



## PARENT GUIDANCE

Parents and often also grandparents and other members of the family who look after young children need guidance and assistance in respect of parenthood skills. There are various programmes from which parents and carers can learn:

**Botswadi parent guidance:** **Botswadi** means “**to be a parent**” and is presented to groups. This programme is affordable and can easily be implemented. The workbook is user-friendly and issued to every group member while the teacher uses a guide. The programme consists of seven chapters and is presented in at least seven sessions. It is based on the concept that child care can be compared to a table. Each table leg represents an aspect of caring. There are four stages through which a child has to grow to become a balanced adult: Physical care, loving care, learning opportunities and to be able to distinguish between right and wrong to become a responsible person.

Different pamphlets are available: HIV and Aids; Children and sex; Parents and smart children; food; abuse; discipline and respect, Teenagers etc.

The information and opportunity to be trained in the programme, can be obtained from SAVF Parent Guidance Action, P.O. Box 40526, Arcadia, 0007. Tel: 012 3253920, Fax 012 324 4109 , email: [hoofbestuur@savf.co.za](mailto:hoofbestuur@savf.co.za)



**Wings to be a father:** This is a programme developed by KZN CSS (Christian Social Services) to equip boys (12 – 18 years) with skills to be fathers. In KZN 93% of children do not have fathers to be role models. The carer is often only a grandmother. The programme is basic and comes with a workbook and presenter guide. The programme is self-explaining and may be duplicated. It is based on children’s discovery of their own story, monsters in their lives; what is needed to be a good father and to plan their future.

The programme is affordable and the presenter (preferably a male person) does not have to be qualified.

The DVD, “Courages”, can be incorporated successfully with the training.

Lizette van Niekerk, KZN CSS, can be contacted for more information at 0833067016.

**Five love languages for children – Gary Chapman (with Ross Campbell)** is based on what fills children’s “emotional tanks” and has the effect that children can then reach their potential. The book can be used with great success as a guide for a group of parents.

It covers 5 “languages of love”, namely quality time, words of encouragement and acceptance, gifts, touching (contact) and subservience. It is a basic Christian grounded training programme and easy to understand.

The book costs less than R200 and to apply the training is easy and exciting. The

book is available at Christian bookshops.



## **Parenthood Training - Unicef**

Training on parenthood is done from the guide: "Parental/Primary Caregiver – Capacity Building Training".

This course targets parents of children from 0 – 5 years. Parents who want to develop their parenthood skills will find this course very useful. Facilitators such as social workers or persons from congregations are trained to present this course.

The training is interactive and consists of 11 modules which are presented to facilitators during 4 days. Content that will be covered are: Health and food, Play and creativity with the toddler, Psychic development, Social and Emotional development, Intellectual development, Safety and protection, Healthy family relations, Positive discipline, Handling mourning and loss.

The parent guidance groups can gather monthly or even weekly.

Currently Mrs Z Volschenk and Mrs C van der Merwe in the Western Cape present this course for facilitators who plan to present this to groups of parents. Facilitators will be provided with complete guides. For more information contact Mrs Z Volschenk at

021- 9577130.