# 

# 6.1 | WELCOME (15 MIN)

## WELCOME

Welcome participants warmly and enthusiastically when they arrive at the session.

## TAKE A PAUSE

**Take a Pause** with the participants. Anda boleh meringkaskannya (kira-kira seminit):

* Tutup mata
* Beri tumpuan kepada fikiran, perasaan dan penderiaan badan (15 saat)
* Beri tumpuan kepada pernafasan (30 saat)
* Kembangkan tumpuan kepada seluruh badan dan bunyi (15 saat)
* Buka mata

Remind participants that they should try to **Take a Pause** before reacting to their children when they do something that annoys or angers them.

This may help them respond in a less negative and violent way. **Take a Pause** can even be a couple deep breaths!

## CHECK-IN

Parents check into the group by sharing how they feel at the beginning of the session. They should describe their emotion, where they feel it in their body, and what thoughts are associated with it.

You can model this: “I feel anxious. I feel it in my shoulders. I am worried about having enough money this month for food,” or “I feel proud. I feel it in my chest. I have almost completed the ParentChat programme!”

## PHYSICAL EXERCISE

Take the time to review all the different steps of the exercise: stretching, isolations from head-to-toe, and shaking down the body.

Remember that the most important thing is to *breathe!!!*

# 6.2 | CORE LESSON – PROGRAMME REFLECTION

## SILENT REFLECTION

The programme reflection gives participants an opportunity to look back on their experiences, and to notice how they and their relationship with each other may have changed.

Take the participants through a visualization of the entire programme drawing attention to key moments, Parenting Tips, Building Blocks, and experiences that may have arisen:

1. Ask participants to close their eyes and sit in a comfortable position.
2. Ask them to recall what their lives and relationships were like when you visited them at their homes before the programme began.
3. Guide participants through each session as you describe building theHouse of Support:
   1. Setting Positive, Realistic, and Specific Goals
   2. Spending One-on-One Time Together
   3. Giving Praise and Positive Instructions
   4. Establishing Household Rules and Routines
   5. Using Positive Discipline (Redirect and Consequences)
   6. Solving Problems Together as A Family
4. Ask participants to think about their experiences watching videos, discussing tips during sessions, and practicing skills with each other at home.
5. Ask them to think about whether their goals for themselves and their relationships with their children have been achieved or have changed.
6. Ask them to think about how they have changed, how their children have changed, and how their families have changed.
7. You might want to ask the following questions:
   1. How helpful have you found the Mayor Konektà programme?
   2. How is your relationship with your child different from before you started the programme?
   3. What are the main skills or things that you learned from the programme? How are these different from the way you related to your child before?
   4. How would these skills help you/your child develop as human beings?
   5. What do you think are the long-term consequences or benefits of these skills?
   6. Do you see yourself continuing to use them?
   7. What kind of support do you need to continue using them?
8. Ask the participants to open their eyes.

## 

## ART ACTIVITY

Selepas sesi renungan, edarkan kertas dan krayon untuk aktiviti seni. ⏱️5 min

1. What was their relationship with their child like before the programme?
2. Bagaimanakah hubungan itu berubah? How have they changed? Their child? Their family?
3. What was the most important/significant thing that they learned? Mengapa perkara ini penting?

Participants share their drawings in pairs and then as a larger group.

After each participant shares, they place their picture in the middle of the circle as if giving an offering to a communal fire within the House of Support.

**Please note:** Allow every participant to share but try to keep the sharing brief (1-2 minutes each). Anda juga boleh melukis gambar dan kongsikan kepada mereka juga!

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# 6.3.| CORE LESSON – MOVING ON

Pada sesi ini, tumpuan akan beralih ke masa hadapan. The programme ending can be a very emotional time for participants. Ramai yang mungkin berasa bimbang tentang cabaran seterusnya dalam hidup mereka. It is important to provide families with some support and encouragement.

The next activities help families identify ways of continuing to support one another.

“Stone Soup” is a story about community building that is shared with the families to help them take ownership of their own skills, knowledge, and each other!

Depending on how much time is available and whether there is a separate celebration planned, you may want to tell this story during the community celebration.

