



**POSITIVE PARENTING TRAINING.**

**TRAINING REPORT**

**TWO DAY'S TRAINING ON POSITIVE PARENTING**

**HELD**

**AT**

**BUSUILA CHILD DEVELOPMENT CENTRE**

**ON**

**11<sup>th</sup>-12<sup>th</sup>/12/2015**

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### **Back ground**

Seeds of Hope International Ministries-Uganda (SHIM-U) is a network of Christ centered organizations that aims at promotion of Holistic child/youths and integrated Community Development.

The initiative was started in the Central region of Uganda, Kampala, in April, 2014 with the aim of addressing the Spiritual, Socio-emotional, Economic, and health and Cognitive needs of the Community through Child and Youth development to bring about socio-economic transformation. The Project operation for the Kampala and Wakiso districts intervention targets the slum areas of Kasokoso, Kiganda and Acholi quarters where the shanty slum dwellers depend on stone quarrying for a living employing mostly children and women in such a risky venture as the men are out drinking local potent brew due to helplessness and hopelessness. This area is heavily littered with shrines symbolising the high levels of witchcraft, deceit and trickery as people seek quick remedies for survival. The Project extended her efforts to Eastern Uganda due to high existence of cultic Churches emanating from neighbouring Kenya, yet the Church has almost no emphasis on children's ministry. The high prevalence of child abuse cases especially the girl child, alarming poverty and low literacy levels due to high numbers of school drop outs has led to a state of hopelessness amongst the populace in the districts of Busia, Bugiri and Namayingo. These Districts lie adjacent to the shores of Lake Victoria characterised by all the social evils associated with the fishing communities. These districts have witnessed the highest rates of child abuse especially defilement, neglect and child labour in the gold mines of Busia. The high poverty levels in these areas mean that most efforts are geared towards survival other than development creating a vicious cycle of both socio-economic and spiritual poverty. The Church in her quest to address such social evils has stagnated due to lack of established structures for bringing up children through Sunday school as a passage to adulthood and Christian maturity. Many desperate people in the community too look to the church for support yet the she too is grappling with the same problem.

The Project therefore targets Sunday school children and Ministers, Church leaders, in school children and youths, new converts, local leaders, communities and grassroots Youths & Women Organizations as agents of transformation upon empowerment. The Project empowers local Churches through training Sunday School Ministers and Pastors in Children's ministry, distributing Sunday school materials, distributing Bibles and Christian literature to schools. It furthers Youths and women empowerment through training in Income generating/Self-help Projects, small scale business management, advancement of soft loans for small scale businesses and promotion of savings amongst the target groups.

The Project carries out child protection and advocacy by training children and caregivers on child rights and obligations, train care givers in positive

parenting and child care and engaging the relevant actors in case of abuse to mitigate the effects of child abuse to ensure total rehabilitation of the victims.

### **Specific objective of the Training**

To stop child exploitation in the community through advocacy, and capacity building of parents through reproductive health in Namayingo District.

### **Expected Outcome**

Caregivers are knowledgeable about the main cause of the extreme poverty in their locality

Caregivers produce manageable number of children in families.

### **Methodology**

Lectures with interactive sessions of dialogues, group discussions and role plays Brain storming, Question and answer, were used for proper information delivery while training.

### **Core impact of the program.**

Promoting the health of children to attain developmental milestone through proper training the caregivers to achieve skills that shall move in line with the caregiver's standards for care and management either in pregnancies or child rearing.

### **Date of the training and venue**

The training was held from 11<sup>th</sup>-12<sup>th</sup>/12/2015 and was held in Busia district at Busuila Child Development Centre.

### **Number of participants.**

A total of 71 participants (23 men, 39 women and 8 youths) attended the training

### **TOPICS COVERED**

In order to fully explore and meet the objectives of the training, various topics were selected aiming at empowering participants with knowledge and skills in Parenting, Child development, Child protection, poverty cycle and Reproductive health.

### **Day 1**

### **Session one: Opening of the training**

The official opening of the training was done by Busuila Child Development who welcomed participants to the training and urged them to put into practice whatever knowledge they shall acquire from the training. Participants and trainers introduced themselves thereafter requested members present to register their names in attendance forms and took participants through the following:

- Objectives of the training
- Expectations from the training
- Ground rules of the training.

