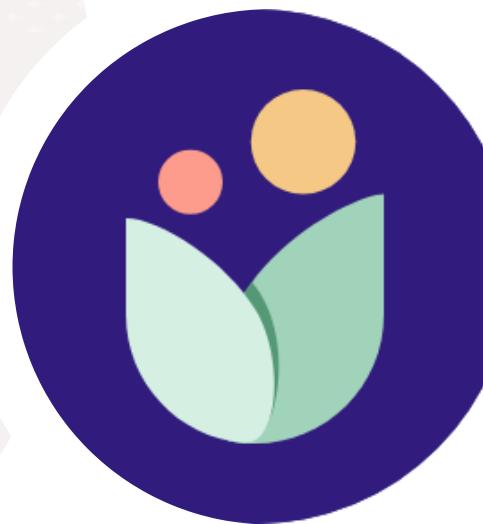


THRIVE BY FIVE TRAINEE'S HANDBOOK

For community members



ACKNOWLEDGMENT

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Disclaimer

This Trainer's Manual is for educational purposes only. While it provides guidance and best practices, trainers should adapt the content to their specific context. The authors and IRC are not liable for any outcomes resulting from its use.

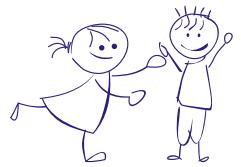
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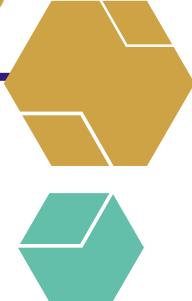


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Introduction



Introduction

Welcome to the Thrive by Five Training Sessions!

This Thrive by Five Trainee's Handbook provides detailed information and guidance for the five key domains of Thrive by Five : Connect, Talk, Community, Healthy Home, and Play.

Thrive by Five Training Sessions are designed to equip trainees with the knowledge and skills necessary to support the holistic development of children aged 0-5 years in emergency settings. By engaging in these training sessions, trainees will learn effective strategies and activities to foster children's social-emotional, cognitive, and physical growth.

Each domain within the Thrive by Five curriculum is crucial in laying the foundation for children's overall well-being and learning. The training sessions will cover the following:

- **Connect:** Activities that promote bonding, attachment, and responsive caregiving.
- **Talk:** Strategies to encourage language development and communication skills.
- **Community:** Experiences that cultivate a sense of belonging and social integration.
- **Healthy Home:** Practices that support children's physical health and safety.
- **Play:** Engaging activities that foster creativity, imagination, and learning through play.

Through interactive sessions, hands-on activities, and guided discussions, trainees will gain a deep understanding of each domain and how to effectively cascade and implement Thrive by Five in their respective settings.

This section of the handbook provides a detailed overview of the training objectives, proposed agendas, and specific activities for each domain. Trainees are encouraged to refer to this resource throughout the training process and during the implementation of the Thrive by Five program.



Connect

Thrive by Five Training Session – Connect

Training Objectives

Upon completing the Thrive by Five Training sessions focused on the Connect domain, trainees will be able to:

- Understand the importance of responsive caregiving and effective communication strategies to support infant and toddler development.
- Recognize and appropriately respond to different infant cues and crying patterns to foster emotional security and trust.
- Implement bonding activities, including breastfeeding, that promote positive caregiver-child relationships and social-emotional development.
- Create inclusive environments that celebrate diversity and help children feel a strong sense of belonging.

Proposed Training Agenda for Connect Domain

The sessions marked as 'Required' must be delivered in their entirety, and the 'Recommended' sessions can be omitted entirely or modified for time and content.

Priority	Session	Duration
Required	Welcome and setting expectations	5 minutes
Required	Co-creating rules	10 minutes
Required	Thrive by Five and session composition	15 minutes
Required	Pre-test	10 minutes

Thrive by Five Training Session – Connect Session Title: Activity 120 - Crying to communicate

Required	Why does my child cry?	15 minutes
Required	Recognizing Infant Cries	30 minutes
Required	Soothing Techniques	30 minutes
Optional	Caregiver Support Strategies	20 minutes
Required	Wrap-up and Reflection	10 minutes
Break 20 minutes		

Session Title: Activity 11 - Breastfeeding bonding time

Priority	Session	Duration
Required	Introduction to Breastfeeding bonding	10 minutes
Required	Importance of breastfeeding for bonding and social development	15 minutes
Required	Bonding Strategies	30 minutes
Optional	Involving Family Members	15 minutes
Required	Wrap-up and Reflection	10 minutes

Break _ 90 Minutes

Session Title: Activity 112 - Celebrating diversity

Required	Introduction to Celebrating Diversity	10 minutes
Required	Diverse children and inclusive scenarios	30 minutes
Optional	Role of adults in modeling inclusive behavior	15 minutes
Required	Key takeaways and reflection	10 minutes

Break 15 minutes



Thrive by Five Training Sessions – Connect

Session Title: Activity 120 - Crying to communicate

Training Session Summary

Tagline

Age Range

Why does my child cry?

0-5 Years



The Why (Key Message)

- All babies cry, it is a normal part of development. Crying is one-way babies communicate their needs (e.g. hunger, tiredness, pain). They learn how to communicate by seeing how you respond to their cries. At first, it can be hard to understand what your crying baby needs.

Learning Objectives

- Understand the reasons why infants cry and the importance of responding to their cues.
- practice techniques for soothing and calming a crying infant.
- Design strategies to support caregivers in recognizing and responding to infant cries.





Activity: Why does my child cry?

- All babies cry, it is a normal part of development. Crying is one-way babies communicate their needs (e.g., hunger, tiredness, pain). They learn how to communicate by seeing how you respond to their cries. At first, it can be hard to understand what your crying baby needs. Over time, parents will recognize the meaning behind different cries (e.g., 'hungry cry', 'tired cry'). As they grow older, they may cry to deal with new and difficult emotions.

Activity: Recognizing Infant Cries

- Infants use cries as their primary form of communication in the early months of life. Responding promptly and sensitively to infant cries helps to build trust, reinforces the infant's ability to communicate their needs, and supports the development of healthy attachment and emotional regulation skills. When caregivers consistently respond to infant distress signals, infants learn that their needs will be met, which fosters a sense of security and lays the groundwork for positive social-emotional development.

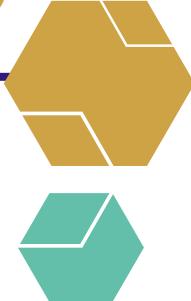
Activity: Soothing Techniques

1. Soothing Techniques for Calming a Crying Infant:**Holding and rocking:**

- Gently hold the baby close to your body, providing a sense of security and comfort.
- Rock the baby back and forth or side to side in a gentle, rhythmic motion.

Shushing and shhh-ing:

- Make a gentle "shhh" sound close to the baby's ear, mimicking the sounds they heard in the womb.
- Combine shushing with gentle rocking or patting to create a calming effect.



Offering a pacifier or something to suck on:

- Gently insert a clean pacifier or your clean finger into the baby's mouth to provide a sucking sensation.
- Sucking can have a soothing and calming effect on infants.

Playing soft music or white noise:

- Play calm, soothing music or white noise, such as the sound of rain or waves, to help soothe the baby.
- Adjust the volume to a comfortable level that doesn't overstimulate the child.

Swaddling:

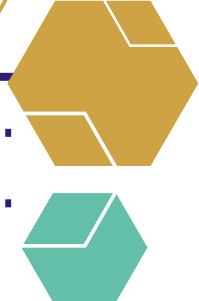
- Gently wrap the baby in a soft blanket, mimicking the secure feeling of the womb.
- Ensure the swaddle is not too tight and allows hip and chest movement.

Skin-to-skin contact:

- Hold the baby against your bare chest, providing warmth and comfort.
- This can help regulate the baby's breathing and heart rate.

2. Responding promptly and using effective calming techniques when an infant is crying or distressed offers numerous benefits. First, it helps to soothe the infant's emotional state, reducing feelings of fear, frustration, or discomfort. This allows the infant to regain a sense of safety and security, which is crucial for fostering healthy attachment and emotional regulation skills.

Additionally, the act of the caregiver attuning to the infant's needs and providing comfort communicates to the child that their signals are being heard and understood. This reinforces the infant's ability to communicate effectively, supporting the development of stronger language and social skills over time.



