



Week	Item
1 - Play	Piggy Bank
New	<p>Facilitator Notes:</p> <p>4 the Family (virtual), tips to improve family life</p>

Given recent events, SDCP and Tusla have decided to adapt the 4 the Family programme in order to offer the programme remotely to parents via ZOOM in a remote, safe and social distancing way.

4 the Family (virtual) is a new 4 week programme that aims to support parents to improve outcomes for children by focusing on 4 essential pillars of family life (play, parenting, health & technology). Each session is 1 hour long and delivers 4 simple key messages in a fun and interactive way that uses content and resources from evidence based programmes on what works best for children and families.

The aim is to engage hard to reach families with the hope of progressing them to parenting or other child and family interventions offered by South Dublin County Partnership, Tusla or other service providers in the community.

The programme consists of 4 sessions that can be delivered virtually to a small group of parents or one to one by an experienced child and family advisor. 4 the Family was designed by South Dublin County Partnership with support from Tusla's Prevention, Partnership and Family Support Programme.

Introduction (30 mins)

Ideally this should be done face to face with parents prior to the 4 ZOOM sessions.

Discuss:

- Show Intro video (0-1.23):
<https://drive.google.com/file/d/1EUY7660cZsBmCRvGR5hW08i1K8WrbeK/view?usp=sharing>
- Why 4 the Family was developed, give a personal background about being a parent/experience working with parents
- Explain that 4 the Family is not a parenting course, but uses content and resources from evidence based programmes and explain what evidence based means
- Begin to establish a relationship and ask parents how many children they have and their names
- Run through the basics of ZOOM and explain the format for the 4 sessions
- Agree dates and times suitable to both parties

Paperwork required before the first session:

- 1 page 4 the Family Evaluation / SDCP or Tusla registration forms

Equipment for 4 the Family sessions:

- Give parents the 4 the Family bag with the 4 tangible items (piggy bank, teddy bear, timer, key ring) and booklet for their use during ZOOM.



Activity: Speed Introductions (10 mins)

Ask parents to share the name(s) and age(s) of their child/children and something nice about each of them

Message 1) You are Your Childs 1st Teacher (10 mins)

Show Message 1 Video

https://drive.google.com/file/d/1scqBQpCMDv4LTYqzi4QL13_d1DuBQ4b/view?usp=sharing

After the video ask:

- Do you ever think of yourself as being a teacher for your child?
- Explain research in easy to understand language: according to the research parental involvement in a child's learning has more of an impact on their educational outcomes than any other demographic measure including social class or level of parental income (Desforges, 2003; Feinstein et al, 2004; EFLN 2008; NESF, 2009).

Activity:

POLL: Ask parents to select what examples are everyday opportunities to learn:

- talk to your child when you go on a walk/drive in the car about what you see, hear, touch, taste, and smell, like seeing a bird or hearing the rain fall.
- allow your child watch television/go on the ipad alone
- Sing lullabies or make up silly songs with your child to go along with your daily routine, like brushing teeth or waiting for the bus
- read books aloud with your child and tell them stories
- send your child to expensive dance classes

Message 2) 10 mins of Play Everyday (10 mins)

Before you share the video ask parents how long they think you should play with their children?

Show Message 2 Video

<https://drive.google.com/file/d/1sjoYSRUmtklv0FCXzET1zfvRa6oN0GmO/view?usp=sharing>

After the video ask:

- Were you expecting it to be 10 minutes?
- You now have a piggy bank and it is used for you as a reminder of the message "10 mins of play everyday" Reinforce the idea that by playing with our children, we are investing in their future. By spending time now, payoffs will come in the form of reduced bad behaviour, the more they expect special time.

Activity:

- FLIPCHART *How did you play? V How do children play* (maybe the facilitator can write these down on the shared screen?) Examine the differences and suggest easy non expensive ways in which parents can play with their child

Message 3) Follow their Lead (10 mins)

Show Message 3 Video

<https://drive.google.com/file/d/1g544DZ6UYRiuftSuW1AvHhAOFmngkmFT/view?usp=sharing>

After the video:

- Explain what being an appreciate audience and descriptive commentary (use sports commentator as an example).
- Reinforce the idea of rather than taking over play, children should be encouraged to lead the play. This builds confidence and learning.

