



PARENT ORIENTATION SUMMARY REPORT

AIM:

Orientation of MyPeegu, Introduction of counsellor and Emotion Coaching to parents.

PURPOSE:

- To update parents on the programmes given by my peegu at schools and the current 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.

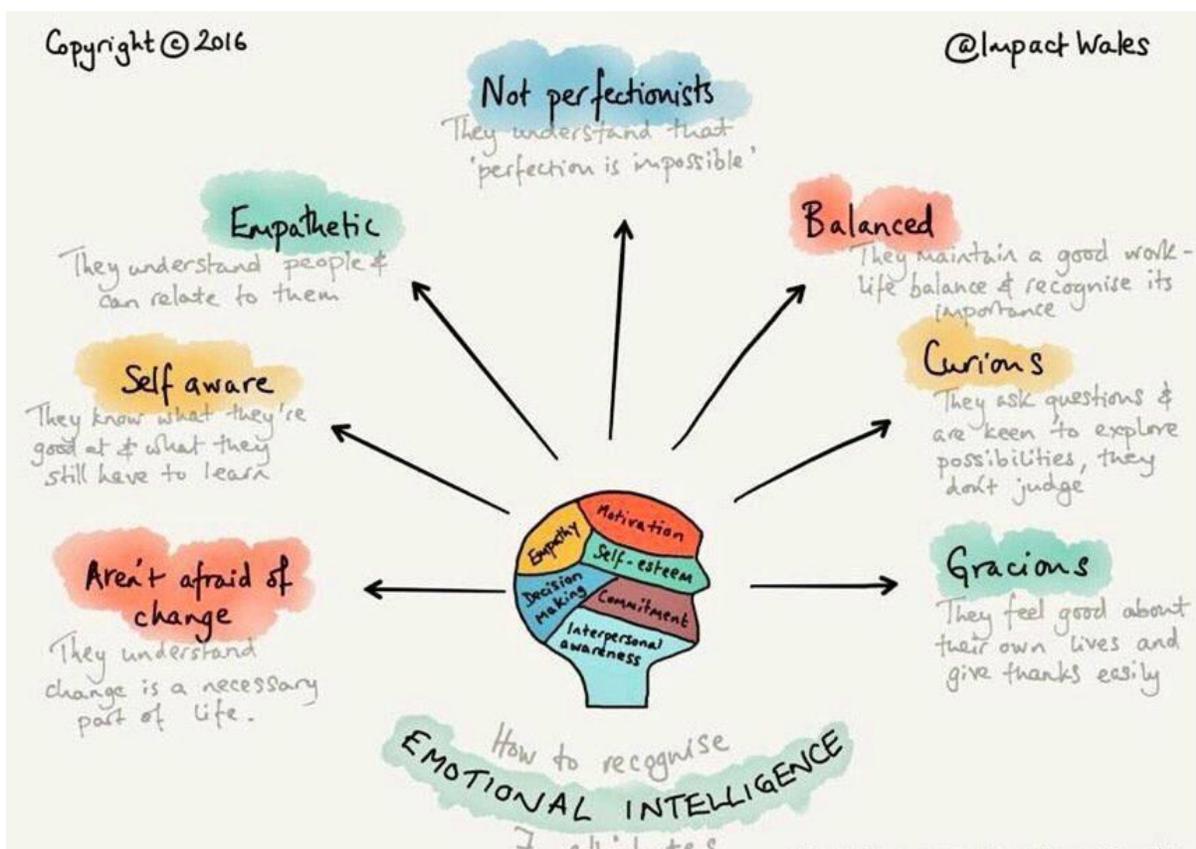
SUMMARY:

The orientation webinar was conducted by Miss. Anagha.K.A, Assistant Psychologist at MyPeegu, Noitacude Educational Services Pvt Ltd on 11-07-2020 Saturday for parents of Play Group students. A total of 35 parents participated in the session.

- The orientation was divided into 3 parts
 1. Introduction of MyPeegu counsellor
 2. Introduction to MyPeegu
 3. Importance of Emotional coaching for children.
- Anagha.K.A, Assistant Psychologist at Apollo National public school was introduced.
- The vision of My peegu was shared in the first half of the programme.



