

Government of Pakistan

National Vocational and Technical Training Commission

**“Prime Minister’s Youth Skill Development Programme”**



**Course Contents / Lesson Plan**

**Course Title: Family and Parental Coaching: Practical Strategies for  
Nurturing Interpersonal Development**

**Duration: 1 Month**



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<b>Author's Name</b>	<b>Sameen Khalil</b> Lecturer - HDFFS Department, F.G College of Home Economics & Management Sciences, F-11/1, Islamabad
<b>Course Title</b>	<b>Family and Parental Coaching: Practical Strategies for Nurturing Interpersonal Development</b>
<b>Objectives and Expectations</b>	<p>By the end of this course, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. <b>Understand the Principles of Family and Parent Coaching:</b> <ul style="list-style-type: none"> <li>○ Gain a thorough understanding of the foundational principles and practices of family and parent coaching.</li> <li>○ Recognize the role of a family coach and how coaching differs from therapy and counselling.</li> </ul> </li> <li>2. <b>Develop Effective Parenting Strategies:</b> <ul style="list-style-type: none"> <li>○ Learn and apply effective parenting strategies that promote positive behavior and emotional development in children.</li> <li>○ Understand different parenting styles and their impact on child development.</li> </ul> </li> <li>3. <b>Enhance Communication within Families:</b> <ul style="list-style-type: none"> <li>○ Improve communication skills to foster open, honest dialogue between parents and children.</li> <li>○ Practice active listening and empathetic communication techniques to strengthen family relationships.</li> </ul> </li> <li>4. <b>Implement Conflict Resolution Techniques:</b> <ul style="list-style-type: none"> <li>○ Explore and apply conflict resolution strategies tailored to family dynamics.</li> <li>○ Develop skills to manage and resolve conflicts constructively within the family setting.</li> </ul> </li> <li>5. <b>Foster Emotional Intelligence in Children:</b> <ul style="list-style-type: none"> <li>○ Learn methods to cultivate emotional intelligence and resilience in children.</li> <li>○ Teach children to recognize, understand, and manage their emotions effectively.</li> </ul> </li> <li>6. <b>Promote Healthy Family Dynamics:</b> <ul style="list-style-type: none"> <li>○ Identify and reinforce positive family dynamics that support overall family well-being.</li> <li>○ Create a supportive and nurturing home environment that encourages growth and development.</li> </ul> </li> <li>7. <b>Set and Achieve Family Goals:</b> <ul style="list-style-type: none"> <li>○ Help families set realistic and achievable goals for improvement and growth.</li> <li>○ Develop action plans to meet these goals and track progress over time.</li> </ul> </li> <li>8. <b>Understand the Impact of External Influences:</b> <ul style="list-style-type: none"> <li>○ Examine the effects of external influences such as media, peer pressure, and societal expectations on family dynamics and child development.</li> <li>○ Develop strategies to mitigate negative influences and reinforce positive ones.</li> </ul> </li> <li>9. <b>Support Parenting through Transitions:</b></li> </ol>

- Provide guidance on managing transitions such as divorce, remarriage, or moving, which can impact family dynamics.
- Learn techniques to support children and parents through these changes.

**10. Reflect on Personal Parenting Styles and Practices:**

- Engage in self-reflection to understand personal parenting styles and their effects on family dynamics.
- Develop a personal action plan to enhance parenting skills and family interactions based on reflection and feedback.

By meeting these objectives, participants will gain valuable insights and practical skills to effectively collaborate in the family system, fostering healthier and more supportive family environments.

**Main Expectations:**

In short, the course "Family and Parent Coaching: Practical Strategies for Nurturing Interpersonal Development" should be delivered by professional instructors in a robust, hands-on manner. By the end of the course, participants should be equipped with practical skills that they can confidently employ in their family settings, fostering improved relationships and dynamics.

**1. Comprehensive Understanding of Family and Parent Coaching Principles:**

- Participants are expected to gain a thorough understanding of the foundational principles and practices of family and parent coaching. They should be able to recognize the role of a family coach and differentiate coaching from therapy and counselling.

