

Support for teachers (CAL)
in guiding parents towards
a loving upbringing



Train the trainer from Astrid De Vries for CAL

Introduction

Mental Health Power is a life skill. It is a way of well-being that allows individuals to fully utilize their potential. It ensures that we can deal with the normal stress of life. The basis for mental health lies.

In this workshop, we work with the 5 categories of Mental Health Power in order to stimulate the parent-child relationship and a positive education. The parent-child relationship is responsible for a child's future relations. These relations are important in mental health of the individual.

The information, tips and exercises are all divided into the 5 categories of Mental Health Power.

5 categories of Mental Health Power:

1. Connect
2. Stay active
3. Take notice
4. Keep learning new things
5. Give back





Connect

EXPLANATION:

It's important to connect with the people around you. These connections will support you every day and enrich your life.

- It's important for a child to connect with the person who takes care of him.
- If a child connects in a good way with others, it has trust to discover the world on his own.
- Talk with your child to know what's going on his life.



Connect

TIPS:

- It's important to do things together with your child
Example: choose one day a week to do something together, no matter what
- Talk with your child (emotional connection)
- Do physical activities with your child (physical connection)

Stay active

EXPLANATION:

Being active makes sure you feel good in your own skin.

- Your child wants to be active with you while doing things because then it gets your attention.
- Be emotionally and physically active with your child.



Stay active

TIPS:

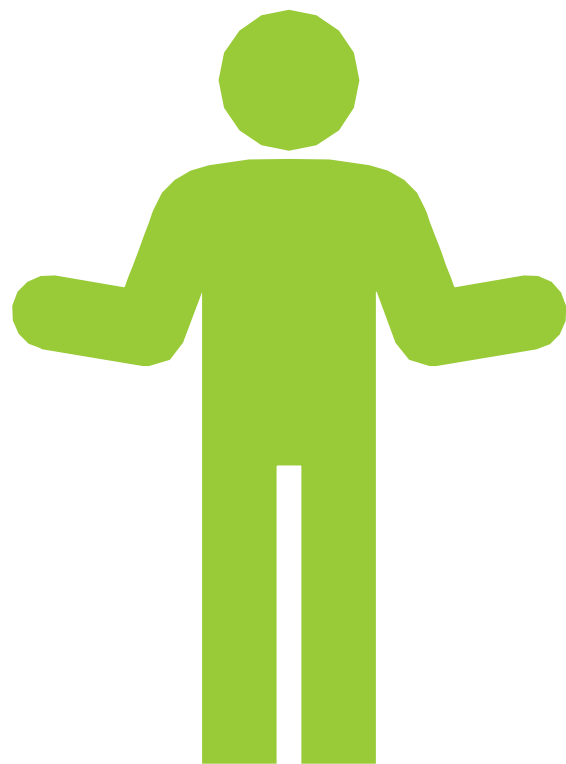
- Play fun games with your child
Example: Go to the park together and do some sports together

Connect + stay active

EXERCISE FOR PARENT AND CHILD:

Goal: connecting with each other while playing

1. Children's yoga
Example:
<https://www.youtube.com/watch?v=5XCQfYsFa3Q>
2. Twister
Example:
https://www.youtube.com/watch?v=_IYBGdQHbG4



Take notice

EXPLANATION:

Be curious, notice unusual things, appreciate the moment (even when it's something common), take notice of the world and what you feel.

- Children are curious in discovering the world. Support your child in this discovery, after a while it will feel safe enough to do it alone.
- Take notice of the small things that happen.
- Take notice in the small changes of your child.



Take notice

TIPS:

- Compliment your child when it does something good
- Compliment your child when it does something new

Take notice

EXERCISE FOR PARENT AND CHILD:

Goal: see yourself through the eyes of others

Hang a mirror. Make the parent and child look at for 1 minute.

After this, they both get little pieces of paper, they can write or draw what they saw in the mirror and what they felt. They can put these pieces of paper on the mirror.

Keep learning new things

EXPLANATION:

Be open to new things, take on new responsibilities, set a goal for yourself to achieve.

- A child has to discover new things in order to learn the do's and don't's in life.
- Set goals for yourself: start with small goals to achieve. It will give you the feeling "I CAN DO IT!".



