

MorePAL

REPORT ON TRAINING WITH PARENTS AND CHILDREN Session 1 Spare time activities involving children and parents

Trainers: Simona-Elena Bernat, Maria Kovacs, Laura Runceanu

Date: Tuesday, June 21, 2007

Venue: Horea School, Cluj-Napoca

Objectives of the training:

By the end of the module, the parents and teachers will be able to

- Explain their role in MorePAL;
- Argue for the importance of negotiating recreational activities with children;
- Identify ways of spending quality time with their children;
- Describe at least two recreational activities which they can carry out with children.

Time	Activity	Observations and materials needed
17.00-18.00	Welcome Introduction activity (coat of arms) Presentation of the Romanian RWCT Association and of the project Discussions	The coat-of-arms represents what the family like to do together and it will be presented by the child, if s/he is there. Paper, felt tip pens, markers, sellotape
18.00-18.30	Negotiation of spare time activities with children – Presentation followed by role play Discussions	The children, in a different room write a letter to their parents about what they would like the family to do together. Paper, pens
18.30-18.45	Break	Coffee, refreshments, biscuits
18.45-19.30	Spare time activities for children and parents Looking at family photos and reminiscing Home-made puzzle Hot-cold Card games Scrapbooks The family council Discussions	Presentation Children make a collective poster on A Happy World

19.30-19.40	Conclusions Evaluation of the day	Each adult participant will write down the following: <ul style="list-style-type: none"> • The most important thing I learnt today • A comment • A suggestion for the following workshops Post-its
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This was the first of a series of activities, and there was relatively little time for the school to announce the parents, therefore only 9 adults came, out of whom 7 others, 1 grandma and the school principal. The deputy principal was also there, who is a teacher and a mother at the same time. Four adults brought their children. However, the parents who did not bring their children this time said they would for the next meeting.

Participation was good, with two-three parents somewhat shy and less willing to volunteer to share, but when invited specifically, they shared their thoughts.

Exit cards

- I. The most important thing I learnt today
 - It is good to spend time with your child and to learn to be a child again
 - Transparency of expectation
 - I learnt new ways in addition to what I knew
 - To listen to each other and help each other
 - Be more careful with our children
 - Ideas for games
 - Communication with the child is very important; many new games
 - It is very good to be there for the child when they need us

- II. A comment
 - I liked this activity very much
 - The mothers should bring their children
 - It would be good to meet more often
 - I liked it, I will come again
 - Thank you, i had forgotten about family photos
 - I liked the discussions
 - The meeting is very well organized

- III. A suggestion for the following workshops
 - Discussions about the children's education so we can protect them from evil
 - It would be good to have more teachers
 - To discuss openly
 - To do more things together with the children
 - Ways of spending quality time with the children, and to respond better to their needs, how to identify their needs
 - What does the association (PTA) pursue?
 - How to develop closer relationships with the children

The children were asked to draw a face that illustrates how they felt during the activity. They all drew smiling faces, and one of them wrote that she felt very good.

List of participants (children's name in bold type)

1. Marilena and **Oana** Dordai
2. Maria and **Sorin** Man
3. Flavia Banoi
4. Katalin and **Andrea** Kovacs
5. Elena Nicoara
6. Monica Hodis
7. Silvia Tinica
8. Maria and **Delia** (didn't get the family name)
9. Mari (lady with two daughters)

Session 2
Workshop on book writing for parents and children

Trainers: Simona-Elena Bernat, Laura Runceanu

Date: Thursday, 21 June 2007

Venue: Școala Horea, Cluj-Napoca

Objectives of the training:

By the end of the module, the parents and teachers will be able to:

- Write stories working together with children;
- Make books working together with children;
- Demonstrate interest toward the way children perceive the experienced had together.

Time	Activity	Observations and materials needed
17.00-18.15	<p>Warm-up: The time line, 10 min</p> <p>Objectives of the workshop, 5 min</p> <p>Book writing workshop:</p> <ul style="list-style-type: none"> • Exercise to stimulate creativity – story of the parrot by Martin Auer, 15 min • Choose the book topic, 10 min • Write the first paragraph, 10 min • Write the whole story, 35 min 	<p>Children books</p> <p>Notebooks with nice cover for children and their families (these will become the notebooks for the summer holiday stories)</p> <p>Pens for each participant</p> <p>Trainers give feedback on story writing process</p>
18.15-18.30	Break	Coffee, refreshments, biscuits
18.30-19.30	<p>Book writing workshop (continuation):</p> <ul style="list-style-type: none"> • Transform the story into a book, 40 min • Read books (Author chair), 20 min 	<p>Paper</p> <p>Coloured pens</p> <p>Magazines and newspapers with nice images (animal, plants, people)</p> <p>Family pictures</p> <p>Scissors</p> <p>Glue</p> <p>Staples</p> <p>Coloured string</p> <p>Coloured paper (for book cover)</p>

