child may also talk a lot and have many questions. You can respond with short but honest answers to satisfy their curiosity.  Remember, your child may repeat the question or ask follow up questions to learn more. During such times, take a pause and be calm as you support their interest in learning and continue to answer. | LEARN BY PLAYING   SUPPORT CURIOSITY | Animate words to text |
| Your child is changing and you are doing a great job of helping them grow!  Your home activity is to complete your child's development assessment. To get started, type GROW. Can you complete the assessment today? | How Your Young Child is Changing  HOME ACTIVITY  Complete your child's development assessment. To get started, type GROW | Phone with Grow on Screen |

| {Lesson: How your child is Changing} | | |
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| Hello, it’s great to see you again on JabuChat!  This lesson is about helping you support your child’s healthy development as they grow and change.   Children have different abilities at different stages of their development. So, it is important to be aware of your child’s skills at this stage. This helps you plan activities for them that match what they can do and helps you have realistic expectations of them..  Children at this stage will start to express themselves by wanting independence and trust.  They begin making their own choices, and they may talk back to adults to show that they know the correct answers. At the same time, they will show emotions in their own unique ways.  Here are three tips to support the healthy development of your child at this age: find friends, support curiosity, and trust your child  Ready to learn more? | How Your Child is Changing  FIND FRIENDS   SUPPORT CURIOSITY   TRUST YOUR CHILD |  |
| Firstly, find friends.  Your child will be interested in spending time with other children. So, support your child to make friends based on their interests. This can help them develop relationships with other children. Help your child learn how to share and play with others in a safe and fun way.  The next tip is to support curiosity.  Your child will be interested in learning at school and may have favourite subjects. Encourage them to ask you or the teacher about any topics they don’t understand. Your child may also begin expressing interest in religious matters or spirituality. When this happens, you can give your child short but honest answers.  Finally, trust your child.  Your child may begin making decisions by themselves. They will want you to trust them. Remember to listen to what your child wants and then set rules that work for the family. Always be sure to praise your child when they follow the rules! | FIND FRIENDS   SUPPORT CURIOSITY   TRUST YOUR CHILD | Animate words to text |
| Your child is changing and you are doing a great job of helping them grow!  Your home activity is to complete your child's development assessment. To get started, type GROW. Can you complete the assessment today? | How Your Child is Changing    HOME ACTIVITY  Complete your child's development assessment. To get started, type GROW | Phone with Grow on Screen |

{Course:Understand Teen Development}

| {Lesson: Care for Myself} | | |
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| Stand up and stretch your arms up to the sky.  ...  Push away any clouds and let the sun shine down on you.  ...  Stretch to both sides.  ...  Stretch to the front and to the back. | {image care\_myself\_teen\_1} |  |
| Let your hands hang by your side.  ...  Squeeze your shoulders tightly up to your ears as you breathe in, scrunch your eyes, and hold your breath.  ...  Release your shoulders as you relax your body and breathe out. | {image care\_myself\_teen\_2} |  |
| Relax your arms and let them swing to the front and back. Take 4 deep breaths while you do this. This is good for your lower back.  ...  Relax your arms and let your arms swing sideways, and turn your upper body. Your arms should gently hit your back as you twist from side to side. | {care\_myself\_teen\_3} |  |

| {Lesson: Mental Changes in the Teen Years} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to JabuChat.  In this course, we are learning about the changes teens go through as they grow up. Today, we will learn about changes happening to your teen’s mind.  Here is what you need to know about your teen’s developing mind and how to talk with them about it: The developing mind,  Becoming more independent,  And supporting your teen.  Let’s learn more together. | Mental Changes in the Teen Years  THE DEVELOPING MIND  BECOMING MORE INDEPENDENT  HOW TO SUPPORT YOUR TEEN |  |
| First, it’s important to understand how your teen’s brain is changing. Your teen’s brain hasn’t changed this fast since they were a baby. It is normal for teens to behave in risky ways as they test what is possible and allowed, especially if it is exciting or fun. This is normal behaviour.   Remember: teens don’t always have the ability to think ahead about how their behaviours might impact themselves or other people.  Next we cover how teens are becoming more independent. Teens are on their way to becoming adults and becoming more independent. They are becoming better at sharing their ideas and are thinking more about long-term goals and their future.  Finally, here’s how to support your teen through these changes. You can guide their choices by balancing rules and limits with independence. Try giving them more freedom to make their own choices when they show they can be responsible and take responsibility for their actions. Most importantly, be supportive, loving, and positive with your teen. This helps them feel more calm and connected to you, and they're more likely to come to you for help or advice when they need it. | THE DEVELOPING MIND  BECOMING MORE INDEPENDENT  HOW TO SUPPORT YOUR TEEN |  |
| Your home activity is to use one-on-one time to allow your teen to choose anything they would like to talk about. Listen to their experiences and avoid judgement. Notice how you feel and notice their feelings too. Thank your teen for sharing with you. Can you do it today? | Mental Changes in the Teen Years  HOME ACTIVITY  Talk with your teen about a topic of their choice |  |

