

Instructions for moderators/trainers of Training Program for Parents

The main goal of the training program for parents is to acquaint them with the issues that can impact on the development of social skills for children and young people with severe visual impairment. During the training, they will be provided with information, how to develop various areas of social skills.

The structure of the training program was created variably so that the program can be used in various organizations working with different target groups and age categories.

Each organization can adapt the content of the training program for parents according to the needs of their own organization and audience. With one exception “Empowerment”, there is no script, all materials serve as the basis for self-preparation.

Structure of Training Program for Parents:

Duration of the whole Training program is **two or two and half** hours

- a) Introduction (5 – 10 minutes)
- b) Empowerment (20 – 30 minutes)
- c) Workshop 1 (20 minutes)
- d) Workshop 2 (20 minutes)
- e) Break (10 minutes)
- f) Workshop 3 (20 minutes)
- g) Workshop 4 (20 minutes)
- h) Summary, Questions, Farewell (10 minutes)

Introduction

Use the presentation for Introduction.

The introduction presents the main goal of the project SMILE too, the content of the training program and its structure. Please introduce your organization and target group.

Empowerment (20 – 30 minutes)

Use the presentation and the script for Empowerment.

This part aims to show how a change of mind-set to solution-oriented behaviour can support children. Emphasis is on the differences between a fixed (overprotective, problem oriented) and growth mindset and the benefits of this approach.



Empowerment includes several different learning didactic routines ranging from explanation of theory, to practicing and sharing experiences with other participants.

Workshops

Use presentation and material for each theme.

Presentations and materials were created for each workshop. This is not an exact scenario; each moderator/trainer will adapt the content of the workshops according to their audience and the needs of their own organization.

Eleven workshops were created (see below). You can choose 3 to 5 workshops according to the audience's interest or needs, or you can prepare a Training program twice a year and change the themes of the workshops.

Themes of workshops:

1. WHO I AM Empathy and emotions
2. WHO I AM Sight description
3. WHAT THE WORLD SEES Body posture
4. WHAT THE WORLD SEES Personal care, Dressing
5. WHAT THE WORLD SEES Mannerisms
6. HOW DO I COMMUNICATE Initiating and maintaining contact
7. HOW DO I COMMUNICATE Verbal and nonverbal communication
8. WHAT IS MY SOCIAL NETWORK Family
9. WHAT IS MY SOCIAL NETWORK Friends, Hobbies
10. EXPERIENCE AND INDEPENDENCE Daily living skills
11. EXPERIENCE AND INDEPENDENCE Orientation and Mobility

Summary, Questions, Farewell

This part contains a final summary and a review of the importance of developing social skills for the individual.

Parents will be given time for final questions and feedback.

You can also invite parents to other activities in your organisation.