**2. Identification and Implementation of Effective Parenting Strategies:**

- By the end of the course, participants should be able to identify and apply effective parenting strategies that promote positive behavior and emotional development in children. They should understand various parenting styles and their impacts on child development.

**3. Enhancement of Communication within Families:**

- The course aims for participants to enhance their communication skills to foster open and honest dialogue between parents and children. They should be able to practice active listening, provide empathetic communication, and strengthen family relationships.

**4. Development of Conflict Resolution Techniques:**

- Participants are expected to develop and demonstrate skills for managing and resolving conflicts within the family setting. This includes exploring and applying conflict resolution strategies tailored to family dynamics, as well as understanding the role of emotions in conflicts and learning strategies for emotional regulation and expression.

**5. Promotion of Emotional Intelligence in Children:**

- Participants should learn methods to cultivate emotional intelligence and resilience in children. They should be able to teach children to recognize, understand, and manage their emotions effectively.

**6. Implementation of Practical Strategies for Healthy Family Dynamics:**

- Participants are expected to learn and apply practical strategies for fostering a supportive and cohesive family environment. This includes identifying and reinforcing positive family dynamics, implementing

	<p>family rituals, traditions, and shared activities, setting boundaries, and creating a balanced family dynamic that encourages cooperation and mutual support.</p> <p><b>7. Self-Reflection and Development of Personal Action Plans:</b></p> <ul style="list-style-type: none"> <li>○ Throughout the course, participants should self-reflect to understand their parenting styles and contributions to family dynamics. By the end of the course, they are expected to develop a personalized action plan with specific goals and strategies for enhancing parenting skills and family interactions.</li> </ul> <p><b>8. Application of Course Concepts to Real-Life Situations:</b></p> <ul style="list-style-type: none"> <li>○ Participants are expected to apply the theoretical knowledge and practical skills learned in the course to their family situations. This includes practising effective parenting, communication, conflict resolution, and emotional intelligence techniques in real-life family interactions.</li> </ul> <p><b>9. Critical Thinking and Analytical Skills:</b></p> <ul style="list-style-type: none"> <li>○ The course aims to enhance participants' critical thinking and analytical skills in the context of family dynamics. They should be able to critically evaluate family interactions, identify areas for improvement, and develop actionable solutions to foster healthier family relationships.</li> </ul> <p>By meeting these expectations, participants will maximise their learning experience and gain valuable insights and skills for nurturing interpersonal development within their families.</p>
<b>Entry-level of trainees</b>	Adolescents (teenagers), parents, and teachers
<b>Learning Outcomes of the course</b>	<p>By the end of this course, students will be able to:</p> <p><b>Understand the Principles of Family and Parent Coaching:</b></p> <ul style="list-style-type: none"> <li>• Comprehend the foundational principles and practices of family and parent coaching.</li> <li>• Recognize the role of a family coach and understand how coaching differs from therapy and counselling.</li> </ul> <p><b>Develop Effective Parenting Strategies:</b></p> <ul style="list-style-type: none"> <li>• Identify and apply effective parenting strategies that promote positive behavior and emotional development in children.</li> <li>• Understand different parenting styles and their impact on child development.</li> </ul> <p><b>Enhance Communication within Families:</b></p> <ul style="list-style-type: none"> <li>• Improve communication skills to foster open and honest dialogue between parents and children.</li> <li>• Practice active listening and empathetic communication techniques to strengthen family relationships.</li> </ul> <p><b>Implement Conflict Resolution Techniques:</b></p> <ul style="list-style-type: none"> <li>• Explore and apply conflict resolution strategies tailored to family dynamics.</li> </ul>