- My peegu 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 peegu 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.
- Parents were introduced to 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.



- The webinar was open for queries from the parents.

QUERIES

The session was open for queries and feedback.

The screenshot shows a Zoom chat interface with two video thumbnails at the top. Each thumbnail displays a slide titled "Emotion Coaching the Heart of Parenting" with the My Peegu logo and a photo of a young girl. Below the thumbnails is a list of chat messages from participants. At the bottom of the chat window, there are two buttons: "Send a message to everyone here" with a right-pointing arrow.

Umesh Srinivasa Naidu 2 mins
thanks for your time to put this together.

Harshitha Rani ks 2 mins
Thank you ...Nice session

Prathima Gowda 2 mins
Thank fot the [session.it](#) was good.

Pooja Aravind 1 min
Thank you... It was a good learning

Sushma Mahendra 1 min
Thank you

Shreyashalusubbu S 2 mins
Thank for the useful information

sarita desai 2 mins
Thank you..no

Srilalitha br 2 mins
Amazing seccision thanks so muxh

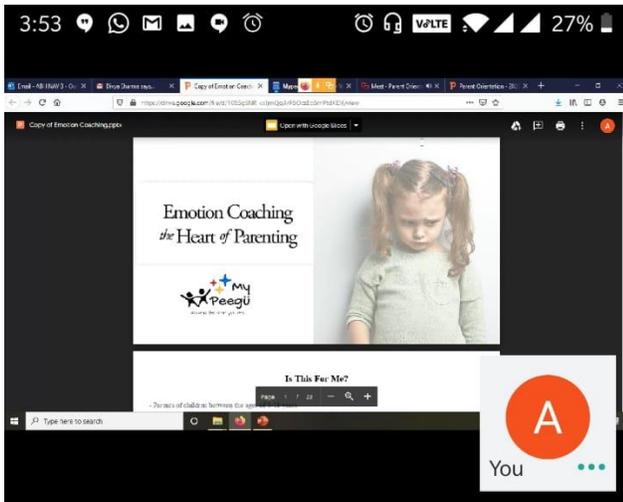
Mary Tharakan 2 mins
An informative session. Thank you.

manjunath n.v 2 mins
Thank you

Send a message to everyone here



become the star you are



(23)

shwetha ms 1 min
Thank you very much.

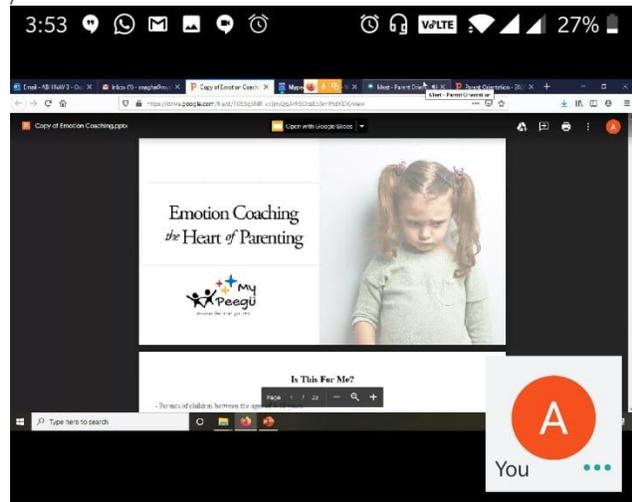
lalithya k 1 min
Thank u for wonderful session mam

Ashwini Raghu 1 min
It was a good session.. Thank you

Rashmi Raghav Now
Thank you mam

syedali nawaz Now
Thank u mam it was a good 👍 session

Send a message to everyone here



(17)

Chaitra b 3 mins
Thank u.. It was a wonderful session.

sripriya E.B 3 mins
It was a good session... Thank you ma'am

Chiranthana.R prashanth 3 mins
Nothank you

Soumya Ramesh 2 mins
Thank u. No

Naveen N 2 mins
Sure thanks very much

Send a message to everyone here

