

Positive Parenting



In February 2022, IECD project completed third session in nine schools of project area.

Beginning and Objective Sharing:

The session started with welcome and objectives sharing. Then facilitator asked the participants about previous session and told the summary about the third session. After collecting the opinion from participants, the facilitator explained about holistic development in early childhood that helped the participants to review the previous session. Then, the fourth session started.

Sharing the importance of positive parenting:

The session began by introducing the topic positive parenting among the participants. Then, the facilitator asked a question- What is the role of parents in developing good behaviors of children? Parents responded that parents have to listen the feelings of children, do not involve in punishment, help children, support them etc. Then, the facilitator asked parents about the wrong behaviors their children are doing. In response, parents told that their children like fighting, shouting, breaking the utensils, spreading the food etc. Then the facilitator again asked the question on why children are showing or doing such behaviors? In response parents said that children are small, they do not know what is right and wrong, parents are giving few time to children etc. The facilitator facilitated the session by asking about the response of parents in such wrong behaviors of children.

Parents responded that they used to scold, punish etc. So, what was the result of such behavior of parents and whether the behaviors of parents could help children improve their behaviors and the response of parents was NO. Children repeated the same behavior again as said by the parents. In this situation, the facilitator facilitated and made the parents realize that their rough behaviors need to be changed and there is the need of effective parenting.

Group formation and Role-play:

Parents were divided into three groups assigned to list out the bad manner or misbehavior they had noticed on their child on different behaviors of children in the session. Discuss about which type of misbehavior they did at home. The groups listed the misbehaviors as engaging more time in cell phone, not obeying parents, watching TV, etc. In addition, facilitator asked to presentation in a group one by one. Afterwards, child misbehavior and how to react the parents in this give the content participants and asked to do the role play in which one parent plays the role of child and does bad behaviors and another parent played the role of parent and tries to convince the child in not doing such behaviors. After the role play, the facilitator explained the topic and positive parenting is needed to make the child good behavior. After role- play participants realized the importance of effective parenting and there is the need to change the behaviors of parents themselves for the holistic development of their children.

Major Discussion and sharing:

After the role- play, social mobilizer discussed about the act they played and its effect on children's behavior. The main motive of this session was to spread the importance and knowledge of early childhood to parents. Early childhood is a time of remarkable growth with brain development at its peak. During this stage, children are highly influenced by the environment and the people that surround them. Early childhood development sets the foundation for lifelong learning, behavior and health. The experiences children have in this stage shapes the brain and the child's capacity to learn to get along with others and to respond to daily stresses and challenges. The discussion continued in addressing the misbehaviors of children and how to treat the parents and how the result comes after the bad treat from the parents. The discussion was done regarding the roles of positive parenting. Participants told that their roles would be to manage proper balanced diet to children, no use of junk food, when children call parents then they need to give attention to their children and listen them, taking and receiving children in ECDs on time and give the time when they are doing homework at least 1 hour per day. All the parents were agreed and shared their opinion and commitment with themselves to proper care of their child. Their negative parenting remove slowly and encourage the child to do something and give some gifts like stars in their works, hug them, motivate, and listen to them carefully too. The session ended with the thanking note to all the participants and fixing the date for fifth session.

Home Visits:

IECD project carried out seven home visits in project area. Key problems identified during home visits were cases of divorce, unemployment, health problems in children, children are hyper-active and are out of control of parents etc. The social mobilizers have included the cases in FDM and are seeking potential organizations and institutions for services.

Virtual platforms for teachers and parents

IECD project has been doing regular updates on the Facebook page of Hamro Baal Kashya in February 2022. Altogether, five posts were made in the Facebook in February 2022 that including videos related to learning materials preparation like body book for children to learn about “Me and My body”, Desk Calendar for children to learn about “Time”, learning materials about seven days of a week, puzzle and making flowers under paper craft. The ECD facilitators are following the page and receiving information about it. Currently, the page has 2901 likes and 3033 followers.



<https://www.facebook.com/ECDNepal>

Meeting with Municipalities, Education Department

A coordination visit was done in Tokha and Budanilkantha Municipalities on 25 February 2022. During the visit, meetings were done with Education departments of both the Municipalities and update were taken in terms of ECD programs of Municipalities. As the academic session is coming to close and both the Municipalities were planning for examinations, it was agreed to carry out the school programs so that the regular examination schedules would not be affected. Mr. Mohan Dangal and Mr. Toyenath Tiwari from Child Nepal participated in the visit

Observation Visit

Child Nepal facilitated to organize an observation visit at Model ECD Center and parental session at Shree Saraswati Secondary School, Tokha on 25 February 2022. Initially, a meeting was done in Child Nepal where an update was done among the participants by Mr. Mohan Dangal. Then, the Model ECD Center (now handover to local government) was visited and a meeting was done with the management committee Chairperson who welcomed the participants and principal who made an update about the operation of ECD center after handover. According to the update, the Model ECD center is in plan to upgrade the ECD center up to grade one



and demand for additional services and budget from local government. Then, the visit team participated in the parental session organized in Shree Saraswati Secondary School. There was participation of Apolline from La Guilde, Maya Verbist and Malou from PE&D and Mr. Mohan Dangal, Toyanath Tiwari and Ms. Sushila Nepal from Child Nepal during the observation visit.