Activity: Caregiver Support Strategies

1. Caregiver Support Strategies:**Caregiver education and training:**

- Provide educational workshops or information sessions on the reasons for infant crying and the importance of responsive caregiving.
- Teach caregivers about different types of cries (e.g., hunger, tiredness, discomfort) and how to interpret them.
- Demonstrate and practice soothing techniques that caregivers can use at home.

Caregiver support groups:

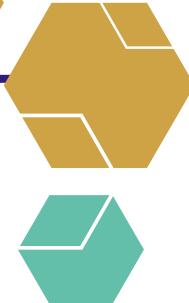
- Facilitate regular support group meetings where caregivers can share experiences, challenges, and strategies for responding to infant cries.
- Encourage peer-to-peer learning and the exchange of practical tips and emotional support.

Caregiver resource materials:

- Develop and distribute informative handouts, brochures, or online resources on infant crying and soothing techniques.
- Include contact information for local healthcare providers or parenting support services.

In-home visits and coaching:

- Offer in-home visits by health extension worker to observe caregiver-infant interactions and provide personalized guidance.
- Coach caregivers on how to recognize and respond to their baby's cues, and provide hands-on support with soothing techniques.

**Caregiver self-care and stress management:**

- Encourage caregivers to practice self-care activities to manage stress and prevent burnout.
- Provide information on stress management techniques of deep breathing, mindfulness, or seeking social support.

Collaboration with healthcare providers:

- Establish partnerships with local healthcare providers of pediatricians or child development specialists, to offer referrals and additional support for caregivers.
- Facilitate regular communication and information-sharing between caregivers and healthcare professionals.

2. Strategies could involve visual guides illustrating different cry types and soothing techniques, hands-on training sessions for practicing calming methods, local caregiver mentorship networks, community support groups, and educational sessions explaining normal crying patterns and caregiver stress management.





Session Title: Activity 11- Breastfeeding Bonding Time

Training Session Summary

Tagline

Learn about the long-lasting effects of breastfeeding.

Age Range

0-2 years



The Why (Key Message)

- Breastfeeding time is important for bonding and social development. During breastfeeding, mother and child release a special "social hormone" (oxytocin) which helps babies develop strong bonds with others. While breastfeeding, babies learn social cues like eye gaze, facial expression, tone of voice, and physical touch. Other family (eg, siblings) can also benefit by bonding during breastfeeding.

Learning Objectives

- Understand the importance of breastfeeding for bonding and social-emotional development.
- Learn strategies to promote bonding and social interaction during breastfeeding.
- Recognize the benefits of involving other family members in the breastfeeding experience.



Activity: Breastfeeding Bonding Time

- Promotes skin-to-skin contact and physical closeness
- Allows for eye contact and responsive interaction
- Triggers the release of oxytocin, the "feel-good" hormone
- Facilitates the development of trust and attachment
- Provides a calming, soothing experience for both infant and caregiver
- Supports the infant's emotional and social development
- Creates opportunities for the caregiver to learn and respond to the infant's cues
- Encourages the caregiver to be attuned to the infant's needs and signals
- Fosters a sense of security and comfort for the infant
- Helps the caregiver develop confidence in their caregiving abilities
- Promotes a positive and nurturing relationship between the infant and caregiver



Activity: Importance of Breastfeeding for Social Development

- The bonding that occurs during breastfeeding lays the foundation for the infant's healthy social and emotional development.
- When infants experience responsive and sensitive caregiving, they learn to trust their caregiver and develop a sense of security.
- This secure attachment supports the infant's exploration of the world and their ability to form positive relationships with others.
- Breastfeeding also provides opportunities for the caregiver to engage in eye contact, soothing vocalizations, and other responsive interactions that facilitate the infant's social-emotional learning.
- These early positive social experiences contribute to the infant's developing communication skills, empathy, and ability to regulate their emotions.

Activity: Bonding Strategies

- Engage in skin-to-skin contact (e.g., kangaroo care)
- Practice responsive and sensitive caregiving
- Maintain eye contact during feeding and interactions
- Use soothing vocalizations and gentle touch
- Respond promptly to infant's cues and needs
- Establish consistent routines and rituals
- Provide a safe, nurturing, and responsive environment
- Encourage caregiver-infant play and exploration
- Support the caregiver's self-care and stress management
- Promote breastfeeding or bottle-feeding as bonding time
- Ensure caregivers receive education and support on bonding
- Facilitate opportunities for caregiver-infant bonding activities
- Encourage the use of calming sensory experiences (e.g., music, gentle rocking)
- Foster a warm, affectionate, and attentive caregiver-infant relationship
- Recognize and celebrate the unique bond between each caregiver and infant





Activity: Involving Family Members

1. Involving other family members, like siblings and grandparents, can enrich the bonding experience during breastfeeding. Siblings can sit nearby, gently interact with the baby, read stories, or create simple crafts to feel included. Other family members can offer quiet words of affection, provide physical touch, or capture special moments. The goal is to encourage quiet, respectful participation that allows family members to deepen their connections with the baby and breastfeeding mother, without disrupting the intimacy of the bonding experience.

2. Benefits of Involving Family Members:

Increased Support for Caregivers:

- Provides caregivers with practical and emotional assistance
- Helps prevent caregiver burnout and promotes self-care
- Allows caregivers to focus more on bonding with the infant

Enhanced Infant-Family Bonding:

- Exposes the infant to a wider network of caring individuals
- Encourages multiple attachment figures and a sense of security
- Promotes the infant's social-emotional development through diverse interactions

Shared Knowledge and Skills:

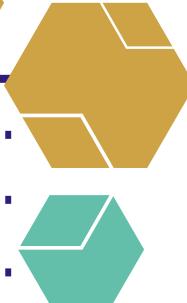
- Allows for the exchange of caregiving techniques and strategies
- Facilitates cross-generational learning and the transmission of cultural traditions
- Encourages a collaborative approach to supporting the infant's needs

Stronger Family Relationships:

- Strengthens the bonds between the infant and family members
- Fosters a sense of belonging and cohesion within the family unit
- Promotes family harmony and a nurturing environment for the infant

Improved Infant Outcomes:

- Supports the infant's physical, cognitive, and socio-emotional well-being
- Contributes to the infant's overall growth, development, and healthy attachment
- Enhances the infant's resilience and ability to navigate future relationships



Session Title: Activity 112- Celebrating Diversity

Training Session Summary

Tagline**Everyone is unique, and our differences should be celebrated!****Age Range****3-5 years****The Why (Key Message)**

- Being in a social group helps children feel connected, safe, and happy. Sometimes children get excluded from groups or games because of how they look or because they come from a different cultural group. This can make them feel lonely and disconnected. We are all unique and our differences (eg, appearance, beliefs, or abilities) should be celebrated. Encouraging your child to accept and include all children will help them be connected and help others feel safe and happy.

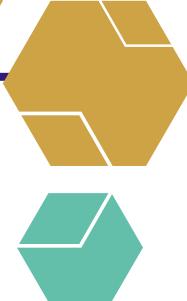
Learning Objectives

- Understand the importance of celebrating diversity and inclusion for children's social-emotional well-being.
- Learn strategies to help children appreciate differences and include all their peers.
- Recognize their role in modeling inclusive behavior for children.



