

PARENT ORIENTATION SUMMARY REPORT

AIM:

Orientation of My Peegu, Introduction of counsellor and Emotion Coaching to parents.

PURPOSE:

- To update parents on the programmes given by my peegu at schools and the currents position of the company.
- To understand the importance of mental health for children.
- To introduce the counsellor to the parents so that they can seek counsellor's help at any time.
- To deliver the importance of emotional coaching to children.

SUMMARY:

The orientation webinar was conducted by Mr. Chetan Jaiswal CEO of my peegu, Noitacude Educational Services Pvt Ltd on 27-06-2020 Saturday for parents of 9th and 10th grade students. A total of 35 parents participated in the session.

- The orientation was divided into 3 parts
 1. Introduction to my peegu
 2. Introduction of the counsellor.
 3. Importance of Emotional coaching for children.
- The vision of My peegu was shared in the first half of the programme.





- My peegü belief, reach and the details of the nature of work was put forth before parents.
- A brief explanation was given on how parents, teacher and psychologists have to work together for an overall development of the child.
- Value addition of my peegü was shared so that parents are aware of the different programmes.
- Awareness was given on how stress is playing a major role in the current pandemic situation and how parents are comparatively more susceptible to stress in the current situation.
- Anagha.K.A. Assistant Psychologist at Apollo National public school was introduced.
- Parents were introduced to the recognise their emotional intelligence, and how they can find a balance between interpersonal and intrapersonal intelligence of emotional competence which can affect the growth of children.
- Emphasis was given on emotionally healthy parents in order to coach children.
- 3 most common mistakes of emotionally responding to a child were shown.
- 5 handy Steps of emotion coaching was shared with the parents.
 1. Tune in – notice what is going on in your child's world
 2. Connect – say what you see (descriptive without judgements) & pause..
 3. Accept &listen
 4. Reflect
 5. Problem solve- when you are both calm.

What you can do to help build your child's emotional health and resilience

- Normalise emotions (all emotions are ok but not all behaviours are)
- Where possible, when your child is showing emotion stop what you are doing and practice using the steps
- Connect, Accept, Reflect, and ONLY THEN move onto problem solve (if needed)
- Work on your own stress and lid being up, build in some mindful space/activities into your day
- In a playful way, teach your child Dan Siegel's hand model, they really can get it!

- The webinar was open for quires from the parents.



QUIRES

A Parent raised a concern regarding,

- How attention span of a child in online class is not more than 30 minutes, and continuous classes can affect the child.
- How as parent he should analyse the interests of the child, he was confused if he should allow the child to take up extra activities if the child is not interested in studies.

The parent was informed about the measures the school is taking to manage the online class timing. The parent was also informed to share his mail id to fix up a one on one meeting to understand the student and the parent.

