



Radio Stations : **All community radio Stations**
Subject : **Early Childhood Development**
Audience : **Parents, caregivers and educators**
Program Topic : **The Important Role of Parents/Caregivers (LOVE)**

Guidelines to the presenter

- Presenter – please familiarize yourself with the brief and the use the facts effectively by referring to them from time to time during the show.
- You should be seen as a peer rather than an authority.
- Offer guidance or opinion rather than telling people what to do.
- Encourage people to seek further information
- Always keep the objectives and outcomes in mind and drive these.

Topic:

The important role of parents/caregivers

Objectives

- To underline the importance of parents as the child’s first teacher and primary caregiver during the early years
- Generate awareness of maternal mental health
- Create an understanding of activities that the parent should do with the child to improve development.

Introduction

On this show, we celebrate the fact that you are the most important person in your child’ life. You have the power to give your child the best possible start in life and it doesn’t have to cost you a cent.

It is now accepted that the first 1000 days of being a parent are the most significant in a child’s development. Leading child health experts worldwide agree that care given during the First 1,000 Days has more influence on a child’s future than any other time in

their life. These first 1000 days include the period in the womb, when the mother is pregnant and how the choices made then impact on the child. Poor nutrition and health and inadequate intellectual stimulation can stunt the child’s potential for life. Today we look at what you can do during the first 1000 days. Join us as we discuss the role of parents and caregivers.

Questions	Facts/Information
<p>1. <i>What is the role of the parent in Early Childhood Development?</i></p>	<p>A parent is anyone who is primarily responsible for the care of children – fathers, mothers, grandparents, uncles, aunts, brother, sisters .The role of parents during a child’s earliest years is the single biggest influence on their development.</p> <p>Parents play a vital role in the development of young children.</p> <p>Good quality home learning contributes more to children’s intellectual and social development than parental occupation, education or income. The home is where children first encounter language and literacy. Parents can provide experiences to help young children gain a strong foundation.</p> <p>Parents/caregivers are children’s guides into the world. A child’s first teacher is their parent/caregiver, and they need to actively be involved in their learning and development.</p>

<p>2. <i>Why is it important to develop a good relationship with your baby and young child?</i></p> <p>3. <i>Safety is a really important role for a parent? What can parents do to keep their children safe?</i></p> <p>4. <i>What can I do as a parent with my baby to stimulate learning and brain development?</i></p>	<p>Developing an early emotional connection to a caregiver is also critical for an infant’s well-being. Absence of attachment to a consistent caregiver – such as occurring in a poorly run orphanage – can have significant negative effects on brain development and cognitive functioning. There are well documented links between early healthy parent-child attachment and outcomes, such as school success and failure.</p> <p>Finding ways to make the house safe and secure (e.g medicines stored safely, teaching children re: electricity etc.) Ensuring that children are always in the care of a trusted adult and never unsupervised Protecting children from abuse and neglect.</p> <p>Hold babies, touch them in a loving way, and make eye contact with them. Respond to babies’ coos, babbles, and cries with love and warmth. Talk and sing to children from the time they are born. Describe to baby what she is seeing and doing, and what you are seeing and doing.</p> <p>Read out loud to children every day, as soon as they are born. Make reading fun. Have children sit on your lap or next to you so they can see and point to the pictures. Have children find objects that begin with the same sound — bat/ball, dog/door, milk/Mom, and so on.</p>
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<p>5. <i>An essential responsibility of a parent or caregiver is to create a healthy, safe and stimulating environment for children – why is this so important?</i></p>	<p>Read poems and storybooks with rhyming words.</p> <p>PLAY and ENCOURAGE CREATIVITY Allow children to play and join in their play, following where they lead. Simple items like pots and pans can make wonderful toys. There is no need to spend lots of money on expensive toys. Give children lots of time to explore and to play outside. Make up stories with your child. Limit screen time with phones, television, computers, and video games to two hours a day. Promote physical activity and safe play, independently and in group settings. All of these things encourage brain development.</p> <p>Environment and stimulation affect brain development: The environments and relationships experienced by a young child affect how the brain develops. Research shows that physical factors such as poor nutrition, iron deficiency, exposure to toxins, as well as stress, poor stimulation and limited social interaction, change the way the brain’s structure is formed and influence cognitive and emotional development. Stimulation (such as mothers and children playing with toys to guide learning and exploration) can improve sensory and motor development, even where other negative factors, such as malnutrition, are present . The bottom line is that socially enriched environments, security and cognitive stimulation are crucial to later success, development and achievement.</p>
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<p>6. <i>How can a parent create a good learning environment for their child?</i></p>	<p>Talking to you child from birth is essential for learning and for bonding between caregiver and child. Explain to your child what you are doing and what is happening around them, even before they can talk. Once they can talk, engage with them, ask questions and listen to their answers.</p>
<p>7. <i>Can parents teach their children everything they need?</i></p>	<p>Parents/caregivers are babies' and children's first teachers. Crèches and pre-schools can never replace the role played by parents/ caregivers. Babies and children learn many things from their parents/ caregivers such as their first words, their first steps, how to treat and respect other people, etc.</p> <p>From birth to two it is widely agreed that the best place for a child to be for their development is in a safe and loving home environment, not in an ECD centre. If possible, children should remain in the care of a primary caregiver until at least two, before attending any group programme. From two, group programmes such as playgroups are good place for development and learning, and from three it is a good idea for children to be enrolled in a preschool/ECD programme of some sort.</p>
<p>8. <i>Once your child starts preschool, what are your responsibilities?</i></p>	<p>Parents remain responsible for children's health, nutrition, safety and need to support their learning. They are also responsible for checking up on their learning environments and making sure that they are good. Parents/caregivers</p>

	<p>need to be involved in the children’s day-to-day routines or what happens at any pre-school or day-care facility their babies or children attend, because this shows a baby or young child that the parents/caregivers are interested in their learning. This in turn, helps to build character and self-esteem in the young child.</p>

<p>Conclusion</p>
<p>It is a very challenging task being a parent – you are responsible for the well-being of another, while at the same time often faced with difficult and stressful experiences yourself. It is important that parents/caregivers are supportive of one another in the challenging task of taking care of babies and children. Parents/ caregivers should realise that nobody is perfect, but that all parents/ caregivers raise their babies and young children to the best of their abilities. We are allowed to make mistakes, as long as we learn from our mistakes and shows like this aim to help you along the way.</p>

<p>Learning outcomes</p>
<p>After listening to this show the audience should:</p> <ul style="list-style-type: none"> • Understand the critical, influential role that they as caregivers play in the lives of their child • Take a concerted interest in their child’s learning and development • Take steps to ensure that children are safe • Be aware of things and activities to do with their children such as reading, playing and teaching.