Activity:

- Ask parents to share a time when they took over the play and something they can learn from that experience

Message 4) Raise a Reader

(10 mins)

Show Message 4 Video

<https://drive.google.com/file/d/1fHRpsve0o6324UEYntXFkCKFnyWIykmQ/view?usp=sharing>

After the video:

- Ask if the parent currently reads with their child. Encourage them to either start or continue the practice – remember steps no matter how small are to be encouraged! Be conscious of literacy levels and encourage story telling where appropriate.
- NALA has developed a website www.helpmykidlearn.ie which is packed full of ideas to help your child learn everyday (also booktrust.co.uk/local library). Share your screen visiting these sites

(5 mins)

Activity:

- FLIPCHART *Barriers Vs Positives of Play*. If time allows complete this exercise. (maybe the facilitator can write these down on the shared screen?) It highlights that the positives outweigh the negatives

Home Activity (try 10 minutes of child led play before next week)

(5 mins)

Evaluation – POLL: ask if the parents learned new tips about Play and to add comments

Week	Item
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2 - Parenting

Teddy



Recap how last weeks '10 minutes of child led play' went with their children. (10 mins)
Focus on the positives and explain that change will take time

Message 1) Press the Pause Button

(10 mins)

Show Message 1 Video

<https://drive.google.com/file/d/1cH7tumsCPTUZIMkEowQZ9EeZotOITjnc/view?usp=sharing>

After the video ask:

- Reinforce the idea that getting angry is the biggest obstacle in good discipline. When you feel yourself getting angry or upset..Press the Pause Button.
- Remember: all young children argue and protest to get what they want. This is not personal but a reflection of their strive to be independent and to test the rules.

Activity:

- Ask parents how do they calm themselves in a difficult situation?

Some examples: take deep breaths, relaxation techniques, positive thoughts, walk away, turn on some music, etc.

- Ask parents to use the CHAT BOX to write down different ways to respond to their children at a time when they are angry (eg. *I will speak to you about this when you are calm/ I need to take a break and think about how I am going to respond to you*) and to try and use these techniques the next time it happens

Message 2) Baby See, Baby Do

(5 mins)

Show Message 2 Video

<https://drive.google.com/file/d/1quq2j8lAs7pTI28MplmLff1EIREjZ6zY/view?usp=sharing>

After the video ask:

- Children learn from adults in their lives (give examples of adults modelling...spending time on phones, swearing, shouting etc). Ask parents if they can think of a behaviour that their child copies from them.
- Explain the "modeling principle"—by parents avoiding the use of critical statements and demands and substituting positive polite language, children model and learn more positive communication and to be respectful

Activity:

- Self Praise - The facilitator gives an example of self-praise. Ask parents to write in the CHAT BOX something they are proud of that they have done in the past week. If parents find this difficult ask them to think of what their best friend would say about them.

Message 3) Catch Your Child Being Good

(10 mins)

Show Message 3 Video <https://drive.google.com/file/d/15Vxe2WyGOKjMMUc89o4x3-y55xKaLXH4/view?usp=sharing>

After the video ask:

- Reinforce the idea that all children want from their parents is attention so give it for good behaviour rather than bad.
- Adults forget to praise children when they play quietly or do their jobs without complaining. Research indicates, however, that a lack of praise and attention for appropriate child behaviours can lead to an increase in misbehaviour.
- Double the impact of praise by praising children in front of other adults. "I really like the way you are both playing nicely together..."
- Don't save praise for perfect behaviour
- The Golden Rule is 4 praises for every criticism
- Ignore misbehaviour – behaviours that are annoying but they don't really seem to hurt anyone

Activity:

- POLL: Ask parents to select examples of behaviour that can be ignored:
 - Sulking - Pouting - Swearing - Hitting - Moaning - Arguing - Smashing objects

Activity:

- Talk to parents about what they can say when they catch their child being good: (eg. "You do a good job of..." "I like it when you.." "Good idea for.." "I'm proud of you for..")

Message 4) Don't Think of a Blue Teddy*

(10 mins)

Show Message 4 Video <https://drive.google.com/file/d/1u657HPIQ9J9hp8zgzkFxi-9SveBI7E9BS/view?usp=sharing>

After the video ask:

- Remind parents that they have the teddy to remind them to *Change the Don'ts into Do's*
- Reinforce the message that the problem with a Don't is it is usually said angrily, it focuses on what you don't want, and believe it or not, makes it more likely for the child not to do what you ask.

Activity:

- CHAT BOX Rephrase the following statements:

"Don't grab toys from your sister" "Don't jump on the couch" "Don't shout in the house" "Stop playing on that tablet!"

Home Activity (catch your child being good)

(5 mins)

Evaluation – POLL: ask if the parents learned new tips about Parenting and to add comments

Week	Item
3 - Health	Timer



Recap how last weeks 10 minutes of play went and if they caught their child being good.
(10 mins)

Focus on the positives and explain that change will take time

Message 1) Active Kids Do Better in School

(10 mins)

Before showing the video ask parents what they think is the recommended physical activity guidelines for children and adults?