| {Lesson: Social Changes in the Teen Years} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to JabuChat! In this lesson we are continuing to learn about the changes your teen may be experiencing as they get older. Today we are exploring social changes.  Here is what you need to know about your teen’s social life and how to talk with them about it.  Let’s get started. | Social Changes in the Teen Years |  |
| [1] First, let’s learn about the social lives of teens.  Having friends is very important to your teen because it helps them learn how to be a good friend and understand other people's feelings better. This is a big part of growing up and becoming an adult. Your teen may want to feel like they belong with their peers and do things others think are cool. They might talk or dress like others while figuring out who they are. Sometimes, when teens have a hard time making friends, they might be bullied by other kids.  Next Let’s explore some ways to support your teen. Let your teen try different clothing and hairstyles and spend time with different people. It is important to show them that you accept them, just as they are.  Tell your teen what you expect of them, but give them the freedom to make safe choices at home or outside, such as how to spend their free time.  Finally, you can help your teen know the difference between good and bad influences in their lives by sharing some facts with them.  Good friends look out for you, care about you, include you in activities, and treat you with respect.  A bully is someone who keeps trying to hurt others, either by making them feel bad or using their strength to be mean.  To stop bullying in school, it's important to be kind and respectful to others. This makes everyone feel happy and safe at school. | SOCIAL LIFE Having friend is very important  SUPPORT  Accept them as they are  SHARE THE FACTS  about good and bad influences |  |
| Your home activity is to use one-on-one time to talk to your teen about their friends. Who do they wish they spent more time with? Who sets a great example for the class? Listen to your teen and accept what they are saying.  Do you have time to do it today? | Social Changes in the Teen Years  HOME ACTIVITY  Talk to your teen about their friends. |  |

| {Lesson: Physical Changes in the Teen Years (M+F)} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to JabuChat!  In this lesson, we continue to learn about the changes your teen may experience as they get older. Today, we are exploring their physical changes. These changes are part of the phase of reaching sexual maturity called puberty.  Talking openly with your teen about the changes they are experiencing in their body can help them reduce their stress around these changes and care for themselves  Here is what you need to know about your teen’s developing body and how to talk with them about it:  Talk [pause]  Leer  [pause]  And Support  Let’s learn more together. | Physical Changes in the Teen Years  TALK  LEARN  SUPPORT |  |
| First, Talk.  Help your teen understand that it is normal to go through physical changes during puberty.  Tell your teen that these changes happen to everyone and that they are not alone.  [2] Next, Learn.  Provide your teen with truthful information about puberty, sex, and the changes they are experiencing. This will help them make good decisions to stay healthy and safe. Encourage them to ask questions and seek help if they need it.  [3] Finally, support your teen. Encourage your teen to develop healthy habits like eating a balanced diet, getting enough sleep, and exercising regularly. Help them find activities they enjoy doing to feel confident and strong in their body.  Help your teen think about the consequences of their behaviours without shame or blame. Guide them on where they can find information to inform their decisions. | TALK  Remind your teen that these changes are normal for everyone  LEARN  The facts about puberty  SUPPORT  Develop healthy habits and explore new things together! |  |
| Remember, to help your teen manage the physical changes they are experiencing, you can  talk,  learn,  and support.  Your home activity is to complete your teen’s development assessment. To get started, type {GROW}. Can you complete the assessment today? | Physical Changes in the Teen Years  TALK  LEARN  SUPPORT  HOME ACTIVITY: Complete your teen's development assessment. To get started, type GROW | Phone with Grow on Screen |