

National Parent Education Program
“Parents as Our Partners in Children’s Holistic Development.”
A series of educational sessions

Introduction/Rationale:

Literature often argues that more educated parents may have more informed involvement in a child's education, leading to better achievement in learning outcomes and students’ access to education (Driessen and Smit, 2005). Therefore, engaging parents has always been seen as a major concern in the development of children. It requires different interventions to engage them, apart from asking them to attend parent-teacher meetings and curriculum orientations. Hence, the proposed program aims at assisting parents in understanding their different roles as parents in the holistic development of their children, including their and their children’s involvement in religious education. It also aims to provide them with an opportunity to reflect upon themselves as individuals.

Learning Outcomes:

1. Reflect on themselves and the roles they play in their own lives and feel empowered in helping their child’s overall growth and development.
2. Understand different stages of children’s holistic development and their roles in maintaining their children's mental well-being.
3. Articulate ways of active participation in their child’s religious education development and inspire them to practice their faith by regularly attending religious education classes.

Lay out of the Sessions:

The video series “Parents as our partners in Children’s Holistic Development” is divided into 07 video sessions with six themes. The session duration is between 20 -25 mins each. The details of the sessions are as follows:

1. Parenting is a Human Experience
2. Role of Religious Education in one's development & role of parents in facilitating the religious formation of their child.
3. Child and Adolescents' holistic development
4. Strengthening parents' child relationships through understanding different learning styles and needs of children
5. Mental well-being from early years to adolescents (2 sessions)
6. Role of Caregiver

Program Delivery Mode:

The Parent Education Programme – “**Parents as Our Partners in Children’s Holistic Development**” – is a video-based series of sessions to reach the wider parent community. There will be seven videos catering to different aspects of children’s growth and development and parents’ roles. The video sessions will be released from head office once a month, and parent educators, along with the support of Academic leads and RACs, will conduct those sessions. The guideline for conducting the session will also be provided with each video. It is aimed that one video session should be played in a month. Below are the two suggested levels at which the program can be delivered.

Note: *These videos should not be played during the JK proceedings; conducting these sessions before or after Jk proceedings is strongly advised.*

Mode 1: Execution in Jamat Khana

- In this mode, religious education management will conduct a session after Jamat Khana proceedings in collaboration with the local board and Jamati leaders.
- Each Jamat Khana will arrange relevant multimedia facilities and logistics to facilitate the Jamat and a video session.
- Each video session will be facilitated by a parent educator/moderator presented in the nearby REC or the Jamat Khana.

Mode 2: Execution in RECs

- In this mode, the religious education management can invite parents of various class students to attend the session in REC.
- Cluster-wise, parents can also be invited if RECs are nearby.
- A moderator will facilitate each video session following the guidelines provided for each session.

Terms of Responsibilities (TORs) of Parent Educator or Video-Session Moderator:

The TORs of the parent educators or moderators are given below.

- The Parent Educator should facilitate video sessions. In case no parent educator is available at the REC or Jamat Khana level. In that case, REC management can delegate this responsibility to someone who can moderate these sessions for parents or Jamat.
- Parent Educator/Moderator will be responsible for attending the training program and can only facilitate parents following the guidelines during the program execution phase.
- Parent Educators/Moderators will be responsible for coordinating with RACs and ALs regarding the implementation of sessions in their respective RECs/local boards, timely delivery of the sessions, and generating discussions among the parents.
- The Parent Educator/Moderator should schedule the session ahead of time. The day and time of the session may vary depending on the availability of the parents and the RECs' schedule.
- If the video session is to be shown at the Jamat Khana level, the REC or the local board can coordinate the date with the Mukhi and Kamadiya Saheban of the respective Jamat Khana.
- The video will be shown before or after the Jamat Khana proceedings have concluded. Each video session lasts 35 to 40 minutes. However, a few questions should be discussed with the audience to ensure that the key messages are learned and understood.
- Parent educators and moderators will watch all the video sessions and review the questions and guideline document provided along with each video before the execution of the session.
- It is a must for the Parent Educators/Moderators to run the whole video and, where necessary, clarify the terms and concepts used. It is also a must for Parent Educators/Moderators to discuss the questions after the session.

Guideline for Session 4

Mental well-being from early years to adolescents-Part 1

Start:

Start the session by introducing the program's aims and objectives of the sessions. (3 Mins)

Objectives of the Sessions

1. Explore the idea of mental well-being and its importance in today's time.
2. Identify signs and symptoms of mental health in children across different age groups.
3. Provide a platform to parents to discuss/share their experiences, concerns and learning related to dealing with their child in the light of video content.
4. Identify some of the ways and strategies that can allow parents to deal with their child's mental health and well-being.

Introducing Speaker:

Give a little introduction and background of the speaker (2 Mins)

Salima Ahsan Tejani is a PhD scholar at Iqra University. Currently, she is an Assistant Professor and Head of the Department of Psychology at Iqra University. She is also serving as a board member of the Aga Khan Social Welfare board of Pakistan.

Note: Read before execution

The reflection questions can be used in the following settings:

- ✓ **Before playing the video**, share the questions with the parents to reflect on during the session.
- ✓ Use the first question to engage parents in the discussion **in the middle of the session** if required.
- ✓ **After playing the video session**, use the reflective questions to spark discussions and reflections following the video session.

Video session:

Play the entire video for parents/Jamat and, as needed, clarify the terms and concepts used.

Reflection Questions for discussion: (6-8 Mins)

1. What is Mental Well-being and its importance in the current time?
2. The speaker mentioned four aspects that identify mental well-being, in your understanding from the session, how do these impact child's holistic well-being?
3. As parents/guardians, what proactive measures can we take for the positive psychological growth of our child? And why?
4. As parents/guardians of an adolescent, how can we better facilitate them in making their future better?

Conclusion Points: (2 Mins)

After discussion, conclude the session with the following pointers:

1. Mental health is an umbrella term, which includes these four aspects: a). Emotional well-being, b). Social well-being c). Capacity to manage one's own behavior, and d). the capacity to deal with challenging situations.
2. Emotional life and its sharing and expression is difficult for children and therefore, parents should keep emotional communication open through their knowledge and experience.
3. Some of the proactive measures can help parents/guardians in the mental well-being of a child; such as genuineness in our approach, offering unconditional positive rewards and empathising with the child's emotions and thoughts.
4. Understanding a child's potential and passion, especially adolescents, will be a great help in making their future better.
5. Choosing to keep up with our mental well-being is the need of time.