A-E-C-P: Accept, Explore, Connect and Practice

The Accept, Explore, Connect, and Practice (A-E-C-P) method is the main facilitation technique used in the delivery of the Naungan Kasih programme. It involves active listening, collaborative facilitation, building self-awareness, emphasising core principles, and allowing opportunities to practise skills.

It is important that you model this approach throughout the Naungan Kasih delivery!

A-E-C-P stands for the 4 key steps in facilitating a discussion with parents:

* A = ACCEPT
* E = EXPLORE
* C = CONNECT
* P = PRACTICE

A-E-C-P can be applied at any time during the session, practising skills and during reflection. It is also important that you model A-E-C-P so that parents begin to do the same with their own children.

| A = ACCEPT | Accepting parents’ contributions encourages them to share and helps build trust. It shows you are listening and that their voices matter. This is also a key skill for parents to model with their own children.  Ways to show acceptance:   * Reflect or rephrase what the parent says to show understanding. * Thank and acknowledge their contributions, especially during difficult sharing. * Use positive body language: nodding, eye contact, leaning in, using their name.   Example from a Group Practice (practicing One-on-One Time):  You: How did it feel to be the parent allowing your “child” to take the lead during this practice session?  Parent: I was uncomfortable at first because I wanted to tell my child what to do. But then I looked at my “child” and started just following what she wanted to do.  You: I can understand that you would feel uncomfortable at first because you wanted to direct the activity. This is perfectly natural. But after a while you were able to allow your “child” to take the lead in the activity and to follow her suggestions. Thank you for sharing. |
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| E = EXPLORE | Exploring helps us understand a parent’s experience in more detail. It supports problem-solving and helps parents reflect on how their actions affect their child’s behaviour.  Ways to explore:   * Ask open-ended questions: What happened? When? Where? Who was involved? How did it feel? * Explore both the parent’s and child’s emotions (if appropriate).   Examples of possible EXPLORING questions from a previous discussion on practicing One-on-One Time:  You: What was it like to follow your child’s lead? Did you notice anything different in the interaction? What thoughts were you experiencing?  How did following your child’s lead make you feel? How do you think it made your child feel? |
| C = CONNECT | Connect the parent’s experience to key parenting principles or themes from the session, such as the House of Support.  This helps parents make sense of their experience and see how it relates to broader parenting goals. It also reinforces learning and makes it easier to remember the key messages.  Encourage parents to make their own connections to what they’ve learned.  Ways to connect:   * Ask: “What can we learn from this experience?” * Highlight patterns or themes across multiple parent stories * Refer back to earlier discussions or visuals (e.g., House of Support) * Use affirmations like: “That’s a great example of building trust with your child.”   Example from a previous discussion about practicing skills:  You: What can we learn from this experience? [Solicit responses from the group.]  Sum up: By spending One-on-One Time with our children and allowing them to take the lead, we build their confidence and self-esteem. They also feel loved and appreciated when we simply notice what they are doing with our full attention. This goes back to what we are learning in the first part of building our House of Support – how we can strengthen our relationship with our child. (Point or refer back to the Building Blocks of the session on One-on-One Time.) |
| P = PRACTICE | Scientific evidence tells us that parents are more likely to use parenting skills at home if they practice them during the session.  This means that you have to give parents as many opportunities as possible to practice key skills, whether in Group Practice or Practice in Pairs.  Practice may also happen during Reflections, such as when a parent shares a challenging situation. This allows the parent to practice a possible solution to her challenging situation before trying it at home with her child. |