19.30- 19.40	Conclusions Evaluation of the day	Exit cards Children draws faces which express how thy felt Post-it
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Exit cards (adults)

I. The most important thing I learnt today

- to "escape" from reality in a pleasant way, together with those I like
- to spend our time by writing stories
- to write a book
- other methods for communicating with parents and pupils
- how I can spend time with my daughter in a interesting and pleasant way
- to play
- to be author and to work in team
- to combine fun with utility
- new ways of communication
- a useful, pleasant, interactive and interesting way to spend time with my child
- how to work with my children
- to let children play

II. How did you feel writing books?

- Excellent
- Like children
- OK
- Very well
- Very well
- Well
- Patient, which is good
- Very well
- Very well
- Wonderful
- Very well and relaxed
- Very relaxed

III. How are you going to apply what you have learnt with your children?

- I will obviously apply it
- Working with my daughters and have joy
- To teach others
- Communicating with the child through stories
- Making our family story
- Applying what I have learnt
- To spend spare time and to educate other parents
- To learn both her and myself that through play we can develop humour and imagination
- My children is big, I will use what I have learnt in school
- By doing what we have done here today also at home
- Developing the thinking and imagination
- To learn how to have fun with children

Children exit cards:



List of participants (children's name in bold type)

1. Marilena and **Oana** Dordai (1 book on dinosaurs' disappear)
2. Maria, **Sorin** and **Raul** Man (1 book on dinosaurs)
3. Katalin and **Csilla-Andrea** Kovacs (2 books on planet, RO and HU)
4. Elena Nicoara (one book on how sun appeared, with Anica)
5. Silvia Tinica (one book on happiness, with Maria)
6. Maria Cocan
7. Luminita Corpodean (one book on search of happiness, with Meda)
8. Meda Damian
9. Gabriela Hapca (one book on what makes children happy, with Horea)
10. Horea Hebean
11. Anica Bodocan
12. Silviu si **Claudia** Ispas (one book on the parrot who knew all)

Participants managed to produce 9 books, 8 in Romanian and 1 in Hungarian language.



**Session 3
MorePAL**

REPORT ON TRAINING WITH PARENTS AND CHILDREN

Behaviour management and spare time activities involving children and parents

Trainers: Maria Kovacs, Laura Runceanu

Date: Tuesday, June 26, 2007

Venue: Horea School, Cluj-Napoca

Objectives of the training:

By the end of the module, the parents and teachers will be able to

- To identify positive and negative behaviours that their children display by using „The map of my child behaviour“;
- To describe different ways for rewarding and punishing a child;
- To analyse some alternative ways for rewarding and punishing a child;
- To describe two spare time activities that parents are able to organise together with their children;
- To analyse the ways they manage thier time;

Hour	Activity	Obervations and materials
17.00-17.15	Warming-up exercise „Neighbours“	The participants position themselves on a imaginary map of Cluj in relation to the neighbourhood they live.
17.15-18.00	„The map of my child behaviour“ Identifying children' behaviours (10 min.) Identifying parents behaviours (10 min.) Discussions (25min.)	The participants write on post-it then stick them on the flipchart paper their answers: - I like my child behaviour when he/she... - I do not like my child behaviour when he/she... - When I like his/her behaviour I... - When I do not like his/her behaviour I... Materials: post-it, marker, flipchart paper
18.00-18.30	How do we reward or punish our children? (15 min.) How to negotiate the rules? (15 min.)	
18.30-18.45	Break	
18.45-19.30	Time management Presentation and application of some spare time activities Discussions	Presentation Explanation Exercise

19.30-19.40	Conclusions Evaluation of the day: exit cards	Each adult participant will write down the following: - The most important thing I have learnt today - A question - A comment The children will draw faces. Post-its
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The majority of participants was made up of primary education teachers from the school. Some of them are parents as well, so that their children have accompanied them.

The activities were organised in parallel sessions; the parents were involved in exercises and discussions about different behaviours of their children and how they allocate rewards or punishments, while their children were playing games in a different room.

The participants were interested in the topics and they chose to discuss more on how to react when the child spends too much time on computer, Internet or TV. They have identified together some solutions. The participants have also discussed on to how to approach a stubborn child. At the end of the session they were given a course support with suggestions on how to support positive behavior. Afterwards, they were involved on discussions about time management.

The answers written on the exit cards are:

The most important thing I have learnt today

- It is very important to encourage positive behavior
- Spending spare time with children
- To agree the rules with the child
- To avoid open conflicts with the child
- When we think that the child is stubborn, he/she is protesting in this way
- A systematic approach of stubborn behavior
- To plan a program with the child
- The relationship that has to exist between adults and children

A question:

- To explain what negative reward means
- How can this message reach more parents?
- Can we ask for support during a formal meeting of parents?
- When will be introduced different ways to organize these topics?