	<ul style="list-style-type: none"> <li>• Develop skills to manage and resolve conflicts constructively within the family setting.</li> <li>• Understand the role of emotions in conflicts and learn strategies for emotional regulation and expression.</li> </ul> <p><b>Foster Emotional Intelligence in Children:</b></p> <ul style="list-style-type: none"> <li>• Learn methods to cultivate emotional intelligence and resilience in children.</li> <li>• Teach children to recognize, understand, and manage their emotions effectively.</li> </ul> <p><b>Promote Healthy Family Dynamics:</b></p> <ul style="list-style-type: none"> <li>• Identify and reinforce positive family dynamics that support overall family well-being.</li> <li>• Implement strategies to create a supportive and nurturing home environment that encourages growth and development.</li> </ul> <p><b>Set and Achieve Family Goals:</b></p> <ul style="list-style-type: none"> <li>• Help families set realistic and achievable goals for improvement and growth.</li> <li>• Develop action plans to meet these goals and track progress over time.</li> </ul> <p><b>Understand the Impact of External Influences:</b></p> <ul style="list-style-type: none"> <li>• Examine the effects of external influences such as media, peer pressure, and societal expectations on family dynamics and child development.</li> <li>• Develop strategies to mitigate negative influences and reinforce positive ones.</li> </ul> <p><b>Support Parenting through Transitions:</b></p> <ul style="list-style-type: none"> <li>• Provide guidance on managing transitions such as divorce, remarriage, or moving, which can impact family dynamics.</li> <li>• Learn techniques to support children and parents through these changes.</li> </ul> <p><b>Reflect on Personal Parenting Styles and Practices:</b></p> <ul style="list-style-type: none"> <li>• Engage in self-reflection to understand personal parenting styles and their effects on family dynamics.</li> <li>• Develop a personal action plan to enhance parenting skills and family interactions based on reflection and feedback.</li> </ul>
<b>Course Execution Plan</b>	The total duration of the course: <b>1 month (4 Weeks)</b> Class hours: <b>4 hours per day (Monday-Friday)</b> Theory: <b>20%</b> Practical: <b>80%</b>
<b>No of Students</b>	25
<b>Learning Place</b>	Classroom / Lab
<b>Instructional Resources</b>	Multimedia Projector, Sound System with Mic, Computer System, Stationery (A4 Paper, Pens, Pencils, A4 Color papers, Color Markers, Highlighters, Stapler, Notepads), Board Games i.e., Scrabble, Pictionary, Monopoly



## MODULES

Scheduled Weeks	Module Title	Days	Hours	Learning Units	Home Assignment
Week 1	Module 1 - Family Systems, Structures & Relationships	Day 1	Hour 1	Parenting Styles by Diana Baumrind <ul style="list-style-type: none"> <li>• Authoritative</li> <li>• Authoritarian</li> <li>• Permissive</li> <li>• Neglectful/uninvolved</li> </ul>	Task 1  <i>Details may be seen at Annexure-I</i>
			Hour 2-4	<ul style="list-style-type: none"> <li>• Role-Playing Parenting Styles                             <ul style="list-style-type: none"> <li>○ Divide participants into groups, each assigned one parenting style.</li> <li>○ Role-play responses to common parenting scenarios (e.g., a child refusing homework, a teenager breaking curfew)</li> </ul> </li> <li>• Group Discussion:                             <ul style="list-style-type: none"> <li>○ Groups discuss their role-playing experiences.</li> <li>○ Compare the effectiveness and impact of different parenting styles on child behavior and development.</li> </ul> </li> </ul>	
	Module 2 - Family Decision making & Resource Management	Day 2	Hour 1	Introduction to Family Types <ul style="list-style-type: none"> <li>• Composition</li> <li>• Lineage</li> <li>• Authority</li> <li>• Marriage</li> </ul>	
			Hour 2-4	<ul style="list-style-type: none"> <li>• Family Dynamics Observation:                             <ul style="list-style-type: none"> <li>○ Participants will observe a simulated family interaction or a pre-recorded video depicting various family dynamics &amp; Group Discussion and Analysis</li> </ul> </li> </ul>	
			Day 3	Hour 1	