Show Message 1 Video https://drive.google.com/file/d/1v2vZtnz5gs4-01Kv4TF87P1_6U_B3zce/view?usp=sharing

After the video ask:

- Ask parents if they knew that physical health is linked to school performance?
- Remind parents 60 mins per day for children/ 30 minutes, 3 times per week for adults
- Play counts as physical activity: research shows that children whose parents are active are more than 5 times as likely to be active than those whose parents are not.
- Ask parents to think of any physical activities they do with their child – remind parents internet is a great tool to get ideas

Message 2) Parents are Key to Children's Participation in Sport

(10 mins)

Show Message 2 Video <https://drive.google.com/file/d/1--RyFP1NdsTj7uFWkGiHSMxorYdPgKKu/view?usp=sharing>

After the video ask:

- Explain how powerful it is when we offer our children encouragement and specific praise and how successful parenting is about positive parenting principles

Activity:

- CHAT BOX Write an example of an encouraging statement for your child when they are being active-be specific

Message 3) Say 'No' to Treats

(5 mins)

Show Message 3 Video

https://drive.google.com/file/d/1npXtT9XciOaoIeuI3bOIYoE_Vu8AIH2m/view?usp=sharing

After the video:

- Remind parents that parenting is tough, but you are tougher! It is ok to say NO to our children.
- Avoid treats everyday: maximum once or twice a week
- Using food as a reward teaches children to connect food with a good or bad behaviour. Instead reward children with praise and encouragement.

Activity:

- FLIPCHART - make a list of non-food rewards, so that when your child behaves, they know what the reward may be

Message 4) Fit Fam

(20 mins)

Show Message 4 Video <https://drive.google.com/file/d/1Dev-geYIqqiR9IVhAGwDvmcHAbd2tdRB/view?usp=sharing>

After the video:


- Share your screen and visit the websites mentioned and access the resources <https://www.activekidsdobetter.co.uk/active-home> and www.safefood.eu/START/Your-Tools/Pause-For-Play.aspx
- The games require little or no equipment and are easy to follow. Suitable for all abilities, they have been designed to be done in the home, garden or local park.
- Remind parents that the timer is used as a reminder to get active and can be incorporated into the games
- Encourage parents to try the ad break challenge

Home Activity (try active play time and the ad break challenge)

(5 mins)

Evaluation – POLL: ask if the parents learned new tips about Health and to add comments

Week	Item
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<p>4 - Technology</p>	<p>Pause for Play Keyring</p> 
<p>Recap how last weeks active play time and ad break challenge went. (10 mins) Focus on the positives and explain that change will take time</p>	
<p>Message 1) Pause for Play (5 mins)</p> <p>Before showing the video, ask parents to guess what is the recommended screen time for children</p> <p>Show Message 1 Video https://drive.google.com/file/d/1AqD1D4WxOfomOCx-f0R2ewAOqpzhZyJL/view?usp=sharing</p> <p>After the video ask:</p> <ul style="list-style-type: none"> - Were they surprised with the recommended screen time? - Ask parents to think about how much screen time they had in the last 24 hours including tv/phones/laptops/tablets/game consoles - The recommended screen times are a guide and we may be a long way off but any steps parents take towards them should be encouraged 	
<p>Message 2) Healthy Tech habits (10 mins)</p> <p>Show Message 2 Video https://drive.google.com/file/d/1c7yu8MP45Uj26SvDMZjD33uDt9kMfVgv/view?usp=sharing</p> <p>Discuss the points raised in the video and highlight ask if any tips stood out for parents.</p>	
<p>Message 3) Safety Net (15 mins)</p> <p>Show Message 3 Video https://drive.google.com/file/d/1qIVvhenoAiCIbt97zRplFPvrXC_NZuW/view?usp=sharing</p> <p>Discuss the points raised in the video and highlight the importance of parental supervision and guidance</p> <p>Activity:</p> <ul style="list-style-type: none"> - Share your screen and go through the Internet Safety Hangman game https://www.quia.com/hm/40647.html 	
<p>Message 4) #BeinCtrl (5 mins)</p> <p>Show Message 4 Video https://drive.google.com/file/d/1nDshpL-Qw29_ahzQjCuWrqsMu01dv5T/view?usp=sharing</p> <p>Discuss the points raised in the video and highlight the importance of being aware of what our children are doing online. The Be in Ctrl resource focuses on the online sexual coercion and</p>	

extortion of children by adults but this behaviour can also exist in a peers' environment

Evaluation – POLL: ask if the parents learned new tips about Technology and to add comments

Evaluation of the 4th Family programme (form?)

(15 mins)