Activity: Diverse Children and Inclusive Scenarios

- Recognize and respect cultural, ethnic, and linguistic diversity
- Accommodate the needs of children with disabilities or special needs
- Tailor bonding strategies to the unique characteristics of each child
- Provide resources and support in multiple languages as needed
- Ensure physical environments are accessible and welcoming to all
- Offer flexible and adaptable approaches to meet individual preferences
- Acknowledge and validate the diverse family structures and dynamics



- Promote representation and visibility of diverse families in resources
- Collaborate with community organizations to address unique challenges
- Provide training and guidance to caregivers on inclusive best practices
- Foster a sense of belonging and acceptance for all children and families
- Celebrate the strengths and contributions of diverse children and caregivers
- Address biases and stereotypes to create an equitable and inclusive environment
- Empower families to advocate for their needs and share their perspectives
- Continuously evaluate and improve upon inclusive policies and practices

Presentations of diverse children in this age group could include:

- Drawings or images showcasing young kids from various cultural backgrounds
- Representations of children with different abilities
- Depictions of children of different genders

Inclusive scenarios involving children aged 3-5 could depict:

- Children of different ethnicities playing together
- Children engaging in activities that foster cooperation and friendship
- Inclusive settings like classrooms where children with diverse backgrounds learn and play harmoniously





Activity: Role of Adults in Modeling Inclusive Behavior

Talking to children about diversity:

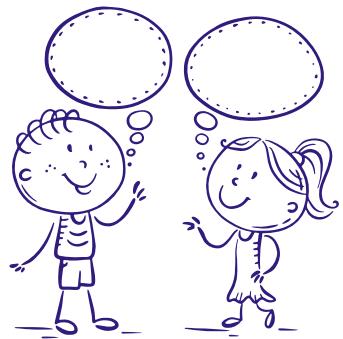
- Engage them in conversations about different cultures, backgrounds, and abilities
- Explain that everyone is unique and special in their own way
- Encourage them to ask questions and share their own experiences
- Celebrate differences and highlight the value of diversity

Encouraging respect and acceptance:

- Model respectful language and behavior towards people of all backgrounds
- Teach them to be kind, empathetic, and inclusive towards others
- Reinforce positive behaviors that demonstrate acceptance
- Discuss the importance of standing up for others and being an ally

Creating inclusive environments in their daily lives:

- Surround them with diverse representation in books, toys, media, etc.
- Expose them to inclusive activities and play settings
- Ensure their learning environments are welcoming to all children
- Encourage them to play and interact with peers of diverse backgrounds
- Celebrate holidays and traditions from different cultures



Talk

Thrive by Five Training Session – Talk

Training Objectives

Upon completing the Thrive by Five Training sessions focused on the Talk domain, trainees will be able to:

- Recognize the benefits of incorporating singing, storytelling, and other interactive language-rich activities into early childhood settings.
- Implement effective strategies for engaging young children in conversations, back-and-forth exchanges, and responsive communication.
- Adapt language-based activities to support the diverse linguistic, cultural, and developmental needs of children in their care.
- Empower caregivers to foster language development, vocabulary growth, and emergent literacy skills in infants and toddlers.

Proposed Training Agenda for Talk Domain

Thrive by Five Training Sessions – Talk Session Title: Activity 10 - Sing along together		
Priority	Session	Duration
Required	Introduction to sing-along together	10 minutes
Required	Benefits of Singing	30 minutes
Required	Sing-Along Activities	40 minutes
Required	Wrap-up and Reflection	10 minutes
Session Title: Recap		
Make a circle and use the feedback ball to take turns across participants to say one thing they learn from the last session and quickly re-cap.	Day one	15 minutes
Session Title: Activity 33 - Drawing Emotions		
Required	Introduction to Drawing Emotions	10 minutes
Required	Emotion exploration	30 minutes
Optional	Drawing emotions	30 minutes
Required	Wrap-up and Reflection	10 minutes
Break 15 minutes		

Session Title: Activity 56 - Baby talk

Priority	Session	Duration
Required	Introduction to Baby Talk	10 minutes
Required	Understanding Baby Talk	40 minutes
Optional	Practicing Baby Talk	40 minutes
Required	Wrap-up and Reflection	10 minutes
Break 90 minutes		



Part 2: Thrive by Five Training Sessions – Talk

Session Title: Activity 10 - Sing Along Together

Training Session Summary

Tagline

Did you know that singing can help promote language development and reduce stress in children?

Age Range

1.5-3 years



The Why (Key Message)

- Singing to young children helps them develop language skills. It teaches them to know the difference between sounds (eg, words) and patterns of speech (eg, sentences). Singing can reduce stress and help children adapt to important daily routines (eg, "Eshururu", "Wendemy Yakob"). Singing songs and making playful actions may help children learn language easier. Singing traditional songs during celebrations can connect children and family.

Learning Objectives

- Recognize the benefits of singing with young children
- Select appropriate songs and singing activities for different age groups
- Facilitate engaging and inclusive sing-along sessions
- Adapt songs and singing techniques to support diverse learners





Activity: Benefits of Singing

Developmental and Social-Emotional Benefits of Singing with Young Children:

- Supports early language development and phonological awareness
- Enhances cognitive skills, such as memory and pattern recognition
- Promotes emotional regulation and self-expression
- Fosters social interaction and a sense of community
- Encourages physical development through movement and coordination
- Boosts self-confidence and positive self-image

How Singing Supports:

Language Development:

- Exposes children to new vocabulary and sentence structures
- Reinforces phonemic awareness and auditory processing
- Helps children practice articulation and pronunciation

Community Building:

- Encourages social interaction and turn-taking
- Promotes a sense of belonging and group identity
- Facilitates shared experiences and emotional connections

Self-Expression:

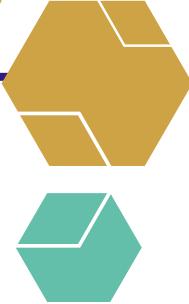
- Provides a creative outlet for children to express their feelings
- Enhances emotional literacy and self-regulation
- Builds confidence and a positive self-concept



Activity: Sing Along Activities

- Incorporate gentle, soothing lullabies and nursery rhymes
- Encourage caregivers to sing while holding or rocking the infant
- Use simple, repetitive songs that allow for interactive participation
- Incorporate hand motions, gentle bouncing, or gentle touch to engage the infant
- Adapt songs to include the infant's name or personal experiences
- Encourage caregivers to sing in their native languages or dialects
- Incorporate multicultural and multilingual song options to promote diversity
- Encourage caregivers to follow the infant's cues and allow for responsive interactions
- Integrate sing-alongs into daily routines, such as feeding, bathing, or bedtime
- Suggest using calming background music to create a soothing environment
- Provide opportunities for caregivers to share their favorite childhood songs
- Encourage group sing-alongs to foster a sense of community and shared experience
- Tailor songs and activities to accommodate the needs of diverse children and families



**Session Title: Activity 33 - Drawing Emotions****Training Session Summary****Tagline**

Understand what your child is trying to tell you when they can't use their words.

Age Range

3-5 years

**The Why (Key Message)**

- Learning to talk about how emotions feel and what they mean is important for children. Understanding emotions helps a child to express themselves and keep their brain healthy. Children who don't learn how to express their emotions may act out in inappropriate ways, like hitting or yelling. There are common ways our emotions feel (eg, a racing heart when angry). Learning to name and describe these feelings can help families develop a common language for expressing how they feel.

Learning Objectives

- Recognize the importance of helping children learn to identify and express their emotions
- Understand how drawing can be used as a tool to support children's emotional development
- Implement strategies for engaging children in drawing and discussing their emotions
- Apply techniques for fostering a supportive and non-judgmental environment around emotional expression





Activity: Emotion Exploration

Ways Children Can Express Emotions:

- Verbally - Naming, describing, and talking about their feelings
- Physically - Facial expressions, body language, and gestures
- Artistically - Drawing, painting, sculpting, or creating other visual representations
- Creatively - Through dramatic play, storytelling, or imaginative activities
- Behaviorally - Acting out emotions through play, interactions, or actions

Expressing Emotions Through Drawing:

- Drawing faces or figures to represent different emotions (e.g., happy, sad, angry)
- Using colors, lines, and shapes to symbolize emotional states
- Depicting emotional experiences or situations through drawings
- Incorporating expressive elements like size, placement, and intensity in drawings
- Describing the meaning and feelings behind their drawings
- Comparing and contrasting emotional expressions in their own or others' drawings





Activity: Drawing Emotions

- Praise and validate children's efforts to express emotions
- Ask open-ended questions to encourage them to describe their drawings
- Avoid assumptions or judgments about the emotions depicted
- Encourage the use of colors, shapes, and lines to represent feelings
- Suggest drawing scenes or experiences that evoke particular emotions
 - "Can you draw a time when you felt really happy?"
 - "Show me what it looks like when you're feeling frustrated."
- Model emotional expression by creating your own drawings
- Provide a comfortable, non-threatening environment
- Tailor activities to each child's age, stage, and comfort level
- Offer alternative forms of emotional expression, like writing or storytelling
- Validate and normalize a wide range of emotions

**Session Title: Activity 56 - Baby Talk****Training Session Summary****Tagline**

The benefits of baby talk.

Age Range

0-1 years

**The Why (Key Message)**

- Babies are naturally social. They can recognize the voices and faces of their family. Their socialization requires face-to-face, responsive interactions with their parents first and then extended family and community. Babies communicate to show enjoyment or curiosity. Babies like it when adults respond and show that they understand them. These rewarding, nurturing relationships between parents and babies help them grow socially and emotionally.

