

Parent Support Educator Program CURRICULUM



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Self-study units

The self-study units were delivered over Roda's online platform at <http://edukacija.roda.hr>. All participants were required to complete the self-study as a prerequisite for attending the in-person training.

The screenshot displays the Erasmus Parenting+ course page on the Roda Edukacije platform. The header is a solid magenta color with the text 'Roda Edukacije > Tečajevi > Erasmus Parenting+' in small white font. Below this, the title 'Erasmus Parenting+' is prominently displayed in white, followed by a smaller line of text: 'Posljednje ažuriranje 26/04/2021'. To the right of the text is a photograph of a woman with long brown hair tenderly holding a newborn baby. Below the header, a progress bar indicates '16% DOVRŠENO 1/6 korak'. A note states, 'This course will be available from May 2021.' Under the heading 'Tečaj', there is a list of course modules, each in a white box with a radio button to its right: 'Welcome' (checked), 'Training skills', 'Becoming a parent', 'Baby basics', 'Capable parents', and 'Extras'. On the right side of the interface, there are two buttons: a magenta button labeled 'NASTAVI TEČAJ' and a white button labeled 'PODIJELI' with a share icon.

Parenting+ Support for parents of children 0-3

PARENT SUPPORT EDUCATOR PROGRAM

DANIELA - add more screenshots

In-person training curriculum

Day One

Start time	End time	Topic	Expected outcomes	Resources (if any)	Time needed (HH:MM:SS)
12:30:00	13:45:00	Welcome speech	Welcome the participants, meeting the trainers and getting to know each other.		1:15:00
13:45:00	14:45:00	Lunch break			1:00:00
14:45:00	15:10:00	Group rules and expectations	The participants are aware of the necessity of the group rules and how to set them. Participants know how to map the group's expectations and how to adjust their agenda/curriculum accordingly.	Flip chart, post-it notes, pens	0:25:00
15:10:00	15:50:00	Facilitation Skills Intro	Participants can apply different teaching techniques in delivering content. Participant knows which method is the optimal choice depending on the trainer's goal for the session.	Presentation, Working materials from the "Participants Handbook"	0:40:00

15:50:00	16:10:00	Guided relaxation	Participants are aware of the benefits of using visualization and meditation as relaxation techniques in parenting classes and how to do it.		0:20:00
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16:10:00	16:25:00	Coffee break			0:15:00
16:25:00	16:35:00	Warm up for concentration			0:10:00
16:35:00	17:15:00	Managing expectations	Participants can identify needs and wants in a group and how to bridge the differences respectfully using her teaching tool box.	Flip chart, post-it notes	0:40:00
17:15:00	17:55:00	Effective teaching and Effective learning	Participants are aware of different approaches to teaching and learning. Participants are able to choose effective educational methods for their curriculum building.	Working materials from the "Participants Handbook" (Effective teaching, Cone of learning)	0:40:00
17:55:00	18:10:00	Closing round and evaluations		Evaluations	0:15:00

Day Two

Start time	End time	Topic	Expected outcomes	Resources (if any)	Time needed (HH:MM:SS)
9:00:00	9:15:00	Warm up	Knows the short-term and long-term consequences of poor posture; can offer several ways how to maintain and improve body posture, including during nursing and carrying a baby and a toddler		0:15:00
9:15:00	9:30:00	Different attitudes to parenting	Awareness of different views of parenting		0:15:00

		among generations and community	and ability to reconcile them.		
9:30:00	10:15:00	Keeping healthy - boosting your immunity and well-being	Can explain how stress, nutrition, sleep, exercise (specifically outdoors) and air quality can contribute to lower or higher immunity, without shaming the parents	Sheets of paper, coloured pencils, crayons...	0:45:00
10:15:00	10:30:00	Coffee break			0:15:00
10:30:00	11:00:00	Conscious "self-sacrifice" of parenthood - changing focus from "I" to "he/she"	Can discuss openly the constrictions and limitations that come with parenting and their possible meaning and contribution to personal growth in the new parents' lives	A pen for each participant	0:30:00
11:00:00	11:30:00	Stress management	Knows and can discuss a variety of healthy ways to react to stress	Flipchart paper, flipchart markers	0:30:00
11:30:00	12:00:00	Difficult/Negative emotions	Can discuss openly the difficult emotions that may arise with becoming a parent (impostor syndrome, anger, helplessness), focusing on ways how to contain them, dissolve them and prevent them (by increasing our stress resilience and by several simple cognitive-behavioral techniques)		0:30:00
12:00:00	13:00:00	Lunch break			1:00:00
13:00:00	13:15:00	Warm up			00:15:00
13:15:00	13:30:00	Watching for warning signs - postpartum depression, postpartum psychosis, posttraumatic stress disorder related to childbirth			00:15:00

13:30:00	14:15:00	Personal growth in parenting	Can lead a discussion about the ways in which parenting can change us; knows the basics of personal growth concept; can lead on accepting parenting including its unpredictability		0:45:00
14:15:00	14:30:00	Coffee break			0:15:00
14:30:00	14:45:00	Partnership vs. parenting	Is aware of challenges connected with parenting and partnering		0:15:00
14:45:00	15:10:00	Fatherhood today	Is aware of different expectations from fathers and their transforming role		0:25:00
15:10:00	15:35:00	Closing round and evaluations			0:25:00

Day Three

Start time	End time	Topic	Expected outcomes	Resources (if any)	Time needed (HH:MM:SS)
9:00:00	9:10:00	Housekeeping information			00:10:00
9:10:00	9:40:00	Warm up			00:30:00
9:40:00	10:25:00	Personal Breastfeeding experience	Is aware of the influence of personal breastfeeding experience on participants' professional development and approach during workshops.		00:45:00

10:25:00	10:40:00	Coffee break			00:15:00
10:40:00	11:10:00	Trainer's Ethics	Able to evaluate the scope of the Aims and Values of the Parenting+ program. Is aware of the limits of the trainer profession. Is introduced to the WHO Code.		0:30:00
11:10:00	12:10:00	(New) baby behaviour and needs (emotional, physical)	Participant is more aware of their biases, practices active listening, is more skilled in group dynamics; repeat some of the contents they read in the self-study.	Flip chart, paper, pencils, felt tip pens, dolls; cards (assignments)	1:00:00
12:10:00	13:40:00	Lunch			
13:40:00	13:55:00	Warm up - Hand massage			0:15:00
13:55:00	15:25:00	Breastfeeding: latching and positioning	Participants know how to do breastfeeding positions and optimal latch (adaptations after C-section and episiotomy); what to do if baby doesn't latch; pumping; hand expression technique	Dolls, model(s) of a breast, pillows, mats, chairs, a sofa if possible; breastfeeding pillows if available	1:30:00
15:25:00	15:40:00	Coffee break			00:15:00
15:40:00	16:25:00	Presentations of partner work on topics in the area of Parenting	Participants are able to choose and combine effective educational methods, and present their work in pairs.		0:45:00
17:10:00	17:30:00	Closing rounds and evaluations			0:20:00

Day Four

Start time	End time	Topic	Expected outcomes	Resources (if any)	Time needed (HH:MM:SS)
9:00:00	9:10:00	Housekeeping information			00:10:00
9:10:00	9:30:00	Warm up			00:20:00
9:30:00	10:30:00	Breastfeeding - using the right equipment in the right way	Participant knows how to e.g. correctly use nipple shields, lactation aid, bottles; pumps; correct latching ...	Dolls, nipple shields, bottles, lactation aids, pump(s)	00:60:00
10:30:00	10:45:00	Coffee break			00:15:00
10:45:00	12:15:00	Infant feeding: meeting informed decisions; respecting different attitudes and values	Participant knows how to communicate about BF in a respectful non-judgmental way; how to meet needs of all involved; how to face unexpected situations.	Dolls, cards, paper, pencils, flip chart, felt tip pens	1:30:00
12:15:00	13:15:00	Lunch break			1:00:00
13:15:00	13:30:00	Warm up / Energizer			00:15:00
13:30:00	15:00:00	Baby handling basics + advantages of a baby massage	Participant knows about baby handling basics and advantages of a baby massage; Participant can list different approaches by different authorities/organisations.	Dolls, mats	1:30:00
15:00:00	15:15:00	Coffee break			00:15:00
15:15:00	16:45:00	Babywearing basics	Participant knows basics about baby wearings, knows principles, carriers.	Dolls, wraps, slings, soft structured carriers etc.	1:30:00

16:45:00	16:55:00	Closing round			0:10:00
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Day Five

Start time	End time	Topic	Expected outcomes	Resources (if any)	Time needed (HH:MM:SS)
9:00:00	9:10:00	Housekeeping information			00:10:00
9:10:00	9:25:00	Warm up / Energizes			00:15:00
9:25:00	10:25:00	Infant feeding/breastfeeding challenges: practicing counselling and communication skills	Participant is aware of common infant feeding/breastfeeding challenges, can describe how to tackle them or when to seek help; how to communicate with parents in a respectful way, taking into account their individual situation.	flip chart, felt tip pens, cards with different challenges	1:00:00
10:25:00	10:40:00	Coffee break			00:15:00
10:40:00	11:40:00	Closing activity			1:00:00
11:40:00	11:55:00	Evaluations			0:15:00
11:55:00	12:55:00	Lunch			1:00:00