## STORY – STONE SOUP

(traditional tale as narrated by Jamie McLaren Lachman)

| Pada suatu masa dahulu, terdapat sebuah kampung yang indah. Penduduk kampung ini sentiasa gembira kerana mereka tidak memerlukan apa-apa. Mereka mempunyai ternakan, buah-buahan, dan sayur-sayuran, kerana kampung mereka mempunyai tanah yang sangat subur. Mereka tidak pernah tahu apa itu penderitaan.  Walau bagaimana pun, selepas beberapa lama, kemarau telah melanda. Hujan tidak lagi turun dan ternakan mereka semuanya mati. Zaman itu menjadi sangat sukar dan penduduk turut kelaparan di kampung itu. Penduduk-penduduk tidak lagi beramah mesra atau berbual-bual sesama mereka kerana masing-masing menumpukan perhatian kepada masalah mereka sendiri.  Pada suatu hari, seorang wanita tua datang ke kampung ini dengan membawa periuk hitam besar di atas kepalanya dan beg kecil berwarna perang. Apabila dia tiba di tengah-tengah kampung, dia meletakkan periuk hitam besar itu di atas tanah dan duduk di sebelahnya untuk berehat. Tiada siapa yang melihat wanita ini, kecuali seorang budak kecil yang keluar bermain pada hari itu.  When the boy saw this old woman, he asked her "What are you doing with that big black pot?"  "Saya akan memasak Sup Batu!" jawab perempuan tua itu. Ini membuatkan budak itu keliru. Siapa pernah dengar tentang cerita Sup Batu?  Because he was a curious boy and always full of questions, he asked, "Can I please help you?"  Nenek tua itu sangat gembira apabila dia menawarkan pertolongan. "Sudah tentu boleh! Pergi ambil air dan kutip kayu, anakku," katanya.  Jadi budak itu pun memungut kayu di hutan berhampiran. Semasa wanita tua itu sibuk menyalakan api, dia turun ke sungai untuk mengambil air.  By the time the boy returned with water, the old woman had a large, warm fire burning.  Dia meletakkan periuk hitam besar di atas api dan menuang air. Dia kemudian membuka beg kecilnya dan mengeluarkan batu putih yang bulat dan berkilat. Dia meletakkan batu itu di dalam periuk hitam besar dan mula mengacau sambil mendendangkan lagu masakan lama.  Tidak lama kemudian, air mula mendidih. The old woman licked her lips and said to the boy, “Mmmmm…this is going to be a delicious pot of Stone Soup.”  Tidak lama kemudian mereka yang lain mula menyedari api sedang marak di tengah-tengah kampung. Seorang demi seorang meninggalkan rumah mereka untuk melihat apa yang berlaku.  "Apa yang terjadi di sini?" tanya seorang lelaki. Budak itu menjawab, "Dia sedang memasak Sup Batu!"  Mereka yang berada di situ bertukar pandangan seolah-olah mereka tidak pernah mendengar perkara sebegitu. Sup Batu?  Berita itu tersebar dengan pantas ke seluruh kampung. Semua penduduk kampung meninggalkan rumah mereka untuk melihat wanita tua gila ini dan Sup Batunya dengan mata dan kepala mereka sendiri. Semasa orang ramai tiba, wanita tua itu terus mengacau periuk sambil bersenandung.  Apabila dia perasan bahawa terdapat ramai orang berkumpul, dia berhenti mengacau dan menjamah sup itu. "Mmmmmmm… Ini akan menjadi sup yang paling lazat. Ia seperti kurang sesuatu. If only there were some onions…”  Seorang wanita mempunyai beberapa bawang lama yang dia simpan. Bawang ini kecil dan berkedut tetapi masih sedap dimakan. "Saya ada beberapa biji bawang," dia menawarkannya. Dia mengambilnya dari rumahnya, memotongnya, dan menambahkan ke dalam periuk menggelegak hitam yang besar.  Selepas beberapa lama, perempuan tua itu menjamah sup itu semula. "Ya, sup ini akan menjadi sangat sedap. But it is missing something…. If only there were some more….”  “Sayur-sayuran!” kedengaran suara daripada orang ramai, “Ia memerlukan lebih banyak sayur-sayuran. Saya ada sedikit bayam. Ia tidak banyak tetapi anda boleh menggunakannya.” Seorang lagi membawa beberapa biji kentang lama. Orang lain pula membawa kubis. Sedikit bawang putih. Lobak merah. Sebiji labu. Garam. Ayam tua yang kurus. Some chillies. Rempah-ratus.  [At this point, the storyteller can ask people for suggestions what to put in the soup]  Bau sup memenuhi segenap kampung. Ia mengingatkan penduduk kampung tersebut pada zaman dahulu. Mereka mula bercakap antara satu sama lain, bertukar-tukar cerita dan berita, malah bergurau-senda. Ketawa kedengaran lagi buat pertama kalinya dalam beberapa tahun.  Akhirnya, wanita tua itu berhenti mengacau. Dia menjamah sup dan mengisytiharkan dengan mengerdipkan matanya, “Sup Batu ini hampir siap. Dan begitu banyak untuk dimakan seorang. Saya tertanya-tanya jika anda akan membantu saya menghabiskannya."  Semua orang pulang ke rumah masing-masing untuk mengambil mangkuk dan sudu. Walaupun terdapat begitu ramai orang, tetapi sup itu cukup untuk semua. Mereka makan sup sehingga mereka semua kenyang. Dan ia adalah Sup Batu paling lazat yang pernah mereka rasa.  Setelah selesai makan, penduduk kampung membawa keluar gendang dan alat muzik lain dan mula menyanyikan lagu sambil menari. Mereka menyanyi dan menari sehingga senja. Kemudian, penduduk kampung mengucapkan terima kasih kepada wanita itu dan pulang ke rumah masing-masing sambil berbual sesama sendiri. Akhirnya, bunyi tawa dan nyanyian berkumandang sekali lagi di kampung pada petang itu.  Ketika bintang petang mula bersinar, wanita tua itu ditinggalkan sendirian di tengah kampung. Dia mengumpulkan batu putih di dalam beg perang kecilnya dan meletakkan periuk hitam besarnya di atas kepalanya. Tanpa ucapan perpisahan, dia perlahan-lahan mula menyusuri jalan berliku yang menghala ke luar kampung.  Sebelum dia pergi, budak lelaki itu melihatnya dan berlari ke arahnya. "Why are you leaving?" he asked.  "Kerja saya di sini sudah selesai," jawab wanita tua itu. "Tetapi kami memerlukan seseorang seperti nenek untuk membantu kami," kata budak itu.  Dia mencapai beg perang kecilnya dan menghulurkan batu putih kepada budak lelaki itu. "Kamu mempunyai semua bahan yang kamu perlukan untuk memasak Sup Batu." Kemudian dia perlahan-lahan menyusuri jalan. Budak lelaki itu memerhati dan melambai sehingga dia tidak dapat melihatnya lagi.  Orang kampung tidak pernah melihat wanita itu lagi. Tetapi kehidupan di kampung terus berkembang maju - ketika susah dan senang, mereka tidak pernah memutuskan hubungan antara satu sama lain lagi kerana mereka masih teruskan tradisi memasak Sup Batu yang paling lazat itu.  Tamat. |
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## DISCUSSION – KEEPING THE MOMENTUM GOING