Learning Objectives

- Understand the importance of social and emotional development in babies
- Recognize the benefits of engaging in responsive, face-to-face interactions through "baby talk"
- Implement effective strategies for using varied tones, facial expressions, and responsive vocalizations when communicating with babies
- Identify ways to encourage and involve the whole family in supporting a baby's social and emotional growth.





Activity: Understanding Baby Talk

1. Benefits of Responsive, Face-to-Face Interactions through "Baby Talk":

- Supports social and emotional development
- Enhances language and communication skills
- Encourages cognitive development
- Fosters bonding and attachment
- Promotes overall well-being

Examples of Effective Baby Talk Techniques:

- Varied tone, pitch, and volume
- Expressive facial expressions
- Responsive vocalizations
- Engaging gestures and body language
- Narrating the moment

2. Facilitate a discussion on the role of baby talk in supporting a baby's development

- Fosters social and emotional skills
- Promotes language and communication abilities
- Enhances cognitive growth
- Strengthens parent-child bonding
- Supports overall well-being

3. Lead a discussion on the importance of engaging the entire family in supporting a baby's social and emotional growth

- Provides a wider support network for the baby
- Allows for diverse interactions and perspectives
- Reinforces the baby's sense of belonging
- Promotes shared responsibility and involvement
- Helps adapt strategies to cultural contexts
- Allows young children to contribute to the baby's social and emotional growth



Activity: Practicing Baby Talk

Experiences:

- Enhanced engagement and responsiveness from the baby
- Sharing of different baby talk techniques and strategies
- Collective joy and bonding during group interactions

Challenges:

- Coordinating timing and pacing of baby talk within the group
- Ensuring each family member feels comfortable participating
- Managing potential distractions or overstimulation for the baby

Insights:

- The power of modeling and learning from each other's approaches
- Importance of creating a supportive and judgment-free environment
- Understanding that each baby may respond differently in a group setting
- Flexibility to adapt baby talk techniques based on the baby's cues and needs





Community

Thrive by Five Training Session – Community

Training Objectives

Upon completing the Thrive by Five Training sessions focused on the Community domain, trainees will be able to:

- Foster an inclusive, welcoming environment that celebrates diversity and helps children feel a sense of belonging.
- Implement strategies to engage families and communities in supporting children's holistic development.
- Facilitate activities that promote kindness, empathy, cooperation, and conflict-resolution skills in young children.
- Incorporate culturally relevant traditions, celebrations, and community practices into early childhood programs.

Proposed Training Agenda for Community Domain

Thrive by Five Training Sessions – Community Session Title: Activity 46 - Being Kind		
Priority	Session	Duration
Required	Introduction to Safety First	10 minutes
Required	What is Kindness?	20 minutes
Optional	Encouraging Kind Behaviors in Children	20 minutes
Required	Wrap-up and Reflection	10 minutes
Break 20 minutes		
Session Title: Activity 64 - Let's Dance		
Required	Introduction to Let's Dance!	10 minutes
Required	Exploring Dance Techniques	30 minutes
Optional	Activity Planning	40 minutes
Required	Wrap-Up and Reflection	10 minutes

Session Title: Re-cap		
Priority	Session	Duration
Make a circle and use the feedback ball to take turns across participants to say one thing they learn from the last session and quickly re-cap.	Day Two	15 minutes
Session Title: Activity 105- Celebrating Spirituality		
Required	Introduction to Celebrating Spirituality	10 minutes
Required	The Role of Spirituality in Children's Well-being	30 minutes
Optional	Exploring Spiritual Practices	30 minutes
Required	Wrap-up and Resources	10 minutes



Part 2: Thrive by Five Training Sessions – Community

Session Title: Activity 46 - Being Kind

Training Session Summary

Tagline

It feels good to do good!

Age Range

3-5 years



The Why (Key Message)

- Many communities value children and adults who are kind, helpful, and generous to others. Children who observe or learn about the importance of kindness often grow into caring adults. It may be hard for some children to learn kind behaviors easily. Talking with children about what kindness is (eg, helping, caring, sharing, being generous) and how it makes people feel good is important. This can encourage them to be a kind person.

Learning Objectives

- Define kindness and explain its importance in building a caring community.
- Identify ways to encourage children to develop kind and caring behaviors.
- Discuss strategies for modeling and teaching kindness in the home and community.





Activity: What is Kindness?

- **Helping others-** Kindness involves providing assistance, support, or care to those in need. This could be something as simple as helping a neighbor with event chores or carrying merchandise home.
- **Caring and compassion-** Kind people show genuine concern for the wellbeing of others. They are attuned to the feelings and experiences of those around them and respond with empathy and understanding.
- **Generosity and sharing-** Kindness often involves being generous with one's time, resources, or talents. Kind individuals are willing to share what they have with those who may be less fortunate.
- **Forgiveness and understanding-** Kindness includes the ability to forgive others, even in the face of wrongdoing, and to approach situations with an open and non-judgmental mindset.
- **For individuals,**
 - Acts of kindness can boost feelings of happiness, contentment, and purpose. Helping others releases endorphins and reduces stress, contributing to overall mental health.





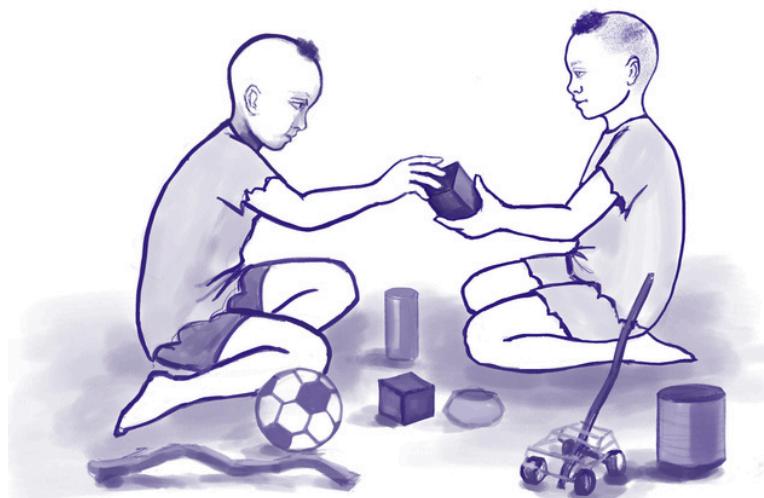
- Kindness helps build trust, empathy, and connection between people. It can strengthen bonds within families, friendships, and communities.
- When individuals experience or witness kindness, it can instill a sense of worthiness and belonging, improving self-perception and overall confidence.
- At the community level,
 - Kind behaviors help bridge divides, break down stereotypes, and foster a spirit of togetherness and mutual understanding.
 - Acts of kindness can have a ripple effect, as they inspire and motivate others to engage in similar helpful and compassionate actions.
 - When people look out for one another and offer aid in times of need, the entire community becomes more resilient and better equipped to overcome challenges.
 - Children learn kindness by observing and experiencing it in their daily lives. When adults, peers, and authority figures model compassion and kindness, children internalize these behaviors and begin to emulate them. Creating environments that consistently reinforce kind acts helps foster the development of caring and compassionate children.

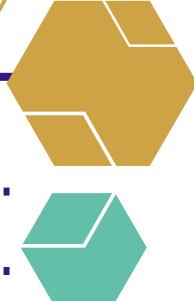


Activity: Encouraging Kind Behaviors in Children

1. The facilitator divides participants into small groups.

- Model empathy, compassion, and kindness in your own interactions
- Praise and positively reinforce kind acts, even small ones
- Explain the importance of kindness and how it makes others feel
- Encourage sharing, taking turns, and helping others
- Teach children to consider others' perspectives and feelings
- Involve children in acts of community service or volunteering
- Read books and discuss stories that showcase kindness and empathy
- Set clear expectations and consequences for unkind behaviors
- Provide opportunities for children to practice emotional regulation
- Encourage children to apologize and make amends when needed
- Avoid harsh punishments and focus on teaching positive behaviors
- Collaborate with parents/caregivers to reinforce kind behaviors at home
- Create a classroom/home environment that fosters kindness and inclusion
- Celebrate acts of kindness and recognize kind children as role models
- Address any bullying or exclusion incidents promptly and sensitively
- Encourage children to stand up for others and speak out against injustice





Session Title: Activity 64 - Let's Dance!

