



CURRICULUM CONTENT TABLE

GROWING WITH YOU

Information Table

Reference of target groups, competencies, subject matter, methodologies, and technical standards for the implementation of the model.



**GROWING
WITH YOU**



Target groups	Competencies
<p>Pregnant women/Fertile age 10 sessions: Includes 1 introduction, 1 reflection and 1 reinforcement session Special group strategy to do in the least amount of time possible</p>	<ul style="list-style-type: none"> » Growth and development according to age, stimulation, attachment (first months). » Recognition of and handling emotions while pregnant. » General care of pregnant women » Gender: role of the father during pregnancy.
<p>0 to 5 years</p>	<ul style="list-style-type: none"> » Growth and development according to age » Attachment, abilities to prevent and respond to negligence, exploitation, abuse and violence. » Handling emotions. » Self-esteem. » Self-care. » Gender and role of the father » Communication abilities
<p>Committed Fatherhood Special group strategy to implement the 14 sessions in the least amount of time possible.</p>	
<p>Community Formal and informal mechanisms (at municipal and community level)</p>	<ul style="list-style-type: none"> » Recognition of the importance of attending this age group and their responsibility in protecting children under 6 years of old. » Guarantee the survival of children and provide opportunities to caregivers for the care and protection of children under 6 years of old. » Ability of managing and coordinating the referrals of services to and from well-being and protection of children under 6 years old and their families.
<p>Population</p>	<ul style="list-style-type: none"> » Recognition of growth and development, attachment and protection as well as the needs of caregivers in their own wellbeing and self-care. » Recognition of their role in prevention and response of protection of children under 6 years old and their families.

HEALTH

	Key MIC	Content	Recommended Manuals
Pregnant women and fertile age	ES1	<ol style="list-style-type: none"> 1. When to seek prenatal care 2. How to prevent and identify risks of pregnancy 3. A safe and clean delivery 	<ol style="list-style-type: none"> 1. Manual HND Health of mothers and newborns. <i>Topic health before labor, pg. 13</i> 2. Manual HND for Facilitation of Health Modules. <i>Topic health before labor, pgs.: 13, 15 y 16</i>
	ES2	<ol style="list-style-type: none"> 1. Care and danger signs for newborns 2. Spacing between pregnancies 3. Delivery plans 4. Sexual Reproductive Health- Health Services 	<ol style="list-style-type: none"> 1. Manual HND, Infant Health, General danger signs in a sick child <i>pg. 22</i> Manual BOL Birth Plan
AGE 0-5	NS1-NS4	<p>4 sessions</p> <ol style="list-style-type: none"> 1. Introduction 2. Prevent, identify and respond to prevalent infant diseases 3. Danger signs for children under 5 years old 4. How to read health monitoring card and vaccination plan 	<ol style="list-style-type: none"> 1. Introduction 2. HND Infant Health, Frequent diseases in children, <i>pg. 16.</i> 3. ECU Workbook for participants, "Physical Development", <i>Module 15</i> 4. HND Infant Health, General signs <i>pg. 16.</i> 5. HND Infant Health, Infant Vaccinations.
		<p>2 Fairs</p> <ol style="list-style-type: none"> 1. Personal hygiene 2. Hygiene and hand-washing 	
COMMUNITY		<ol style="list-style-type: none"> 1. Capacity building of local and municipal authorities in supporting the well-being of children 2. Strengthen the work and ties between community level and authorities 3. Strengthen community groups in child protection and general well-being of children 	

DEVELOPMENT

	Key MIC	Content	Recommended Manuals
Pregnant women/ fertile age	ED1	<ol style="list-style-type: none"> 1. Prenatal stimulation 2. Movement and tactile stimulation 3. Smell and taste stimulation 4. Visual stimulation 5. Auditory stimulation 	<ol style="list-style-type: none"> 1. HND Manual to facilitate stimulation modules, Application of the results of the development scale 2. BOL Poster of Early Childhood Development, <i>Ch. 1</i> 3. HND Manual de Early Stimulation, <i>unit 1/HND Manual What is Early Stimulation?, Topic 5</i>
AGE 0-5	ND1-ND32	<p>32 sessions</p> <ol style="list-style-type: none"> 1. Introduction (<i>raising awareness of importance of development, expectations, difference between growth and development</i>) 2. Cultural and colloquial beliefs and knowledge. Factors that limit or benefit development. 3. General development areas 4. Evaluation of development 5. Specific content and practices according to age (32 sessions) <ul style="list-style-type: none"> » Gross motor skills » Fine motor skills » Cognitive » Social emotional and attachment reinforcement » Language » Play, a resource for stimulation » Interacting with children » Children playing with other children 	<ol style="list-style-type: none"> 1. HND What is Early Childhood Development? <i>pg. 16.</i> MEX Theory of Development <i>pg. 19,</i> HND Manual to facilitate the stimulation modules <i>pg. 14.</i> 2. HND Manual to facilitate stimulation modules Factors that benefit growth and development 3. HND Manual to facilitate stimulation modules, getting to know the areas of child development <i>pg. 21.</i> 4. HND Manual to facilitate stimulation modules, Application of the results of the development scale 5. BOL Poster of Early Childhood Development 6. HND <i>Module 2, Play</i> 7. MEX Massage, Model Planting Connections, Generating Peace, Mex. