

## Practising group skills – Delegates’ instruction sheet

### Instructions for activity: Practising group skills

- The trainers will let you know which activity you will be running – **please tick column beside session number for your reference.**
- You have 15 minutes to read and then prepare the activity indicated below:
  - Decide on equipment you will need i.e. pens, flip chart paper or toys
  - Allocate roles for each delegate, i.e. lead for session, group facilitator or timekeeper
  - Consider issues such as literacy or managing endings.
- The time you have today is less than the allocated time for the activity in the parenting group so it is likely you will not finish the activity.
- You will then have 10 minutes to run the first part of the activity.

	<b>Session no., activity page no. and title of activity</b> For group activities you should facilitate the groups and consider literacy issues
	Session 1 (Page 1.12-1.14) Goals and celebrations and identifying goals for the group
	Session 2 (Page 2.9-2.12) How do you know what you’re feeling?
	Session 3 (Page 3.8-3.11) Your child’s development
	Session 4 (Page 4.7-4.9) What helps Note: Read the question as it is written, as changing it may lead to a different type of discussion and it is helpful to manage the time to allow both questions to be asked if possible
	Session 5 (Page 5.8-5.11) Styles of parenting Note: You are asking groups to think about how their grandparents parented their parents
	Session 6 (Page 6.8-6.11) The importance of play
	Session 7 (Page 7.13-7.16) Why is sleep important?