A comment:

1. It does not matter how hard we try, we will make mistakes

List of participants (children's name in bold type)

1. Bănoi Flavia and **David**
2. Corpodean Luminița
3. Damian Meda

4. Goia Viorica
5. Hapca Gabriela
6. Ispas Silviu and **Claudia**
7. Măgdaş Elena and **Alex**
8. Şuiu Amalia
9. Verezan Simina

Session 4 Planning quality spare time

Trainers: Simona-Elena Bernat, Maria Kovacs

Date: Thursday, 28 June 2007

Venue: Școala Horea, Cluj-Napoca

Objectives of the training:

By the end of the module, the parents and teachers will be able to:

- describe at least two activities to spend quality spare time with their children;
- explain the role of planning activities and carefully timing them;
- plan vacation activities to carry out with their children (for parents)
- plan activities to carry out with parents during the school year (for teachers).

Time	Activity
17.00-17.15	Warm-up – the snowball: What will you be doing in ten days/months/years?
17.15-18.00	Reading together with our children / strategies for active reading and readers' response
18.00-18.30	Dreams, thoughts and plans
18.30-18.45	Break
18.45-19.20	Planning vacation activities; sharing plans
19.20-19.40	Final conclusions Final evaluation

List of participants (11 adults and 4 children)

1. FLAVIA AND **DAVID** BANOI
2. MARIA AND **SORIN** MAN
3. MARILENA AND **RAUL** DORDAI
4. VIORICA GOIA
5. SIMINA VERESEZAN
6. MEDA-RADA DAMIAN
7. GABRIELA HAPCA
8. LUMINITA CORPODEAN
9. SILVIA TINICA
10. AMALIA SUIU
11. SILVIU AND **CLAUDIA** ISPAS

Answers to final evaluation questions:

1. What did you think was useful in the workshops?
 - Meetings with parents and teachers who experienced the same situations
 - Learning from the others
 - Negotiation with child
 - Methods
 - Children involvement
 - Strategies for parents training
 - All topics
 - The linkage parent-teacher-director
 - Learning materials, discussions, exercises
 - Communication, friendship, ideas, way of thinking
2. What could have added to the value of the workshops?
 - A bigger number of parents
 - More examples
 - More parents with children
 - More topics
 - More materials for school meetings with parents
 - Listening to other suggestions
3. What will you apply from what you have learnt in the workshops?
 - Everything that will improve the parent – children relationship
 - Almost everything
 - Methods
 - A written planning
 - Topics from here in the school meetings with parents
 - Everything
 - Reading with children
 - Establishing rules
 - Stimulating children to understand the readings
 - Predictive reading
4. Who will you share what you learnt?
 - At home
 - Other parents
 - Colleagues at work
 - Friends
 - Parents from my child’s classroom mates
 - Teachers
 - Children
 - Parents of my pupils
 - Everybody
 - Sisters
5. What is your general impression about these meetings?

1	2	3	4	5
poor				very good

4 – 1 answer

5 – 10 answers

6. Comments

- A higher attendance
- It would be good to invite trainers to the school meetings with parents
- The workshops should have been organised during school year, to have higher attendance
- See you next time
- Together we will do more things
- I hope that more meetings like these will be organised and we will have the opportunity to participate in
- We thank you and we wait for more interesting things

Annexes

Session 4

The Monkey and her Baby

(African folktale)

One day the king of the gods decided to find out which of the animals had the most beautiful baby. So he asked every kind of animal to come and show him their baby. He said he would give the animal with the most beautiful baby a big prize.

All the animals said they would come, for they all wanted to win the prize for having the most beautiful baby.

The animals came in a long line, each with a baby to show the king. There was a cow and her calf, a dog and her puppy, a cat and her kitten, a sheep with her little lamb, a lion and her cub, a goat and her kid - in fact all the animals you can think of, with their babies.

They all passed in front of the king. He looked carefully at each baby to see which was the most beautiful. All the animals wondered which baby the king would choose to win the prize.

Having seen all the animals in the big parade, the king of the gods was just about to say who the winner was when a monkey came running in carrying her baby. She thrust her baby into the king's arms.

The king stared down at the little creature with its wrinkled face and screwed-up eyes. 'Whatever is this?' asked the king.

The king thought it was the ugliest thing he had ever seen. He held the baby well away from himself and stared at it.

'Take it away!' he said. 'It is the ugliest baby I have ever seen!'

All the other animals began to laugh.

The mother monkey took her baby and cuddled it in her arms. 'I don't care what you say,' she said. 'You can give the prize to whoever you like. I know that my baby is the most beautiful baby of all!'

Monkeys, like all mothers, think that their own child is the best.

Final evaluation form

Please answer the questions below:

- What did you think was useful in the workshops?
- What could have added to the value of the workshops?
- What will you apply from what you have learnt in the workshops?
- Who will you share what you learnt?
- What is your general impression about these meetings?

1
poor

2

3

4

5
very good

- Comments

Thank you!