				to collaboration
			<b>Hour 2-4</b>	<ul style="list-style-type: none"> <li>• Communication Skills Workshop <ul style="list-style-type: none"> <li>○ ‘Trust Walk’ Activity where one partner will be blindfolded and will follow the other partner’s instructions to reach a particular point</li> </ul> </li> </ul>
		<b>Day 4</b>	<b>Hour 1</b>	<p>Understanding Self-disclosure in Relationships</p> <ul style="list-style-type: none"> <li>• Benefits and risks of self-disclosure within family relationships.</li> <li>• Factors influencing the level of self-disclosure</li> </ul>
			<b>Hour 2-4</b>	<p>Self-disclosure Reflection and Discussion</p> <ul style="list-style-type: none"> <li>▪ Open dialogue on the challenges and benefits of self-disclosure within families.</li> <li>▪ Discuss strategies for fostering healthy self-disclosure practices and boundaries within family relationships.</li> </ul>
		<b>Day 5</b>	<b>Hour 1</b>	<p>Understanding Individual and Household Decision Making</p> <ul style="list-style-type: none"> <li>• Differences between individual decision-making and household decision-making</li> <li>• Factors influencing individual and household decision-making, including cultural norms, gender roles, and economic considerations</li> </ul>

			<b>Hour 2-4</b>	<p>Decision-Making Scenario Analysis</p> <ul style="list-style-type: none"> <li>▪ Analyze each scenario to identify whether it represents an individual or household decision and discuss the factors influencing the decision-making process.</li> <li>▪ Discuss strategies for improving communication and collaboration in household decision-making.</li> </ul>	
<b>Week 2</b>	<b>Module 3 - Effective Communication with Children and Between Adults</b>	<b>Day 1</b>	<b>Hour 1</b>	<p>Understanding Conflict within Relationships</p> <ul style="list-style-type: none"> <li>• Nature and dynamics of conflict within family relationships</li> <li>• Common sources of conflict within families</li> <li>• Potential impacts of unresolved conflict on family dynamics and individual well-being.</li> </ul>	<b>Task 2</b>  <i><u>Details may be seen at Annexure-I</u></i>
			<b>Hour 2-4</b>	Guest Lecture	
		<b>Day 2</b>	<b>Hour 1</b>	<p>Understanding Conflict Resolution</p> <ul style="list-style-type: none"> <li>• Conflict resolution and its importance in maintaining healthy family relationships.</li> <li>• Principles and strategies for effective conflict resolution</li> <li>• Benefits of addressing conflicts proactively and constructively</li> </ul>	
			<b>Hour 2-4</b>	<p>Conflict Resolution Role-Playing</p> <ul style="list-style-type: none"> <li>• Role-plays to simulate various conflict scenarios based on multiple conflict resolution strategies including five styles of conflict management: <ul style="list-style-type: none"> <li>○ Avoiding (the Turtle)</li> <li>○ Competing or confronting (the Shark)</li> <li>○ Accommodating (the Teddy Bear)</li> </ul> </li> </ul>	

				<ul style="list-style-type: none"> <li>○ Compromising (the Fox)</li> <li>○ Collaborating (the Owl)</li> <li>• Emphasis on active listening, empathy, assertiveness, and collaborative problem-solving.</li> </ul>	
		<b>Day 3</b>	<b>Hour 1</b>	<p>Techniques for Fostering Secure Attachments with Children: Understanding Secure Attachments</p> <ul style="list-style-type: none"> <li>• Concept of secure attachments and their importance in child development.</li> <li>• Characteristics and benefits of secure attachments</li> <li>• Role of caregivers in fostering secure attachments</li> </ul>	
			<b>Hour 2-4</b>	<p>Bonding Through Play</p> <ul style="list-style-type: none"> <li>• Interactive and playful activities (Monopoly, Pictionary, Scrabble)</li> <li>• Importance of play in building secure attachment</li> </ul>	
		<b>Day 4</b>	<b>Hour 1</b>	<p>Understanding Active Listening in Interactions with Children</p> <ul style="list-style-type: none"> <li>• Active listening and its importance in effective communication with children</li> <li>• Key components of active listening, including paying attention, demonstrating empathy, and providing feedback</li> </ul>	
			<b>Hour 2-4</b>	<p>Listening Skills Workshop &amp; exercises</p> <ul style="list-style-type: none"> <li>• Exercises may include mirroring, paraphrasing, reflecting feelings, and summarizing</li> <li>• Brainstorm strategies for incorporating active listening into daily interactions with children</li> </ul>	