### **Session Two: SHIM-U.**

For participants to fully understand the importance of the training, the following issues were looked at;

- Background of SHIM-U.
- Vision, Mission and core values.
- Systems that affect child growth and development.
- Child development. That is to say from 0-18 months, 2-3years, 3-5years, and 6-11years.

### **Session Three: Development Assets.**

Definition of development assets.

Things that can be done to help children to grow:

#### **(a) Support**

1. Family support
2. Positive family communication.
3. Support them in their relationship
4. Caring neighbors

5. Parental involvement into child's education

**(b) Empowerment**

6. Empower communities to value children.

7. Children are a resource.

8. Serving others

9. Safety

**(c) Boundaries**

10. Family boundaries

11. School boundaries

12. Neighborhood boundaries

**(D) Role models**

13. Adult role models

14. Positive peer relationship

15. Positive Expectations.

**(E) Constructive use of time**

16. Play and creative activities

17. out of home and community

18. Religious community

19. Time at home

**(F) Positive values.**

20. Caring

21. Equality and social justice

22. Integrity

**(G) Social Competence**

23. Planning and decision making

24. Interpersonal skills.

25. Cultural awareness and sensitivity.

**Session Four: Poverty cycle in Uganda.**

Meaning of poverty and four main causes of poverty in Namayingo district

Who are amI and why amI here on earth, village and home.

Critical thinking and Decision making.

**DAY TWO: Reproductive Health.**

**Session one:**

A woman's cycle

A woman seasons

Menstrual cycle

**Session two:**

Fertility cycle

Fertilization

Pregnancy

Child birth

Antenatal care

Post natal care.

**Session three:**

Maternal mortality and its relationship to poverty.

Causes of maternal mortality

This was better explained using scripts

- 1) Abortion
- 2) Excessive bleeding
- 3) Infection
- 4) Miscarriage
- 5) Obstructed labor

#### **Session four: Group Discussion.**

Three groups were formed and the following questions were discussed:

1. What is Fistula and the causes of Fistula?
2. What are some of the causes of miscarriage?
3. What can we do to reduce a mother's dying after childbirth?

#### **Session Five:**

##### **Evaluation and action plan**

Organized unbiased assessment was made to determine the impact of the training by an analysis of the expectations made by participants at the start of the training and this was magnificently conceded out by pastor/ Overseer of Busuila Church of God.

##### **Participants' reactions**

- Participants appreciated SHIM-U for unique and deep truth on the causes of endless extreme poverty in Uganda regardless of many organizations extending hands of help towards humble families.

- Many people were calling me “Musawo” meaning doctor and this was as a result of training using reproductive health training kit donated by SHIM-U matron and also answering their questions well. What was hard for me to answer, I kept on referring them to certified health centers.
- Participants asked many health related questions like what is the use coca cola soda for women after delivery. Many of these questions were rare to me.
- A number of women were heard lamenting for having big number of children.
- There was a hot debate on the main cause of poverty in Busuila community as many women said that its high population and on the other hand men insisted that it’s entirely the Government of Uganda that has increased poverty in their area.

### **Challenges**

The three major challenges got during the two days training were; 1) misconception that child spacing means family planning. Many rural women think that once one spaces children then that is practicing family planning. This in turn has made the idea of having manageable number of children in the family a myth. 2) Some rural women think that when one practices family planning, chances of having children with hydrocephalus (big heads) are increased. 3) Some men reason that polygamy is the best way of reducing conflicts in families.

### **Recommendations**

- ✓ Mobile clinics be extended to communities with emphasis on training both parents on the true meaning of family planning, advantages and myth about family planning.
- ✓ Continuous training to communities on positive child growth and development.

- ✓ Extend training opportunities on reproductive, leadership, financial literacy and education, etc in schools and churches. In fact majority of rural pastors are illiterate and have unmanageable numbers of children. To them family planning is like chasing after wind and therefore reproductive health teachings and trainings are 99% unheard of in Rural churches.

## **Conclusion**

Honestly the training was an eye opener to learn rural communities' perspective on the main causes of poverty in Uganda. My appreciation goes first to Shim-u matron and Australian Team for supporting Shim staff to gain such beautiful knowledge from WCFL and second Maggie and WCFL for loving, accepting and mentoring us to empower communities to break the cycle of poverty.