Lead a discussion to help participants to identify specific ways in which they can continue to support each other. Masa dan hari yang paling sesuai untuk semua orang

1. What are some of the ingredients that we have in our community to continue supporting us as families?
2. Petua untuk Meneruskan Sokongan untuk Kumpulan Sokongan Secara Bersemuka atau Dalam Talian:

You can suggest that someone takes the responsibility for getting the group together if participants suggest staying in contact or continuing to meet regularly.

For peer support groups, it is important to identify the following:

* Person (or people) responsible for organizing the support groups
* Decision about how to meet: Online? In person? If so, where and when can families meet?
* Can help be provided by an organisation?

## REVIEW – TIPS FOR CONTINUING SUPPORT:

1. Keep practicing all the Parenting Tips that you used
2. There may be other families who have done the Mayor Konektà programme in your neighbourhood. Start your own Parent Support Group!
3. Kadang-kadang apabila kita mengalami tekanan, berasa keseorangan, atau sekadar memerlukan sokongan, hantarlah kiriman kasih sayang kepada diri kita sendiri untuk membantu.

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# 6.4 | CLOSING

## LOVING KINDNESS EXERCISE

Participants learn one last stress reduction activity – a Loving Kindness exercise.

This activity helps participants connect with a sense of loving-kindness towards themselves and their children and families. Terbuka kepada sifat Kasih Sayang

Suggestions for leading the Loving Kindness activity:

NOTE: Use the below text as a guide to leading theactivity.

Just like **Taking a Pause,** you can pause for about 5 seconds at each [Pause] in the text. Semasa berhenti seketika, ia mungkin membantu jika anda mengikut arahan anda sendiri.

Langkah 1: Persediaan

Sometimes when we are experiencing stress, feeling alone, or just needing support, it can be helpful to send thoughts of loving kindness to ourselves.

