

Reach Up: Early Childhood Parenting Program



Key Competences to be achieved from Reach Up training workshop

Upon completion of the Reach Up and Learn training sessions, the home visitor is expected to develop the following key competencies:



- **Technical expertise**
 - Gain knowledge of child development practices and the role of parental interaction
 - Understand the overall goals of the programme – how to use structured curriculum; varying visits according to frequency, age of child, etc.
 - Understand how to conduct a home visit – use play materials, demonstrate to mothers how to conduct play sessions, involve other family members
 - Develop toy making skills – prepare toys, puzzles, blocks, pictures, etc. used in the visits
 - Learn how to keep records of visits
- **Communication**
 - Share knowledge learned about child development with caregivers
 - Listen effectively to caregivers
 - Keep supervisors informed about issues which may arise
- **Interpersonal**
 - Build positive and trusting relationships with caregivers and children – friendly, tolerant, patient, empathetic, respectful
 - Make visits fun – smile, hug, clap, praise
 - Reliable – keeps commitments for visits
- **Teamwork**
 - Take caregiver's time into consideration when scheduling visits
 - Flexible – accommodate changes to planned visits, when necessary
 - Make visits interactive - help caregivers to conduct play sessions with children



➤ **Problem solving**

- Identify and solve problems during visits
- Use available/alternative resources to solve problems during visits
- Implement timely solutions

➤ **Coaching**

- Build caregiver's confidence and self-esteem – through praise, listen, ask for opinions, engage in conversation
- Provide positive and constructive feedback to caregivers; be objective and non-judgmental
- Encourage caregivers to identify and resolve issues with children
- Encourage caregivers to commit to doing activities outside of planned visits



➤ **Self-management**

- Time management – adhere as much as possible to visit times and durations
- Ensure required resources (toys, etc) are available for visits
- Be proactive