



Target group meeting / workshop
September 2012

- Partner: *Bartın Provincial Directorate of National Education*
- Target group: *Parents*

Goal	The main objective of family education programme is to enhance parents' parental skills and to strengthen family relations in order to use the current potential of child or teenager.
Objectives	<p>This programme is a family education programme which is composed of 14 sessions. It was held in 2 - 2,5 hour meetings once a week. We discussed the growth of the child and what parents can do to support this growth. Every week a new subject was introduced. During these sessions not only the instructor but also the parents took roles actively. We organised enjoyable and educational meetings by including games, short stories. At the end of every meeting, we handed out informative short leaflets.</p> <p>To generate motivation and share the life among families, we organised picnics. We celebrated the mother's day with joy. Besides, we held a farewell party in front of the school for a family who sent their handicapped son for military service (it's only 1 day for the handicapped)</p> <p><u>Topics of parents' education programme.</u></p> <p>1st. Session: Meeting and introduction of programme.</p> <p>2nd. Session: Manners of parents</p> <p>3rd. Session: Communication barriers and listening skills.</p> <p>4th. Session: Self-expression skills</p> <p>5th. Session: The ways of shaping positive behaviours</p> <p>6th. Session: The methods of changing unwanted behaviours</p> <p>7th. Session: Basic habits</p> <p>8th. Session: Physical and sexual development</p> <p>9th. Session: Cognitive and language development.</p> <p>10th. Session: Social Emotional progress and self progress</p> <p>11th. Session: Life events</p> <p>12th. Session: Child rights</p>



<p>Objectives</p>	<p>13th. Session: Spending qualified time and game. 14th. Session: Improving sensibility for individuals who need special training.</p>
<p>Methodology</p>	<p>To provide children growth in a healthy way, to acquire new information and to obtain new experiences the following methods were used; Presentation, sample events, role playing and acting, pair works, brain storming, games, ask and answer, exercises, imagination.</p>
<p>No. of beneficiaries involved</p>	<p>25 people (for 14 weeks)</p>
<p>No. of staff operators involved</p>	<p>3</p>
<p>Activities</p>	<p>Presentations, picnic, mother's day, military service farewell</p>
<p>Outputs and results</p>	<p>The followings can be shown as mid-outputs or results of the programme. It has been observed that the children of parents who learnt listening skills learnt to listen their parents more effectively as well. Parents who comprehended positive parental behaviors became open to communication and could express themselves better. By means of getting children adopt basic habits, children's study skills and sleeping routine's have improved. Parents, who realized the children's learning capability by imitating, became aware of their relationships and started to communicate more carefully in their daily life. During the process of preventing unwanted behaviors, parents understood the importance of offering alternatives to children.</p>
<p>Strengths identified</p>	<p>Informative workshops, parents' desire to acquire information, their participative works have doubled our willingness on this issue.</p>
<p>Weaknesses</p>	<p>Transportation problems in rural areas. Financial problems of parents. Lack of education.</p>
<p>Other information</p>	<p>Although it was not included in the programme, regarding the needs of parents, two experts from Bartın Health Department conducted informative seminars about health and hygiene.</p>