Nurture Nest: The Role of Parents in Child Development

# Workshop Duration: 1 Hour

## Objectives:

* Understand the importance of child development.
* Explore the role of parents in positive child development
* Help parents navigate through app/activities

# Workshop Structure:

## 1. Introduction (10 minutes)

**Welcome & Icebreaker:** Briefly introduce the workshop and get parents to share their child’s age, one activity they enjoy doing with their child and a funny incident with their child( in groups of 3 or 5)

**Discuss the objective:** Explain what will be covered in the workshop, the Importance of child development and the role parents play in it.

## 2. Importance of Child Development (15-20 minutes)

* Importance of Early childhood: Discuss why early childhood (0-6 years) is a critical period for brain development and long-term learning.
* Developmental Domains: Briefly introduce the main developmental areas:
* Cognitive Development: Learning, problem-solving, and decision-making.
* Social & Emotional Development: Interactions, managing emotions, and building relationships.
* Physical Development: Fine and gross motor skills.

## 3. Role of Parents in Child Development (20 minutes)

* Creating a Supportive Environment at Home
* Engaging in Play: How play supports learning and development.
* Reading Together: The benefits of early literacy and storytelling.
* Positive Discipline: Setting boundaries with love and understanding rather than punishment.
* Nutrition & Physical Activity: Importance of a balanced diet and active play for physical and cognitive growth.
* Cultural Context: Discuss how Indian traditions (e.g., storytelling, folk games) can be integrated into developmental practices.

## 4. Introducing the App/activities list(10 mins)

* Show the interface of the App and help them explore where the can get activities
* Demo one activity with parents

## 5. Q&A and Closing (5 minutes)(optional)

* Open the floor for any questions or concerns parents might have.
* Wrap-up: Recap key points and provide resources (books, websites, apps) that parents can use to support their child’s development further.
* Thank You Note & Next Steps: Encourage parents to reflect on what they learned and how they plan to implement these strategies at home.

# Key Concepts to Cover:

| Concept | Details |
| --- | --- |
| Holistic Development | Cognitive, emotional, physical, and social domains. |
| Parent-Child Bonding | Building secure attachments and their impact on a child's confidence and independence. |
| Play-Based Learning | The value of unstructured and structured play in development. |
| Nutrition and Health | Simple tips for balanced nutrition and physical activities that promote overall growth. |
| Positive Parenting | Encouraging positive discipline strategies and being a role model for behavior. |