		<b>Day 5</b>	<b>Hour 1</b>	<p>Empathy in Interactions with Children</p> <ul style="list-style-type: none"> <li>• Empathy and its significance in communication with children</li> <li>• Key components: perspective-taking, emotional understanding, and compassionate responding</li> <li>• Benefits: fostering children's understanding, trust, and emotional well-being.</li> </ul>	
			<b>Hour 2-4</b>	<p>Empathy Building Exercises</p> <ul style="list-style-type: none"> <li>• Drawing Emotions</li> <li>• Empathy Interviews</li> <li>• Storytelling Circle</li> </ul>	
<b>Week 3</b>	<b>Module 4 - Positive Discipline Techniques for Home and School</b>	<b>Day 1</b>	<b>Hour 1</b>	<p>Understanding Effective Communication Strategies Between Parents and Teachers</p> <ul style="list-style-type: none"> <li>• The Student-Parent-Teacher Triad</li> <li>• effective communication between parents and teachers in supporting children's education and development</li> <li>• key communication strategies, such as active listening, clear and respectful messaging, and consistent updates</li> </ul>	<b>Task 3</b>  <i>Details may be seen at <u>Annexure-I</u></i>
			<b>Hour 2-4</b>	<ul style="list-style-type: none"> <li>• Role-playing to simulate parent-teacher conferences, focused on discussing a child's academic performance, behavioral concerns, and individualized education plans (IEPs)</li> <li>• Interactive games (“Telephone” or “Chinese Whisper” to demonstrate the importance of clear messaging or "Role Reversal" where parents and teachers swap roles to understand each other's perspectives</li> </ul>	

		<b>Day 2</b>	<b>Hour 1</b>	<p>Differences Between Discipline and Punishment</p> <ul style="list-style-type: none"> <li>• B.F. Skinner’s theory of Reinforcement and Punishment</li> <li>• differences between discipline (guiding, teaching, and nurturing positive behavior) and punishment (imposing a penalty for a misdeed)</li> <li>• short-term and long-term effects of discipline and punishment</li> <li>• positive discipline techniques that encourage good behavior and self-regulation.</li> </ul>
			<b>Hour 2-4</b>	<ul style="list-style-type: none"> <li>• Short films (from YouTube): <ul style="list-style-type: none"> <li>○ Home Discipline</li> <li>○ The Rose: Short film on Corporal Punishment</li> </ul> </li> <li>• Behavioral response plan that incorporates positive discipline techniques for specific situations, such as tantrums, homework refusal, or classroom disruptions</li> </ul>
		<b>Day 3</b>	<b>Hour 1</b>	<p>Techniques for positive and negative reinforcement</p> <ul style="list-style-type: none"> <li>• Concepts of positive and negative reinforcement and their roles in behavior modification</li> <li>• Effective use of reinforcement in both home and school settings to promote desired behaviors and discourage undesired ones</li> <li>• Differences between reinforcement and punishment</li> </ul>
			<b>Hour 2-4</b>	<ul style="list-style-type: none"> <li>• Reinforcement Plan Development</li> <li>• Behavior Bingo Game</li> <li>• Token Economy Technique</li> <li>• Contingency Management Technique</li> </ul>
		<b>Day 4</b>	<b>Hour 1</b>	<ul style="list-style-type: none"> <li>• Handling Behavioral Challenges in Children</li> <li>• Difference between typical</li> </ul>

				<p>developmental behaviors and those that may require intervention</p> <ul style="list-style-type: none"> <li>• Role of environmental, emotional, and psychological factors in influencing behavior</li> <li>• Strategies for identifying triggers and patterns in challenging behaviors</li> </ul>	
			<b>Hour 2-4</b>	<ul style="list-style-type: none"> <li>• Behavioral Intervention Plan Development</li> <li>• ‘Emotion Charades’ where participants act out different emotions to build empathy and understanding of children's feelings</li> </ul>	
		<b>Day 5</b>	<b>Hour 1</b>	<p>Aligning Discipline Strategies Between Home and School Environments</p> <ul style="list-style-type: none"> <li>• Common challenges and benefits of aligning discipline strategies</li> <li>• Roles of parents, teachers, and administrators in creating a cohesive approach to discipline</li> <li>• Effective communication techniques to ensure alignment and consistency</li> </ul>	
			<b>Hour 2-4</b>	<ul style="list-style-type: none"> <li>• Joint Strategy Development</li> <li>• Develop a Behavior Contract that can be used by both parents and teachers to outline expectations, rewards, and consequences</li> </ul>	
<b>Week 4</b>	<b>Module 5 - Nurturing Emotional Intelligence</b>	<b>Day 1</b>	<b>Hour 1</b>	<p>Importance of Consistent Routines for Children’s Security and Independence</p> <ul style="list-style-type: none"> <li>• Concept of routines and their importance in children's live</li> <li>• How consistent routines contribute to children's sense of security and independence</li> <li>• Psychological and emotional benefits of routines, including reducing anxiety, providing structure, and promoting self-</li> </ul>	

				<p>discipline</p> <ul style="list-style-type: none"> <li>Different types of routines (morning, bedtime, homework, etc.) And their impact on children's emotional and behavioral development</li> </ul>	<p>Task 4</p> <p><u>Details may be seen at Annexure-I</u></p>
			<b>Hour 2-4</b>	<ul style="list-style-type: none"> <li>Routine Chart Creation that can be used at home or in the classroom to help children understand and follow daily routines</li> <li>Movie Screening: 'Inside Out' which illustrates the importance of routines and emotional regulation in children's lives</li> </ul>	
		<b>Day 2</b>	<b>Hour 1</b>	<p>Strategies for Setting and Enforcing Boundaries with Empathy</p> <ul style="list-style-type: none"> <li>How enforcing boundaries with empathy promotes respect, understanding, and cooperation?</li> <li>Difference between rigid, permissive, and balanced boundaries</li> <li>Strategies for setting clear, consistent, and age-appropriate boundaries</li> </ul>	
			<b>Hour 2-4</b>	<ul style="list-style-type: none"> <li>Movie Screening: 'Wonder' (2017) which illustrates themes of empathy, understanding, and the importance of boundaries in a family and school context</li> <li>Post-movie discussion on how the film's depiction of relationships and empathy can be related to setting and enforcing boundaries with children</li> </ul>	
		<b>Day 3</b>	<b>Hour 1</b>	<p>Teaching and Modelling Emotional Regulation</p> <ul style="list-style-type: none"> <li>Different emotional regulation strategies and their effectiveness (Identify your triggers, Cognitive reappraisal, Redirect your attention)</li> <li>Role of parents and teachers in</li> </ul>	

				<p>teaching and modelling emotional regulation</p> <ul style="list-style-type: none"> <li>• Benefits of emotional regulation, including improved relationships, better academic performance, and overall well-being</li> </ul>	
			<b>Hour 2-4</b>	<ul style="list-style-type: none"> <li>• Emotion Color Wheel</li> <li>• Breathing Exercise</li> <li>• Mindfulness Exercise</li> <li>• ‘Be the Fog’ activity will help the participant “be the fog” and learn how to regulate and modulate their emotions in a difficult situation.</li> </ul>	
		<b>Day 4</b>	<b>Hour 1</b>	<p>Emotional Literacy: Fostering Emotional Intelligence</p> <ul style="list-style-type: none"> <li>• How emotional literacy encompasses the ability to recognize, understand, and manage emotions effectively</li> <li>• Importance of emotional literacy for personal development, relationships, and overall well-being</li> <li>• Strategies for promoting emotional literacy in children and adults</li> </ul>	
			<b>Hour 2-4</b>	<p>Journaling Reflections</p> <ul style="list-style-type: none"> <li>• Participants will reflect on their own emotions and experiences through journaling.</li> <li>• Encourage self-awareness and insight by exploring how emotions are perceived and managed</li> </ul> <p>The Schutte Self-Report Emotional Intelligence Test (SSEIT) method of measuring general Emotional Intelligence (EI), uses four sub-scales: emotion perception, utilizing emotions, managing self-relevant emotions, and managing others’ emotions</p>	