Parental Session Observation in Schools of Tokha & Budanilkantha, Kathmandu



Other Activities:

February 2022: IECD organized the monthly review and planning session on 2 February 2022 in Child Nepal. The meeting reviewed the activities of January and made the plan of action for March 2022. Thematic updates were made by all the staff of IECD and summarize was done by Mr. Mohan Dangal, Director/PC. After the review, planning for March was done and key planned activities involved conducting parental education sessions, updating facebook page of “Hamro Baal Kashya”, conducting home visits, planning/review meeting etc.

Operation “Child Friendly Spaces”

In February, CN operated the Child Friendly Space and Counselling Center in Gyalthum and Chanute/Mahankal in a regular schedule following safety measures against third wave of Covid-19 when the school resumed formally by the mid of February. During the month, 165 children were served in the center and the community. The CFS created a platform for the children in order to explore their talent. When the school was close by the mid of February, children came to CFS and engaged in the activities like drawing, story-telling, dancing, singing, playing and knowledge building on nutrition, disasters and child rights. With the operation of the centers, children's addiction

towards mobile game has been diverted with the activities of the CFS. As a result, the children are started being socialized with peers, the parents and the teachers. The confidence of the children is increased with the engagement of CFS's activities. Even children, who hesitated to go to school, have been attending the school regularly that has changed in children's behavior in home and school. Also, the learnings of the CFS have been shared with other peers in classroom who are attending the centers. With the initiation of the CFS, students themselves have started to talk about child rights in home, school and community.



Education Material Support

CN supported education materials to 94 flood affected children who were selected from the assessment following the selection criteria for the support of education materials. Moreover, the criteria included children/parents who have lost house and land in the flood, disability, affiliated children with CFS, children of single-parent, covid-19 affected.

The support, in return, has availed the educational materials who had not enough education materials

to continue their learnings in schools and who might leave the school at any time because of the lack of the educational materials.



Orientation on Hand-wash

In February, CN has successfully conducted an orientation to beneficiary on health and hygiene on 16th February 2022 in Gyalthum. Ms. Prajita BK, health person, facilitated the session and provided information about hand-wash, uses of the supported kits and covid-19 to 30 flood affected children/parents, who have been also affected by the third wave of the Covid-19. With informative session, Ms. BK made aware of the process of hand-wash showing the flyer availed in the orientation. After the orientation, the facilitators/the counsellors distributed the hygiene kits to the participants.



Support health kits

CN has completed the assessment following the selection criteria for the support of hygiene kits. The criteria included children/parents who have lost house and land in the flood, disability, affiliated children with CFS, children of single-parent, covid-19 affected. During the assessment, the project team coordinated with stakeholders-local club, schools, child club, teachers and parents. With the assessment, 300 children/parents were selected and delivered the support to 269 families in February. Hygiene kits included 10 items (digital thermometer, hygiene bag, cotton, crepe, bandage, nail cutter, hand wash, sanitizer, sanitary pad, towel medium and comb). The kits have been already distributed to beneficiaries from the project team after the health and hygiene group orientation in the CFS center.



Counseling Support

CN's team, especially counsellors are continuing its individual and group counselling in the month of February as well. During the month, the counsellors provided the services 195 flood affected population through individual and group counselling in different communities- Gorekhola, pachase, Chanaute, Kodale, Karki Tol, Dangal Tol, Churetar, Ganesh Bagar, Sera, Baltar, Jaytar, community schools and so forth. As well as the counsellors are referring case of the flood affected family to local youth club, CSOs and local government for the support. In February, 50 cases of the individual counselling were closed successfully.

Monitoring

The visit was done to monitor the realized activities of the Flood Response Project and interact with beneficiaries, stakeholders and the project team to get updated with progress of the project. Mr. Mohan Dangal, Program Director and Mr. Ramesh Timilsina Program



Coordinator monitored the activities of the project. During the visit, the team engaged in the review and progress updates of the project. Also, the team suggested to write up specific case stories of the children for the purpose of the reports and also appreciated the creative works of the children what they have made from their creativity. Also, the project team interacted with stakeholders, Mr. Bhim Karki, Principal, Shree Sarswati Secondary School and Mr. Khetnath Ghimire, chairperson, Helambu RM-7 regarding the CFS handover and the continuous operation of the center in the ward under the management of the school and the ward.

Likewise, Dr. Krishna Subedi, Chairperson, Child Nepal monitored the activities of the project in February. During his visit, he interacted with the children, stakeholders and the project team in Gyalthum and Mahankal CFS. The project team updated him about the progress of the project, including the activities of the project. Dr. Subedi also received the feedback of the children who were regularly attending the centers and the stakeholder, Mr. Bhim Karki, Principal, Shree Sarswati Secondary School. The feedback has reflected that the CFS has initiated a good impact on children and school. Also, Dr. Subedi found that the children have been made aware of child rights, disasters and nutrition thereby raising the subjects from their ends during regular class of the school when the topic is related to the mentioned subjects.