Training Session Summary

Tagline

Learn about the science of dance.

Age Range

2-5 years



The Why (Key Message)

- Dancing supports the development of different important motor skills (eg, balance, twisting, bending, skipping, hopping). Dancing helps children develop an awareness of their surroundings and where their body is in the environment. It also helps improve flexibility, coordination, strength, and endurance. Dancing helps children engage with your culture's dance and music. It allows children to be creative (eg, creating their own dance moves) and learn musical concepts (eg, rhythm and tempo).

Learning Objectives

- Understand the benefits of incorporating dance and movement into children's activities.
- Learn various age-appropriate dance techniques and steps.
- Practice designing engaging dance-based activities for children.
- Explore how dance can be used to support children's physical, social, and emotional development.



Activity: Exploring Dance Techniques

- Importance of Adapting Dance Activities to Different Age Groups:
- Ensure developmental appropriateness of activities
- Match activities to the physical, cognitive, and social-emotional stages of each age group
- Younger children require simpler movements and more guidance, while older children can handle more complex techniques
- Accommodate varying attention spans and engagement levels
- Younger children have shorter attention spans, so activities need to be more interactive with frequent changes
- Older children can focus for longer periods and engage with sustained dance routines and choreography



Provide suitable supervision and guidance for safety

- Younger children may need more hands-on assistance to ensure proper technique and prevent injuries
- Older children can participate more independently, allowing facilitators to provide less direct supervision

Align with children's interests and preferences

- Tailor the music, dance styles, and themes to match the interests of each age group
- Enhance engagement and enjoyment by catering to the participants' varied interests

Support skill development based on age and abilities

- Younger children focus on developing basic movement skills, balance, and coordination
- Older children can explore more advanced dance techniques, choreography, and self-expression

Create a learning environment that effectively supports children's overall development, from basic movement skills to advanced self-expression through dance.

- Adapt the dance activities to nurture physical, social, and emotional growth at each developmental stage
- Ensure the dance experiences are meaningful and impactful for children's holistic development





Session Title: Activity 105 - Celebrating Spirituality

Training Session Summary

Tagline

Age Range

The connection between spirituality and emotional well-being.

3-5 years



The Why (Key Message)

- Spirituality and participating in spiritual practices (eg, prayer) are important for some people. It can help some people feel connected to others and improve emotional wellbeing. Spiritual activities might include participating in religious practices (eg, going to church, singing religious songs) or non-religious practices (eg, thinking about a friend or family member and "wishing" them health, safety, and happiness in their life).

Learning Objectives

- Explain the connection between spirituality and emotional well-being for young children.
- Identify a variety of spiritual practices that can be incorporated into children's activities.
- Develop strategies to support children's spiritual development in culturally responsive ways.
- Plan engaging, age-appropriate activities that celebrate spirituality and its benefits.





Activity: Celebrating Spirituality

1. Celebrating Spirituality:

- Allows children to explore and express their sense of meaning, purpose, and connection
- Provides a framework for understanding their place in the world and their relationship to others
- Fosters a sense of wonder, awe, and appreciation for the complexities of life and the universe
- Cultivates inner reflection, mindfulness, and the development of moral and ethical values
- Offers opportunities for rituals, traditions, and community-building experiences
- Supports children's social-emotional well-being and resilience in the face of challenges





- Encourages children to develop their own personal beliefs and spiritual identity
- Promotes a sense of belonging, safety, and security within a spiritual community
- Enhances children's understanding and respect for diverse cultural and religious traditions
- Provides a framework for addressing existential questions and life's big mysteries
- Helps children find meaning, comfort, and guidance during significant life events
- Fosters a connection to something greater than themselves, whether it be a deity, nature, or a higher power
- Encourages children to develop empathy, compassion, and a sense of responsibility towards others

Activity: The Role of Spirituality in Children's Well-Being

- The connection between spirituality and emotional well-being
 - Spirituality can provide a sense of meaning, purpose, and connection for young children.
 - Engaging in spiritual practices of prayer, or connecting with nature, can help children manage stress and regulate their emotions.
 - Feeling part of a spiritual community can foster a sense of belonging and support children's social-emotional development.
 - Spiritual beliefs and practices can offer coping mechanisms and resilience in the face of challenges or adversity.
- How spirituality can positively impact children's lives.
 - Provides a sense of meaning, purpose, and connection
 - Help children manage stress and regulate their emotions
 - Fosters a sense of belonging and supports social-emotional development
 - Offers coping mechanisms and resilience in the face of challenges
 - Cultivates a deeper understanding of oneself and the world around them
 - Encourages a sense of gratitude, compassion, and empathy towards others
 - Supports the development of moral and ethical decision-making skills
 - Nurtures a sense of wonder, curiosity, and appreciation for the natural world
 - Strengthens the ability to find comfort, solace, and hope during difficult times
 - Promotes a holistic approach to well-being, integrating the physical, mental, and spiritual aspects of a child's life



Healthy Home

Thrive by Five Training Session – Healthy Home

Training Objectives

Upon completing the Thrive by Five Training sessions focused on the Healthy Home domain, trainees will be able to:

- Promote optimal nutrition practices, including exclusive breastfeeding for the first 6 months and the appropriate introduction of complementary foods.
- Empower caregivers to create safe, nurturing, and stimulating home environments that support children's physical, cognitive, and social-emotional development.
- Equip caregivers with strategies to establish healthy daily routines, manage stress, and model positive self-care practices.
- Collaborate with families to identify and access community resources that promote healthy living, such as medical services, nutritious food sources, and parenting support programs.

Thrive by Five Training Sessions – Healthy Home
Session Title: Activity 57 - Nutrition for babies

Required	Introduction to nutrition for babies	10 minutes
Required	The Benefits of Breastfeeding	10 minutes
Optional	Complementary Feeding	30 minutes
Required	Wrap-up and Resources	10 minutes

Break 90 minutes

Session Title: Activity 62 - Home made obstacle course

Required	Introduction to home-made obstacle course	10 minutes
Required	Benefits of Obstacle Course Play	30 minutes
Optional	Obstacle Course Play	40 minutes
Required	Wrap-up and Reflection	10 minutes

Break 20 minutes

Session Title: Activity 117 - Safety first

Required	Introduction to Safety First	10 minutes
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Required	The Importance of Safety	30 minutes
Optional	Identifying Safety Hazards	40 minutes
Required	Wrap-up and Reflection	10 minutes



Part 2: Thrive by Five Training Sessions – Healthy Home

Session Title: Activity 57 - Nutrition for Babies

Training Session Summary

Tagline

Discover the benefits of breastfeeding.

Age Range

0-2 years



The Why (Key Message)

- Breast milk contains everything babies need for the first 6 months, including proteins, vitamins, fats, and carbohydrates. Giving babies only breast milk is recommended during this time. Breastfeeding helps their immune system fight infections (with antibodies) and keeps their stomach healthy (with prebiotics). When a baby is 6 months old, try giving them nutritious mashed foods (eg, sweet potato, banana, pumpkin) with other liquids. But, keep breastfeeding until at least age 2, if you can.

Learning Objectives

- Explain the benefits of exclusive breastfeeding for the first 6 months of a baby's life.
- Describe the appropriate introduction of complementary foods at 6 months and the importance of continued breastfeeding for up to 2 years.
- Identify strategies to support and promote optimal infant and young child nutrition practices..





Activity: The Benefits of Breastfeeding

Composition:

- Breastmilk contains the perfect balance of proteins, fats, carbohydrates, vitamins, and minerals that infants need for growth and development.
- The composition of breastmilk changes over time to meet the evolving needs of the growing infant.

Antibodies and Immunity:

- Breastmilk contains antibodies, including immunoglobulin A (IgA), that help protect the infant from infections and illnesses.
- Breastfeeding helps develop the infant's immune system and reduce the risk of allergies, asthma, and other immune-related conditions.

Digestibility and Absorption:

- Breastmilk is easily digestible and absorbable for infants, minimizing gastrointestinal issues.
- The proteins in breast milk are more easily digested compared to those in formula.

Developmental Benefits:

- Breastfeeding promotes healthy brain development and cognitive function.
- The act of breastfeeding helps develop the infant's jaw, facial muscles, and speech development.