Keep learning new things

TIPS:

- Set goals for yourself to achieve
Example: Set daily/weekly/monthly goals
- Go on new adventures with your child
Example 1: Try things you've never done together before (maybe cooking?)
Example 2: Go places you've never been together before (maybe a park?)

Keep learning new things

EXERCISE FOR PARENTS:

Goal: setting new goals

Take a balloon and feather.

Write a goal down on the balloon that you would like to achieve.

On the feather you write down all the things that helped you achieve the goal.

The goal is achieved? Pierce the balloon with the feather.

Example:





Keep learning new things

EXERCISE FOR PARENTS AND CHILD:

Goal: work towards your dreams

Make a dream catcher.

Write down or draw your dreams on a little piece of paper.

Every time you have accomplished a dream, you can attach the little piece of paper to the dream catcher.

Give back

EXPLANATION:

Do something nice for another. Smile, say thank you once in a while.

- The relationship with a child is about giving and taking. In the beginning the parent has to give a lot to the child, later on the child will start giving it back.
- It's okay if you need some help of others. But it's important to say 'thank you' once in a while.



Give back

TIPS:

- Say thank you to the people who help you
- Give your child love and affection
- Do something nice for your child
Example: Tell your child an extra story before bedtime

Give back

EXERCISE FOR PARENT AND CHILD:

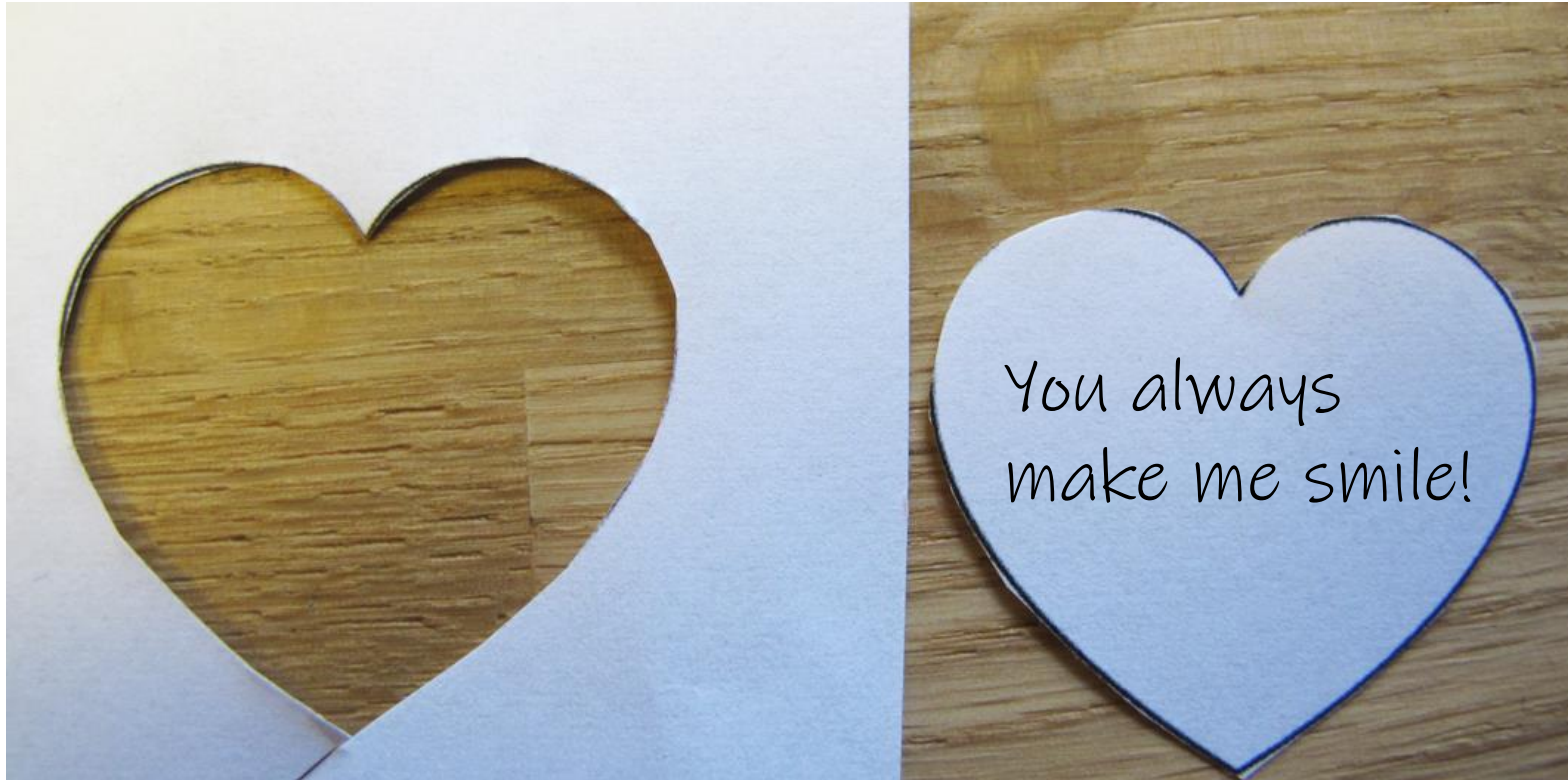
Goal: talk about your feelings

Make a heart out of paper.

On the heart you write or draw a compliment for the other.
At the end of the day, you give this heart to the other person.

! It's easier to show your emotions than talk about it.

Example:





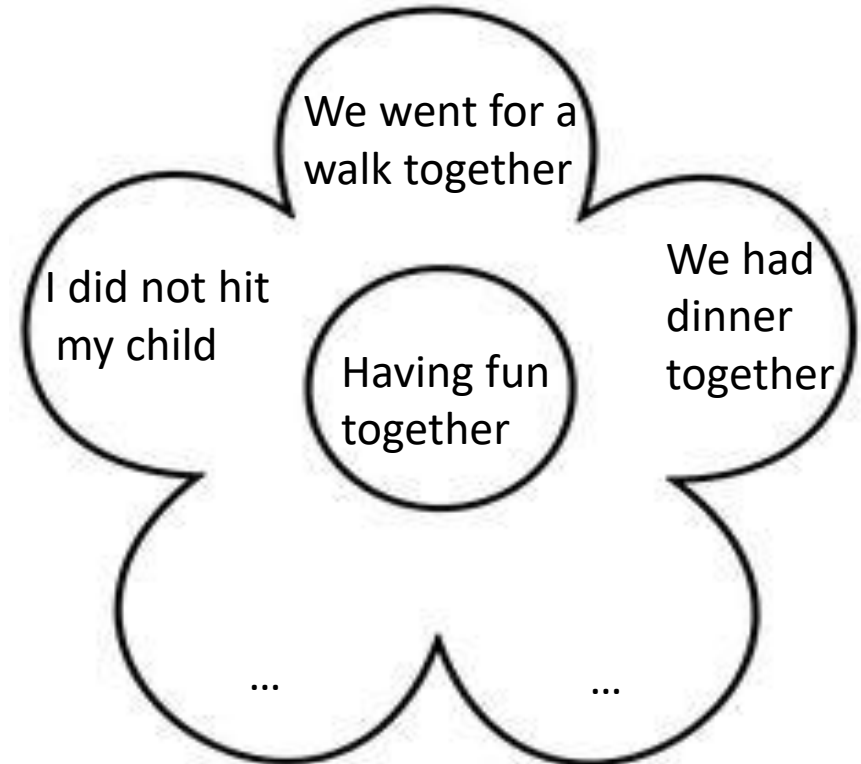
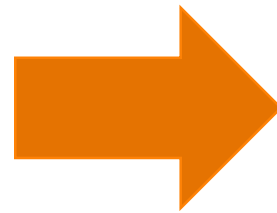
Give back

EXERCISE FOR THE PARENTS:

Goal: talk about your feelings

Every day, you take a flower. In the center of the flower you write a challenge for yourself. The next evening you talk about the challenge with your child. In the leaves you write what went well in order to achieve the challenge.

Example:



List of games to do with your child

Goal: stimulate parent-child activities

1. Making a drawing together
2. Read or tell a story before bedtime
3. Take a walk together
4. Play together
5. Have a meal together