Emergency Support

CN coordinated with local government, the local youth club and community schools for emergency support. Hence the project has assessed and selected the flood affected children/parents who are also mentally and physically disabled. Child of disability and most vulnerable family living in the flood affected community, Helambu RM-4,7. For the support, the project has also collected necessary evidences and recommendations from the respective ward for the support.

Flyer Publication

The flyer on hand-wash was designed and published 1000 copies in the month of December and the project team have been distributing it in the community. Also, in the month of February, the project team continued to distribute the flyers among children/parents in different communities-Chanaute and Gyalthum, Helambu RM-4,7 while visiting the community for children outreach and door to door counselling. Additionally, the project team distributed the flyer during group orientation on Counselling and health and hygiene.

Additional Activities

CN's team attended the monthly review and planning meeting for March in the central officer of Child Nepal on 28 February. During the meeting, the project team updated the progress of February, including the challenges of Covid-19 while implementing the activities of the project. Meanwhile, they updated that the CFS successfully served 165 children through the activities of the CFS and 195 flood affected populations were provided counselling services. Additionally, the project closed 50 cases of counselling in February and conducted two child led events- drawing and quiz contest in Mahankal and Gyalthum CFS center in the initiatives of the child club members. Also, the meeting prepared the action plan for March and decided to hand over the CFS centers to community schools to run ECD class of the schools and activities of CFS simultaneously.



Success
Stories

Case Story-1

Kamala Chhetri (Name Changed), aged 9, lives in Chanaute, Helambu Rural Municipality-7. Her birth place is Dhankuta. Currently, she is living with the parents of the neighboring auntie in Chanaute. Before coming to Chanaute, she used to live with her father and step-mother when her mother left Pratika for years ago and eloped with another guy. “When I was living with parents, I often fell into child neglect after her step-mother had own baby from her father. Afterwards, I was ill-treated, badly beaten and not given food many a time”, said Pratika. Meanwhile, she came to Chanaute with the one of the aunties who lived next to her parents. she knew the story of Pratika and brought her to Chanaute so that she could live with the aunties’ parents. Parents of the aunties joined Pratika at grade three in Shree Mahendra Basic School, Mahankal to continue her schooling.

During outreach at community, the facilitator and the counsellor met a girl and her guardian at neighbors’ home where they have been taking a shelter after the flood. The project team interacted with the families and listened their story how the flood swept away whatever they had in front of their eyes. During the visit, the counsellor consoled the families with necessary counselling against the grief caused by the flood. With the interaction and the counselling to the families, the project team also handed over the education materials to Pratika to support in learnings and the hygiene kits was provided to the family and oriented them about the use of the kits properly. The little support of the project has brought happiness on the face of Pratika and the family that are undergoing dire suffering.

Moreover, the facilitators and her friends have observed a change in Pratika nowadays. After the support and the proper counselling to her family, she regularly goes to school with her friends and attends in the CFS after school. Her confidence is built up and she has emotionally attached with the family that she is living with and heartily accepted the guardian as her mother and father. “The family is, in return, found to love and take care of her during the close interaction with her in the center”, the facilitator said.

Case Story-2

Rupmaya Rai (Name Changed), aged 32, lives in Helambu Rural Municipality. There are four family members in her family including disabled husband, son and daughter and herself. Due to disability, her husband cannot do anything for income, so Ms. Khadka had run the hotel in the own house in Chanaute market. “But the flood ruined their lives overnight. The house that we had made from savings of daily wages and hard-work also swept away in the flood”, said Manju.

Moreover, the flood has also swept away all the materials of the hotel, so she has no materials to start the hotel for a living. For shelter, Helvetas has supported to build the truss house of the three rooms, so the family is living there. The truss-house has only 3 feet wall and the remaining part of the house is made of the zinc sheet, so the winter season was very difficult to live in due to dew-dropping from the roof and the low temperature in the night. Though they have a shelter, but there is no income source for a living. Yet they tried best to get a loan from the relatives and the neighbors for kicking off the hotel so that they can make the ends meet, no one trusted them for the loan. “Since there is no way of income, we are not able to continue the study of our children in private boarding schools and have enrolled them in community school”, she said.

The family is very worried that the flood didn't give a chance to take anything from the house. Also, we cannot kick off the hotel due to the lack of investment and the remaining cultivated land of 1 ropani (5476 square feet) hardly produces the crops only enough for 3 months. I am only the person who has to earn a bread for the family, but I have no any skills except hotel business.

Meanwhile, Ms. Khadka was found in mental stress due to the financial problems of the family. Moreover, she has been suffering from insomnia, fear, irritation, forgetfulness and liking not to eat and loving to sit lonely. Her anxiety is increased with the loan taken during the construction of the flooded house as she has no income how to pay the loan back. The counsellor consoled her with counselling service and also supported with educational materials and hygiene kits to children and the family. With the support, it brought a little happiness in the family.

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