		<b>Day 5</b>	<b>4 Hours Session</b>	<ul style="list-style-type: none"> <li>• Reflective summary of the Course</li> <li>• Feedback from Participants</li> <li>• Certificate Distribution Ceremony</li> </ul>	
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**Material Required**

<b>Sr. No.</b>	<b>Items</b>	<b>Quantity</b>
<b>1.</b>	Multimedia Projector	1
<b>2.</b>	Sound System with Mic	1
<b>3.</b>	Computer System	1
<b>4.</b>	A4 Papers	1 Rim
<b>5.</b>	Pens	As per requirement
<b>6.</b>	Pencils	As per requirement
<b>7.</b>	A4 Color papers	As per requirement
<b>8.</b>	Color Markers	As per requirement
<b>9.</b>	Highlighters	As per requirement
<b>10.</b>	Stapler	2
<b>11.</b>	Notepads	30
<b>12.</b>	Office Files	30
<b>13.</b>	Board Games i.e., Scrabble, Pictionary, Monopoly	3 Sets each

<b>Description</b>	<b>Week</b>
Watch the movie ‘Next Gen’ and identify the parenting style depicted in the movie.	<b>Week 1</b>
Identify scenarios in home setting and figure out which scenario demands individual and which scenario demands household decision-making.	<b>Week 2</b>
Implement ‘Behavior Contract’ on the child and note down the behavioral changes after the reinforcement, if any.	<b>Week 3</b>
A 250-300 words reflection of the course.	<b>Week 4</b>

**Motivational Lectures**

***Family and Parent Coaching: Practical Strategies for Nurturing Interpersonal Development***

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## Workplace/Institute Ethics Guide

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Work ethic is a standard of conduct and values for job performance. The modern definition of what constitutes a good work ethic often varies. Different businesses have different expectations. Work ethic is a belief that hard work and diligence have a moral benefit and an inherent ability, virtue, or value to strengthen character and individual abilities. It is a set of values centered on the importance of work and manifested by determination or desire to work hard.

The following ten work ethics are defined as essential for student success:

**1. Attendance:**

Be at work every day possible, plan your absences don't abuse leave time. Be punctual every day.

**2. Character:**

Honesty is the single most important factor having a direct bearing on the final success of an individual, corporation, or product. Complete assigned tasks correctly and promptly. Look to improve your skills.

**3. Team Work:**

The ability to get along with others including those you don't necessarily like. The ability to carry your weight and help others who are struggling. Recognize when to speak up with an idea and when to compromise by blending ideas.

**4. Appearance:**

Dress for success set your best foot forward, have personal hygiene, and good manners, and remember that the first impression of who you are can last a lifetime

**5. Attitude:**

Listen to suggestions and be positive, accept responsibility. If you make a mistake, admit it. Values workplace safety rules and precautions for personal and co-worker safety. Avoids unnecessary risks. Willing to learn new processes, systems, and procedures in light of changing responsibilities.

**6. Productivity:**

Do the work correctly, quality and timelines are prized. Get along with fellows, cooperation is the key to productivity. Help out whenever asked, do extra without being asked. Take pride in your work, do things the best your know-how. Eagerly focuses energy on accomplishing tasks, also referred to as demonstrating ownership. Takes pride in work.

**7. Organizational Skills:**

Make an effort to improve, learn ways to better yourself. Time management; utilize time and resources to get the most out of both. Take an appropriate approach to social interactions at work. Maintains focus on work responsibilities.

**8. Communication:**

Written communication, being able to correctly write reports and memos.  
Verbal communications, being able to communicate one on one or to a group.

**9. Cooperation:**

Follow institute rules and regulations, learn and follow expectations. Get along with fellows, cooperation is the key to productivity. Able to welcome and adapt to changing work situations and the application of new or different skills.

**10. Respect:**

Work hard, work to the best of your ability. Carry out orders, do what's asked the first time. Show respect, accept, and acknowledge an individual's talents and knowledge. Respects diversity in the workplace, including showing due respect for different perspectives, opinions, and suggestions.