

Curriculum for Refresher Training of Helpers

Curriculum for Refresher Training of Helpers

*Duration : 5 Days

Working Days : 4 Days

Batch Size : 50

Objectives

- ☛ Assess training needs of Helpers.
- ☛ Provide a forum for sharing experiences in running an Anganwadi.
- ☛ Review of ICDS programme and the services provided.
- ☛ Update their knowledge in the area of early childhood care and development including nutrition, health care and education.
- ☛ Sharpen communication and counselling skills of Helpers.

*1. Inclusive of half a day each for arrival & departure of the participants.
2. Exclusive of holidays falling during the programme.

Key Elements

- ⇒ Child Centered Development Approach
- ⇒ Life Cycle Basis for Interventions
- ⇒ Child's Rights Perspective
- ⇒ Gender Sensitivity
- ⇒ Emphasis on Preventive Approaches to Malnutrition & Disability
- ⇒ Red affirming Sound Traditional Child Care Practices
- ⇒ Family Focussed and Community-Based Approach
- ⇒ Enabling Joyful Learning Environment
- ⇒ Focus on Under Threes
- ⇒ Communication and Counselling Skills
- ⇒ Self Evaluation and Self Assessment

Learning Goals

- Organising Delivery of Services under ICDS Programme
- Importance of Early Childhood Care & Development
- Organising Early Childhood Care and Education Activities
- Nutritional Assessment and Counselling for Young Children
- Improved Family & Community Practices in Nutrition and Health Care
- Improving Parenting Skills and Behaviours
- Advocacy for Child Survival and Development in the Community

Methodology

- Use of Participatory Learning Techniques
- Learning through Role play, Group work and Group discussions
- Hands on experience via Mock sessions, Practice Exercise & Supervised Practice
- Self Learning

Instructions for the Course Director

- Instructions for Class Assignments/Mock Sessions/Supervised Practice are at Annexure I.
- At the end of the day, instructions for the Class Assignment for the next day may be given by the Course Director.
- Course Director is to provide all the documents/reading material required for such assignments.
- As it is a residential course, participants can start the work in their groups in the evening.
- Everyday, from Day 2 onwards, between 9.00 a.m.-9.15 a.m., one of the participants may be asked to give feedback of the previous Day. Class Assignments may also be submitted during this time.

Programme Schedule for Refresher Training of Helpers

Days	Session I 9.00 a.m.—11.00 a.m.	Session II 11.00 a.m.—1.00 p.m.	1.00 p.m.—2.00 p.m.	Session III 2.00 p.m.—3.30 p.m.	Session IV 3.30 p.m.—5.00 p.m.
*Day 1	● Registration (9.00 a.m.—9.30 a.m.) ● Welcome, Introduction and Sharing of Experiences (9.30 a.m.—11.00 a.m.)	Review of ICDS Programme	L	Review of Setting up and Functioning of an Anganwadi Centre	Role and Job Responsibilities of Helpers in running an AWC
Day 2	Communication and Counselling Skills Required by a Helper + Role Play by Participants (9.00 a.m.—10.30 a.m.)	Organising Preschool Education Activities at Anganwadi Centre and Low Cost Preschool Educational Material + Demonstration by Trainers (10.30 a.m.—1.00 p.m.)	U N	Organising Nutrition Services at Anganwadi Centre + Mock Session by Participants	Organizing Health Services at AWC and Use of Medicine Kit + Demonstration by Trainers + Role Play by Trainees
**Day 3	Importance of Community Participation and IEC in ICDS Programme (9.00 a.m.—10.30 a.m.)	Techniques for Involving Community and Eliciting Community Participation + Mock Session by Trainees (10.30 a.m.—1.00 p.m.)	C H	Social Messages on Issues Concerning Children and Women + Class Assignment: Listing of Important Social Messages (2.00 p.m.—3.15 p.m.)	Awareness for ICDS Programme or for issues Concerning Children and Women (3.15 p.m.—5.00 p.m.)
***Day 4	Placement in an Anganwadi Centre to Assist an AWW			Feedback & Bridging the Learning Gaps	Evaluation of the Course and Concluding Session

Note: *Instructions for Class Assignments/Mock Sessions & Practice are at Annexure I - For Session I, II, III & IV.