Bonding and Emotional Development:

- Breastfeeding facilitates a strong emotional bond between the mother and infant, contributing to the infant's social-emotional development.
- The close physical contact and skin-to-skin interaction during breastfeeding promote feelings of security and trust.

Long-term Health Benefits:

- Breastfeeding is associated with a lower risk of chronic conditions, such as obesity, type 2 diabetes, and certain types of cancer, for both the infant and the mother.



- Benefits and Strategies

Benefits of Breastfeeding:

- Provides complete nutrition for infants
- Boosts the immune system and protects against infections
- Facilitates bonding and emotional development
- Promotes healthy brain and cognitive development
- Reduces the risk of chronic diseases like obesity and diabetes

Strategies to Overcome Breastfeeding Challenges:

Latch and positioning issues:

- Seek support from a lactation consultant or experienced healthcare provider
- Try different breastfeeding positions to find what works best

Low milk supply:

- Increase the frequency and duration of breastfeeding
- Stay hydrated and eat a balanced diet
- Consider pumping to stimulate milk production

Nipple pain or discomfort:

- Ensure proper latch and positioning
- Use nipple creams or warm compresses to soothe
- Alternate breastfeeding positions

Perceived insufficient milk:

- Monitor infant's weight gain and wet/dirty diapers
- Increase skin-to-skin contact and breastfeeding frequency
- Avoid supplementation unless medically necessary.





Activity: Complementary Feeding

1. Nutritious complementary foods at 6 months, while continuing to breastfeed

- **Timing of Complementary Foods:**

- Introduce complementary foods at around 6 months of age, while continuing to breastfeed.
- Breastmilk or infant formula should remain the primary source of nutrition until 12 months of age.

- **Characteristics of Complementary Foods:**

- Start with small amounts of smooth, pureed, or mashed foods, such as:
 - Fruits (e.g., bananas, sweet potatoes, pumpkin)
 - Vegetables (e.g., carrots, spinach, peas)
 - Grains (e.g., rice, oats, barley)
 - Proteins (e.g., pureed meat, eggs, legumes)
 - Gradually increase the texture, variety, and portion sizes of complementary foods as the infant grows.
- Avoid added sugars, salt, or highly processed foods.



- **Continued Breastfeeding:**

- Continue breastfeeding on demand, or at least 8-12 times per day, even after introducing complementary foods.
- Breastfeeding should be maintained up to 2 years of age or beyond, as long as the mother and child desire to continue.

- **Feeding Practices:**

- Encourage self-feeding and the use of age-appropriate utensils as the infant develops.
- Engage the infant in the feeding process and respond to their cues of hunger and satiety.
- Maintain a calm, responsive, and nurturing feeding environment.



Session Title: Activity 62 - Homemade Obstacle Course

Training Session Summary

Tagline

How physical challenges can teach you more than you think!

Age Range

3-5 years



The Why (Key Message)

- Early childhood is an important time for developing lifelong motor skills. Children need to play every day to practice these skills. Home-made "obstacle courses" are a fun way for children to challenge themselves by climbing, balancing, jumping, bending, reaching, and crawling through, over, and under different things. Children who navigate obstacle courses also practise creativity and learn problem-solving skills and mathematical ideas (eg, position).

Learning Objectives

- Identify ways to develop their child's gross motor skills, including coordination, balance, and agility, through homemade obstacle courses.
- Recognize how obstacle course activities can foster their child's problem-solving and creative thinking skills.
- Understand how obstacle course play can help their child explore mathematical concepts like position, spatial awareness, and sequencing.
- Learn strategies to encourage collaboration and teamwork between siblings or playmates during obstacle course challenges.
- Foster an atmosphere of mutual respect, collaboration, and non-judgment, allowing caregivers to share their experiences and concerns openly.





Activity: Benefits of Obstacle Course Play

1. Key developmental benefits of obstacle course activities for children.

- **Physical Development:**

- Improved gross motor skills (e.g., running, jumping, climbing)
- Enhanced balance, coordination, and body awareness
- Increased physical activity and exercise

- **Cognitive Development:**

- Problem-solving skills and critical thinking
- Spatial awareness and problem-solving
- Creativity and imagination in course design

- **Social-Emotional Development:**

- Opportunities for collaboration and teamwork
- Increased confidence and self-esteem
- Emotional regulation and impulse control

- **Motor Planning and Sequencing:**

- Ability to plan and execute a series of movements
- Development of executive function skills
- Improved task completion and follow-through

- **Sensory Exploration:**

- Engaging multiple senses (sight, touch, balance)
- Exposure to different textures, surfaces, and sensations
- Heightened awareness of the body's movements

2. Importance of promoting active play.

- Supports healthy physical development
- Enhances cognitive and problem-solving skills
- Fosters social-emotional skills and well-being
- Encourages creativity and imaginative thinking
- Provides opportunities for sensory exploration
- Helps develop gross and fine motor coordination
- Promotes an active lifestyle and healthy habits
- Contributes to overall child development and learning





Session Title: Activity 117 - Safety First

Training Session Summary

Tagline

As a family, regularly talk about safety rules, like not touching fire or running onto the road. They need to see others model safe behavior too!

Age Range

1-5 years



The Why (Key Message)

- Keeping children safe is so important. Young children can have accidents that cause injuries. If severe enough, these can harm their development. Accidents that cause injuries can occur both inside and outside the home (eg, burns, falls, poisoning, traffic accidents, drowning). Young children are curious and love to explore, but sometimes they don't understand the possible risks associated with their actions. With supervision, rules, and safety measures in place, some accidents can be prevented!

Learning Objectives

- Explain the importance of safety in early childhood settings.
- Identify common safety hazards and risks for young children.
- Develop strategies to create and maintain a safe environment for children.
- Plan engaging, age-appropriate activities that teach children about safety.





Activity: The Importance of Safety

1. Impact of safety on children's well-being and development.

- **Physical Safety and Development:**

- Unintentional injuries are a leading cause of death and disability for young children.
- Safe environments with proper safety measures can prevent many accidents and injuries.
- When children feel secure, they are more likely to explore, take risks, and engage in physical activity, supporting their motor development.

- **Emotional Safety and Well-being:**

- Children who feel safe and secure develop greater trust, confidence, and emotional regulation.
- Unsafe or unstable environments can lead to increased stress, anxiety, and difficulty forming healthy attachments.
- Emotional safety allows children to focus on learning, social-emotional development, and overall well-being.



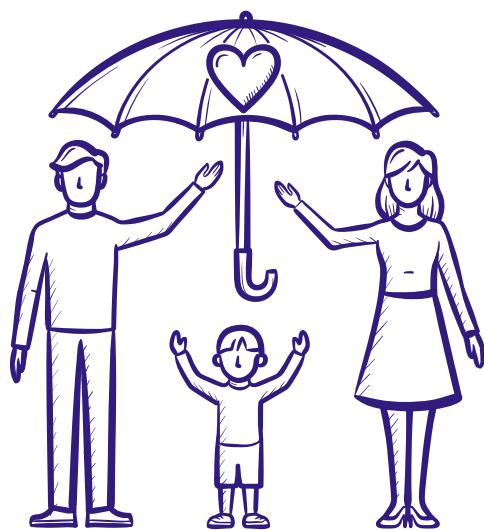
- **Long-term Impacts:**

- Children who grow up in safe, nurturing environments are more likely to develop resilience, problem-solving skills, and a positive self-image.
- Safety and security in early childhood lay the foundation for future health, academic success, and positive relationships.
- Investing in safety promotion and prevention is crucial for supporting children's holistic development and long-term outcomes.