This exercise helps us to become more grounded and present – which increases wellbeing and balance – helping us to manage stress, illness, and difficulty. [*Pause* ]

Cari posisi duduk yang selesa, kaki bersimpuh di atas lantai, tangan anda diletakkan di pangkuan anda. [*Pause* ]

Tutup mata anda jika anda berasa lebih selesa begitu. [*Pause* ]

Langkah 2: Menjadi Sedar

Ask yourself, “What is my experience in this moment?” [*Pause* ]

Perhatikan apa yang sedang anda fikirkan. Perhatikan jika ia adalah pemikiran negatif atau positif. [*Pause* ]

Perhatikan juga emosi yang sedang anda alami. Perhatikan sama ada perasaan anda menyenangkan atau kurang menyenangkan. [*Pause* ]

Perhatikan keadaan badan anda. Perhatikan jika anda mempunyai sebarang ketidakselesaan atau ketegangan. [*Pause* ]

Langkah 3: Terbuka pada sifat Kebaikan Kasih Sayang

Berhubung ke hati anda dengan cara yang baik dan lembut. Anda boleh meletakkan satu tangan pada jantung atau dada anda. [*Pause* ]

You can then say the following words silently to yourself [*Pause* ]

Semoga saya tenteram. [*Pause* ]

Semoga saya selamat. [*Pause* ]

Semoga saya sihat. [*Pause* ]

Semoga saya gembira. [*Pause* ]

Semoga saya rasa disayangi. [*Pause* ]

Lampiran

If you feel comfortable, you can also send thoughts of loving-kindness to your children, your partner, your family, and anyone else who is close to you in your life. [*Pause* ]

Semoga anda dalam perasaan yang tenang. [*Pause* ]

Semoga anda selamat. [*Pause* ]

Semoga sihat hendaknya. [*Pause* ]

Semoga anda bahagia. [*Pause* ]

May you feel loved. [*Pause* ]

Lampiran

Langkah 4: Meluaskan Kesedaran

Benarkan tumpuan anda meluas ke seluruh badan. [*Pause* ]

Benarkan tumpuan anda berkembang kepada bunyi di dalam bilik.[*Pause* ]

Apabila anda sudah bersedia, buka mata anda semula. [*Pause* ]

Langkah 5: Renungan Diri

Take a moment to reflect on your experience.

Apabila anda sudah bersedia, buka mata anda semula. [*Pause* ]

Remember that you can do this activity at any time whenever you feel like you need extra support.

## 

## ONGOING HOME ACTIVITIES

IT IS WHAT YOU DO AT HOME THAT MAKES THE DIFFERENCE!

It is important to remind participants that they need to continue keeping their House of Support strong and healthy even though this programme has come to an end.

The home activities are a great way for parents to stay connected to the programme by actively engaging in positive relationship building.

Families should be encouraged to reward themselves whenever they do a home activity!

* Spend **at least 5 minutes** of **One-on-One Time** each day with your child.
* Keep the Sunshine of Positive Attention shining on you and your children.
  + Continue to **praise** your children, yourself, and others in your family
  + Try to **give positive, specific, and realistic instructions** to each other
  + Be **calm and clear** when talking about things that are important to you.
* Continue to build awareness of emotions and your ability to communicate about them
  + Try to be more **aware of your own emotions and the emotions of others.**
  + Ask your child about how they are feeling at least **1 time a week**.
  + Practise **I Feel Statements** when talking about emotions at least **1 time a week**.
  + Remember to **Take a Pause** whenever a conflict or difficult situation comes up.
* Try to maintain stable and strong household routines.
  + Be consistent and appreciative with **rules and responsibilities.**
  + Continue to be consistent with **household rules.**
* Work together with your child when experiencing difficulties
  + **Work together** with your child whenever a problem or conflict comes up in your family. **Use the 4 Steps of Problem Solving.**
  + Be realistic, immediate, reasonable, and consistent when using **consequences**.
* Do something nice to **reward yourself** for your hard work in the Mayor Konektà programme!

# 6.5.| CLOSING CELEBRATION

## CERTIFICATES

Mengedarkan sijil tamat program kepada ibu bapa pada akhir sesi. Ini adalah satu pengiktirafan kecil atas pencapaian mereka menamatkan program.

## COMPLIMENT CIRCLE

Parents take turns praising each other. Encourage participants to make eye contact and use the name of other participants.

Then parents take turns praising themselves for something specific that they did well.

Boleh puji tentang apa sahaja asalkan pujian itu ikhlas.

## EMOTIONAL CHECK-OUT

Model the emotional check-out by describing your emotion, where you feel it in your body, and what thoughts are associated with it.

For example, “I am feeling happy. This happiness is in my eyes. I am happy to have learned about how to create fair rules together.”

Thank and praise the families for their commitment to making loving and nurturing relationships together!