

THE BASIC EDUCATION OF THE NEIGHBOURHOOD MOTHERS

Below is a description of the basic education of the Neighbourhood Mothers.

The education description is created in the light of best practice knowledge from nationwide courses and didactical methods.

The description is structured in 15 modules. Each module is linked to the basic skills which the Neighbourhood Mothers will have to cover, through the education. Further more the description contains methods, material and suggestion for instructors.

MODUL	SUBJECT	TEACHING GOALS	PRATRICAL SKILLS	MATERIALS	POTENTIAL EDUCATORS
1 Intro	Introduction 3 hours including one break.	To gain knowledge about Neighbourhood Mothers and their position in the local community. Introduction to the education-program Promotion-movie Generalization and prejudices Social-exercise	To gain knowledge about the national program and the community of Neighbourhood Mothers – goals, mission and vision To reach an understanding of the basic education and the requirements it puts on the participants To understand the effect of generalization and prejudices	Network-bingo To be a good and the poor listener client confidentiality among/in volunteering programs About client confidentiality What can you do to protect yourself from being alone	Coordinator Advanced Neighbourhood Mother National organization
2 Family	Development and upbringing of children 3hours including a break	To put focus on child development and age appropriate development. Bilingual development of children and how to manage conflicts and methods of upbringing To bring into focus how the child pick up fundamental skills from playing games	To gain knowledge about child development and bilingualism To gain knowledge about how to create a close and healthy relationship to your child.	Psychological development Lingual stimulation How to stimulate your child's lingual development?	Health Visitor Health Consultant Pedagogue with specialty in bilingualism

<p>3 Community</p>	<p>The everyday life of children 3 hours including a break</p>	<p>To gain an insight of the everyday life of children in the Danish society An introduction to Child care-institutions and how a corporate relation between parents and institution is created.</p>	<p>To gain knowledge about the importations of a corporate relation between child care institution and parents To reflect upon how to create positive surroundings for your child.</p>	<p>Parents on their way into the school system – a guideline We welcome you to the Danish government school How to work on a relationship with your child The parenting handbook</p>	<p>School teacher Education-adviser</p>
<p>4 Method</p>	<p>Communications skills 3 hours including one break</p>	<p>The significant role of a Neighbourhood mother Wh-questions; How to question in open phrase How to be an active listener The structure of the conversation; The model of conversation Private – Professional Piece of homework; to practice how to communicate</p>	<p>To understand how an approval approaches are the base of good communication. To understand the effect of approval and attention as an important tool when you communicate.</p>	<p>The good and the poor listener The model of communication Schema of registration Piece of homework 1. Active listening</p>	<p>Coordinator</p>
	<p>Homework 1</p>	<p>To try out the communication tools on a number of at least three women.</p>	<p>To sense the effect of an approval approach in communication To be familiar with the methods of the Neighbourhood Mother</p>	<p>Homework 1</p>	<p>A Neighbourhood Mother</p>

<p>5 Methods</p>	<p>Help to self-help 3 hours including one break</p>	<p>How to create a structure in a conversation Try out different techniques What works and what doesn't work. Reflect upon and share your methods as a Neighbourhood Mother.</p>	<p>Exchange of experience and revisit the essential learning points of the piece of homework To be introduced to the conversation-scheme Client confidentiality and duty to report Referral and coaching Help others to help them selfs Dialog-practice</p>	<p>The model of "kvinde-café" (social gatherings of women) Roleplay</p>	<p>Coordinator</p>
<p>6 Family-relations</p>	<p>Teenagers 3 hours including one break</p>	<p>Challenging Teens; How to behave among teenagers How to communicate and build up a constructive and close relations Youth in the Danish society; Party life and relationships The psychically transformation of the body of a teenager; puberty</p>	<p>What characterise the life of a young person? To gain knowledge about the physical- and hormonal changes To gain knowledge about how to come around difficult and personal subjects Reflect upon what might be important for the youth</p>	<p>To practice dilemmas Roleplay the guideline of parenting Children and young people</p>	<p>School teacher SSP</p>
<p>7 Family-relations</p>	<p>Women and civil rights 3 hours including one break</p>	<p>Family rights The life of the woman and potential phrases of life – marriage, children, divorce, to be a widow and how to handle the process of inheritance To gain knowledge about domestic violence (7 types of domestic violence)</p>	<p>To gain knowledge about the legislation of equal rights and women's rights To gain knowledge about where to receive public assistance: institutions, local authority (ex LOKK)</p>	<p>Everyone has the right to equity Landmarks in the Danish history of women 1960-2004</p>	<p>Consultant of the family-centre Social worker Danish Ministry of Equality</p>