2. Role of caregivers and educators in creating and maintaining safe environments.

- Identify and mitigate safety hazards in the early childhood setting
- Implement comprehensive safety protocols and emergency procedures
- Provide close supervision and age-appropriate guidance to children
- Teach children about safety through engaging, hands-on activities
- Establish and consistently enforce safety-focused rules and expectations
- Collaborate with families to ensure a shared commitment to safety
- Regularly review and update safety policies and practices
- Participate in ongoing training and professional development on safety
- Serve as role models, demonstrating safe behaviors for children to emulate
- Advocate for improved safety standards and resources in the community





Activity: Identifying Safety Hazards

1. Provide additional information and resources on addressing various safety concerns

- Potential Risks:

- Choking hazards (small parts, certain foods)
- Fall hazards (unstable furniture, unsafe playgrounds)
- Fire and burn risks (open flames, hot surfaces)
- Drowning risks (unsupervised access to water sources)
- Toxic or poisonous substances (cleaning products, medications)
- Exposure to infectious diseases (improper hygiene, contaminated surfaces)

- Strategies for Mitigation:

- Carefully inspect the environment and remove or secure hazardous items
- Implement appropriate safety features (e.g., child-proof locks, safety gates)
- Provide close, attentive supervision of children at all times
- Teach children about safety through engaging, age-appropriate activities
- Establish and consistently enforce clear safety-focused rules
- Maintain high standards of cleanliness and sanitation
- Ensure all staff are trained in first aid and emergency response
- Develop and regularly practice emergency evacuation procedures
- Collaborate with families to reinforce safety practices at home





Play

Part 2: Thrive by Five Training Session – Play

Training Objectives

Upon completing the Thrive by Five Training sessions focused on the Play domain, trainees will be able to:

- Facilitate engaging, age-appropriate activities that foster children's creativity, problem-solving, and self-expression through visual arts, music, and movement.
- Encourage the development of gross and fine motor skills, spatial awareness, and body control through playful, hands-on exploration.
- Support children's emotional well-being, positive self-concept, and social skills through play-based interactions and collaborative activities.
- Empower caregivers to create and maintain safe, stimulating home environments that promote learning through play.

Session Title: Re-cap

Make a circle and use the feedback ball to take turns across participants to say one thing they learn from last session and quickly re-cap .	Day three	15 minutes
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Thrive by Five Training Sessions - Play

Session Title: Activity 32 - Drawing me, Drawing you

Required	Introduction to Drawing me, drawing you	10 minutes
Required	Exploring Self-Portrait Drawing	30 minutes
Optional	Drawing Exercise	40 minutes
Required	Wrap-up and Reflection	10 minutes

Break 20 minutes

Session Title: Activity 81 - Feel the rhythm!

Required	Introduction to Feel the Rhythm!	10 minutes
Required	Benefits of Feel the Rhythm	30 minutes
Optional	Hands-On Rhythmic Exploration and Dance	40 minutes
Required	Wrap-up and Resources	10 minutes

Break 20 minutes**Session Title: Activity 121- Riddles help children learn**

Required	Introduction to Riddles help children learn	10 minutes
Required	The Power of Riddles	20 minutes
Optional	Riddle-Based Activities	40 minutes
Required	Wrap-up and Reflection	10 minutes

Break 20 minutes

Required	Post-test	10 minutes
Required	Closing	



Part 2: Thrive by Five Training Sessions – Play

Session Title: Activity 32 - Drawing Me, Drawing You

Training Session Summary

Tagline

Discover how drawing connects what we see with what we feel.

Age Range

3-5 years



The Why (Key Message)

- Many children love to be creative and make art. Drawing a picture of something (eg, someone's face) can help children develop important thinking and movement skills. Recreating something they see with their eyes as a drawing by moving their hands and fingers is one of those skills. Drawing faces can help children pay attention to facial expressions (eg, smiling, frowning). This can help them identify facial expressions in real social situations.

Learning Objectives

- Describe the benefits of engaging children in self-portrait drawing activities.
- Identify strategies to facilitate and support children's self-portrait drawing.
- Recognize the importance of celebrating children's unique self-expression through drawing.





Activity: Exploring Self-Portrait Drawing

1. Self-portrait drawing and drawing others and things, both as children and as early childhood educators.

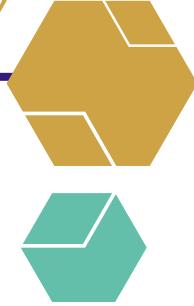
- As Children:

- Enjoyed the freedom of self-expression through drawing
- Experimented with different materials and techniques
- Focused on capturing specific details or significant features
- Felt a sense of pride and accomplishment in their creations
- Treasured the self-portraits as a way to document their growth

- As Early Childhood Educators:

- Witnessed the joy and engagement of children during drawing activities
- Observed how self-portrait drawing supported children's developing self-awareness
- Celebrated the diversity of children's self-expressions and interpretations
- Encouraged children to share the stories and meanings behind their drawings
- Displayed children's self-portraits to foster a sense of belonging and community
- Recognized the potential of drawing activities to unlock children's creativity and problem-solving skills





2. Cognitive, social-emotional, and creative benefits of self-portrait drawing for young children.

- **Cognitive Benefits:**

- Develop observational and analytical skills as children study their own features
- Enhance problem-solving and decision-making abilities as children explore different drawing techniques
- Supports the development of spatial awareness and fine motor skills
- Fosters memory and recall as children represent their own image on paper

- **Social-Emotional Benefits:**

- Builds self-awareness and a sense of identity as children reflect on their unique characteristics
- Promotes self-esteem and confidence as children take pride in their self-portraits
- Encourages self-expression and the ability to communicate thoughts and feelings
- Strengthens social connections as children share and discuss their drawings

- **Creative Benefits:**

- Allows for open-ended exploration and experimentation with various materials and techniques
- Nurtures imagination and creativity as children interpret their own appearances in unique ways
- Supports the development of artistic skills and visual-spatial reasoning
- Fosters a sense of accomplishment and personal agency through the act of creating

3. Encourage participants to consider how self-portrait drawing can support children's developing sense of identity and self-awareness.



Activity: Portrait Collaboration

1. How can portrait collaboration be adapted and incorporated into children's activities to promote empathy, enhance observation skills, and foster creative expression?

- **Promoting Empathy:**

- Encourage children to share their drawings and the stories behind them
 - Facilitate discussions about the similarities and differences they notice
 - Emphasize the importance of listening, understanding, and celebrating each other's uniqueness

- **Developing Observation Skills:**

- Provide opportunities for children to observe their peers in various poses or expressions
 - Encourage them to pay attention to specific details, such as facial features, body language, and clothing
 - Guide children in using their observational skills to accurately capture the essence of their subject

- **Fostering Creative Expression:**

- Emphasize the process rather than the final product, celebrating each child's unique interpretation





Session Title: Activity 81 -Feel the Rhythm!

Training Session Summary

Tagline

How does dancing help build a baby's brain?

Age Range

1.5-5 years



The Why (Key Message)

- Children are not born with the ability to control their bodies easily and smoothly. Developing fine movement skills requires lots of watching and learning from others and trying new things. A child's brain does this by creating new connections and removing old connections to create a better library of skilled muscle and movement memories. Learning simple dances from parents and family is a good way for children to develop these fine movement skills and memories.

Learning Objectives

- Recognize the importance of incorporating rhythm and movement activities in early childhood settings.
- Explore various ways to engage children in rhythmic and musical experiences.
- Identify strategies to support children's development of motor skills, self-expression, and social-emotional skills through rhythm-based activities.



Activity: Benefits of Feel the Rhythm

1. Key developmental benefits of feel the rhythm

- Motor Skill Development:
 - Enhances gross and fine motor coordination
 - Strengthens hand-eye coordination and dexterity
- Cognitive Skills:
 - Supports pattern recognition and problem-solving
 - Encourages creativity and divergent thinking
 - Develops attention, focus, and memory



- Social-Emotional Skills:
 - Fosters social interaction, cooperation, and teamwork
 - Boosts self-confidence, self-regulation, and emotional expression
 - Promotes overall well-being and self-esteem
- Language and Communication:
 - Enhances language development, vocabulary, and verbal expression
 - Facilitates turn-taking and conversational skills
 - Strengthens communication abilities
- Cultural Awareness and Appreciation:
 - Fosters cultural awareness and sensitivity
 - Promotes understanding and appreciation of diversity
 - Builds a sense of community and belonging

2. Facilitate group discussion on the importance of promoting active play.



**Session Title: Activity 121 - Riddles Help Children Learn****Training Session Summary****Tagline**

A fun way to build thinking skills!

Age Range

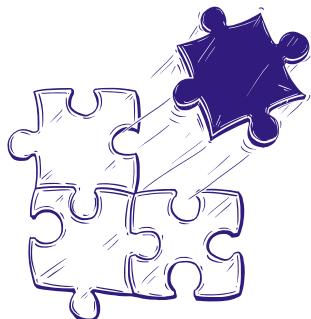
4-5 years

**The Why (Key Message)**

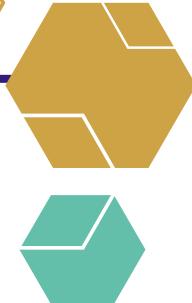
- Riddles are a fun, playful, and challenging way for children to learn. Solving riddles involves linking ideas creatively to work out answers. Riddles can help children become school ready by developing skills such as general knowledge, critical thinking, problem-solving, language, turn-taking, and creativity. Word games like riddles give children an opportunity to bond with adults and children. They can be a fun way of connecting with others and strengthening a child's sense of belonging.

Learning Objectives

- Explain the educational benefits of using riddles with young children.
- Identify strategies for incorporating riddles into early childhood activities.
- Create and share age-appropriate riddles that support children's learning.

**Activity: The Power of Riddles****1. Educational benefits of using riddles**

- Enhancing language development and vocabulary
- Promoting critical thinking and problem-solving skills
- Fostering creativity and imagination
- Supporting social-emotional development



Activity: Riddle-Based Activities

- What are the advised strategies for integrating riddles into early childhood lessons and routines?
 - Incorporating riddles into daily activities like circle time or transitions
 - Using riddles as prompts for children's stories and imaginative responses
 - Embedding riddles within thematic units or hands-on learning experiences
 - Encouraging children to share their own riddles and cultural traditions
 - Displaying riddles in the classroom to promote problem-solving
 - Adapting riddles to different developmental levels and learning styles
 - Collaborating with families to share culturally relevant riddles





Resources

Thrive by Five: Post Test

Connect Domain

Instructions: After completing the training sessions, answer the following questions based on what you have learned. Circle only one answer for each question

1. Why do babies cry?
 - A. To annoy their caregivers
 - B. As a way to communicate their needs
 - C. Because they are learning to talk
 - D. To get attention only when they are hungry
2. What is the benefit of responding promptly to a crying baby?
 - A. It teaches the baby independence
 - B. It helps build trust and emotional regulation skills
 - C. It stops the baby from crying altogether
 - D. It prevents the baby from sleeping too much
3. What hormone is released during breastfeeding that supports bonding?
 - A. Adrenaline
 - B. Oxytocin
 - C. Serotonin
 - D. Cortisol
4. How can other family members benefit by bonding during breastfeeding?
 - A. They can play an active role in the baby's emotional development by interacting nearby
 - B. They can take over breastfeeding when the mother is tired
 - C. They should stay away to avoid disrupting the baby
 - D. They can teach the baby to feed independently
5. What is the impact of excluding children from groups based on their differences?
 - A. It helps them feel more independent
 - B. It fosters a sense of loneliness and disconnection
 - C. It improves their social-emotional well-being
 - D. It encourages them to work harder to fit in
6. What is the key role of adults in promoting inclusion among children?
 - A. Modeling inclusive behavior and creating safe environments
 - B. Avoiding discussions about diversity to protect children
 - C. Teaching children to only interact with people who are similar to them
 - D. Encouraging children to exclude peers who are different

Talk Domain

Instructions: After completing the training sessions, answer the following questions based on what you have learned. Circle only one answer for each question.

1. What is one developmental benefit of singing with young children?
 - A. It limits their ability to express emotions
 - B. It supports language development and phonological awareness
 - C. It reduces their interest in social interaction
 - D. It encourages children to remain silent during routines
2. How can songs help children adapt to daily routines?
 - A. Songs make routines boring and repetitive
 - B. Songs introduce complex vocabulary that children don't understand
 - C. Songs reduce stress and help children feel calm during transitions
 - D. Songs prevent children from engaging with their caregivers
3. What is one way to create an inclusive singing session?
 - A. Only allow children who can sing well to participate
 - B. Provide options like clapping or humming for those uncomfortable with singing
 - C. Choose only traditional songs from one culture
 - D. Avoid any movement-based elements in songs
4. Why is teaching children about emotions important?
 - A. It helps them suppress their feelings
 - B. It supports healthy brain development and emotional regulation
 - C. It encourages them to avoid discussing their emotions
 - D. It leads to inappropriate behavior like yelling or hitting
5. What is one way children can express emotions through drawing?
 - A. By creating blank pages without meaning
 - B. By using colors, lines, and shapes to symbolize feelings
 - C. By avoiding emotional expressions in their art
 - D. By focusing only on drawing happy emotions
6. Which of the following is NOT a way children commonly express emotions?
 - A. Verbally—naming and discussing their feelings
 - B. Artistically—drawing or painting their emotions
 - C. Behaviorally—hitting or yelling without addressing their feelings
 - D. Physically—gestures, facial expressions, and body language

7. What is the primary benefit of engaging in "baby talk" with infants?

- A. It strengthens their ability to bond with caregivers
- B. It prevents babies from developing social skills
- C. It limits their emotional responses to caregivers
- D. It focuses only on teaching words, not emotions

8. Which of the following is an effective baby talk technique?

- A. Using a monotone voice
- B. Avoiding facial expressions
- C. Narrating the moment with varied tones and expressive gestures
- D. Ignoring the baby's vocalizations

9. Why is involving the whole family in baby talk beneficial?

- A. It reduces the baby's ability to form emotional bonds with one caregiver
- B. It provides diverse interactions and strengthens the baby's sense of belonging
- C. It limits the baby's exposure to different social contexts
- D. It focuses only on teaching the baby cultural norms

Community Domain

Instruction: After completing the training sessions, answer the following questions based on your learning. Circle only one answer for each question.

1. Why is teaching kindness to children important?
 - A. It helps children avoid expressing emotions
 - B. It ensures children grow into caring adults
 - C. It makes children more competitive
 - D. It focuses only on following rules
2. What is one benefit of dancing for children?
 - A. It only improves their physical skills
 - B. It provides a creative outlet and develops motor skills
 - C. It discourages interaction with peers
 - D. It limits their ability to express emotions
3. What is an example of a spiritual practice for children?
 - A. Ignoring emotions and avoiding reflection
 - B. Wishing happiness and health for others
 - C. Only participating in religious ceremonies
 - D. Avoiding any connection to nature or others
4. How can dance activities be made inclusive for children?
 - A. Only use music and props from one culture
 - B. Adapt activities to different age groups and use diverse props
 - C. Focus only on teaching complex choreography
 - D. Avoid using props or movement-based elements

Healthy Home Domain

Instructions: After completing the training sessions, answer the following questions based on what you have learned. Circle only one answer for each question.

1. Why is exclusive breastfeeding recommended for the first 6 months of a baby's life?
 - A. It provides only carbohydrates for energy
 - B. It contains everything babies need, including proteins, vitamins, and antibodies
 - C. It prevents babies from growing too quickly
 - D. It reduces the need for bonding with the mother
2. When should complementary foods be introduced to a baby's diet?
 - A. At 3 months of age
 - B. Around 6 months of age, while continuing breastfeeding
 - C. After the baby stops breastfeeding
 - D. At any age, as long as the baby can hold a spoon
3. What is one key benefit of breastfeeding for a baby's immune system?
 - A. It prevents the need for vaccinations
 - B. It contains antibodies that help fight infections
 - C. It eliminates the need for complementary foods
 - D. It reduces crying during feeding
4. Which of the following is a characteristic of appropriate complementary foods for 6-month-old babies?
 - A. Highly processed foods with added sugar
 - B. Pureed or mashed foods like bananas and sweet potatoes
 - C. Foods with high salt content
 - D. Small hard foods, such as whole nuts

Play Domain

Instructions: After completing the training sessions, answer the following questions based on what you have learned. Circle only one answer for each question.

1. What is one benefit of self-portrait drawing for children?
 - A. It discourages creativity and self-expression
 - B. It fosters self-awareness and builds confidence
 - C. It teaches children to replicate others' work perfectly
 - D. It limits their ability to reflect on their identity
2. How can self-portrait drawing support social-emotional development?
 - A. By focusing only on artistic skills
 - B. By promoting self-awareness and encouraging communication
 - C. By avoiding discussions about emotions and identity
 - D. By discouraging children from sharing their work
3. Why are rhythm and movement activities important for children?
 - A. They support motor skills, creativity, and social interaction
 - B. They teach children to sit still and follow strict rules
 - C. They focus only on memorizing dance steps
 - D. They limit opportunities for self-expression
4. How can rhythm-based activities promote cultural awareness?
 - A. By only using music from one cultural background
 - B. By fostering appreciation for diversity and building community
 - C. By focusing solely on physical movement without context
 - D. By discouraging children from exploring cultural differences