**Instructions for Class Assignments/Mock Sessions & Practice are at Annexure I - For Session II, III & IV.

***Instructions for Class Assignments/Mock Sessions & Practice are at Annexure I - For Session I, II

Refresher Training of Helpers

Instructions for Class Assignments, Mock Sessions & Practice

Day	Session	Topic	Class Assignment	Instructions
Day 2	I	Communication and Counselling Skills required by Helper	Role Play by Trainers	<ul style="list-style-type: none"> Trainers are to role play exhibiting communication & counselling skills of a Helper while talking to a mother of a sick child. Discussion after the Role Play.
Day 2	II	Organizing Preschool Education (PSE) Activities at AWC using Low Cost Preschool Education Material	Demonstration by Trainers	<ul style="list-style-type: none"> After the discussion, trainers should demonstrate selected preschool education activities using low cost material covering all domains of child development.
Day 2	III	Organising Nutrition Services at AWC	Mock Session	<ul style="list-style-type: none"> After the review of the nutrition services under ICDS programme, Trainees to be divided into 3 groups for Mock Session on: <ul style="list-style-type: none"> Group I: Organising Supplementary nutrition. Group II: Growth Monitoring & Promotion. Group III: Organising Nutrition and Health Education Session.
Day 2	IV	Organising Health Services at AWC and Use of Medicine Kit	<ul style="list-style-type: none"> Demonstration by Trainers on use of Medicine Kit for Common Ailments Role Play by Trainees 	<ul style="list-style-type: none"> After the discussion, the Resource Person/Course Director demonstrates the use of Medicine Kit. Role Play by two participants on treating a child with diarrhoea and fever.
Day 3	II	Techniques for Involving Community and Eliciting Community Participation	Mock Session by Trainees on Techniques for Mobilizing Community	<ul style="list-style-type: none"> Participation to be divided into 3 groups. Mock Session by Trainees on eliciting community participation through the following techniques: <ul style="list-style-type: none"> Folk Songs/Folk Dance. Community Meeting/Panchayat Meeting. Nukkad Natak/Street Play.

Day	Session	Topic	Class Assignment	Instructions
Day 3	III	Social Messages on Issues Concerning Children and Women	Listing of Important Social Messages	<ul style="list-style-type: none"> Participants to be divided into 2 Groups to prepare the list of important social messages for Children (Group 1) and women (Group II) Group 1— Social messages related to Survival & Development of Children. Group 2— Social Messages related to women empowerment. <p>Group Presentation & Discussion.</p>
Day 3	IV	Awareness for ICDS Programme or for Issues Concerning Children and Women	Plan for Awareness Campaign	<ul style="list-style-type: none"> Trainees to be divided into 2 Groups. Each group will prepare a plan to create awareness about: <ul style="list-style-type: none"> ICDS programmes & services (Group 1) Issues concerning children (Group 2). Group Presentation & Discussion.
Day 4	I & II	Placement in an AWC to Assist an AWW	Supervised Practice: Placement in an AWC is to give Participants Hands on Experiences to Sharpen their Skills for their day-to-day Activities. Trainers should Supervise the Participants and give on the Spot Guidance wherever required.	<ul style="list-style-type: none"> Trainer—Trainees Ratio for Practice is to be 1:6. Course Director may take the help of other faculty members for Supervised Practice. Course Director is to prepare Time Plan for Supervised Practice. Participants in groups of two are to be placed at an AWC to assist an AWW for a day for management and delivery of services including Mother's Meeting/NHE Sessions.