

# 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.

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| <ul style="list-style-type: none"><li>*1. Inclusive of half a day each for arrival &amp; departure of the participants</li><li>2. Exclusive of holidays falling during the programme.</li></ul> |
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## Key Elements

- Child Centered Development Approach
- Life Cycle Basis for Interventions
- Child's Rights Perspective
- Gender Sensitivity
- Emphasis on Preventive Approaches to Malnutrition & Disability.
- Reaffirming 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

## 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

## 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

## 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 - 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.