<p>8 Mentally and bodily Health</p>	<p>Body and sexuality 3 hours including one break</p>	<p>Body, contraceptive device, sexuality, homosexuality, menopause, HIV and Chlamydia Children and how to speak about sexuality</p>	<p>To be aware of bodily growth To gain knowledge about contraceptive device and sexuality Facts about virginity</p>	<p>Pregnancy and maternity leave Love and sex Contraceptive device and abortion Body and sexuality</p>	<p>Consultants from Sex and Society Further information: http://www.sexogsamfund.dk/Default.aspx?ID=16457 A Nurse</p>
<p>9 Mentally and bodily health</p>	<p>Physically health 3 hours including one break</p>	<p>To gain knowledge about exercise for both the body and mind Nutrition – diet advice An introduction to the <i>Nøglehullet (Keywhole)</i> D-vitamin</p>	<p>To gain knowledge about how to obtain a healthy lifestyle and how to integrate this lifestyle in your family. 5 exercises to try out at home. To understand the importance of a healthy lifestyle. To be aware of the importance of a lifestyle</p>	<p>Healthy food and physical activity page: 6-9, 12-17, 20-27, 34-39. Health</p>	<p>Health-communicators Health consultant Nutrition expert</p>
<p>10 Method</p>	<p>How to take care of yourself 3 hour including one break</p>	<p>Refresh previous methods and tools The parrot skill The ear muff Where is your personal line in the helping relationship Practice how to communicate and how to build relations</p>	<p>Stringent your ability to set boundaries when helping other. To increase the awareness of the possible dilemmas within a helping relationship.</p>		<p>Coordinator with tools from the National Organisation. Further information: www.bydelsmor.dk/materialer</p>

	Homework 2	To practice how to communicate with a number of at least three women. Fill out the communication-schema To practice how to set boundaries when they are already crossed.	To make use of the practical skills	Piece of homework 2	Coordinator introduce the exercise
11 Practical tools	Outreach work 3 hours including one break	Exchange of experience and revisit the essential learning points. Knowledge about the target group of the Neighbourhood Mothers; women in challenging life situations Outreach work – what is outreach work and how to do it? How to handle a rejection. Present an overview of the practical tools	To learn from personal experiences To know how to taunt women who need help. To have the guts to turn to a stranger and introduce yourself as a Neighbourhood mother	The model of the women cafe Roleplay The “suitcase” of the Neighbourhood mothers	Coordinator
	Homework 3	To turn to a number of at least one or two women, whom you do not know, and introduce yourself as a Neighbourhood Mother.	To practice how to interact with women whom you do not know and to feel content in these situations.		The Neighbourhood Mother
12 Health	Mental health 3 hours including one break	Knowledge about mentally health Lets get rid of the myth Knowledge about mental diseases - ex depression and PTSD - and how to provide support	To gain a basic knowledge about mentally diseases as well as how to support.		Psyk-Info Psychologist Of of Us

13 Society	Municipality 3 hours including one break	An introduction to the municipality; Whom is dealing with what? Borger.dk (citizen.dk)	To gain knowledge about the different authority within the municipality To know how to address an authority	Instructors provide tools which applicable an overview of the municipality Memory game Roleplay	Social Worker Citizen Service Centre
14 Society	Democracy, freedom of speech and human diversity 3 hours including one break	Danish democracy and form of government, freedom of speech, human rights and human diversity The five values of the Neighbourhood Mothers Intercultural communication	To gain insight into the Danish form of government and the historical formation for this To gain insight into the different between freedom of speech and the duty to speech up. To appreciate the five values of the Neighbourhood Mothers as well as how they are connected to democracy and human diversity.	It's your choice Movie: My Denmark Snapshots of Democracy The consecutive Board	Local politician
15 Recapitulation	Evaluation of the basic education and set up future milestones. 5 hours including breaks and dinner	Exchange and revisit the essential learning points. Evaluation of the new created knowledge One or two new educated Neighbourhood Mothers prepare a short speech of the translocation and handing out diplomas	Reflections upon the newly gained knowledge and personal changes Prepare the further development; How do we put everything into practice and how to create a sustainable working community?	Methods; most significant change.	Coordinator Contact The National Organisation for more information about the evaluation methods, Most significant change
Translocation and handing our diplomas	Translocation and handing our diplomas in the local city hall	Celebration	Pride, happiness and the joy getting started.	Speech of thanks Handing our diplomas, flowers and gifts from the National Organisation	Mayor Coordinator National Organisation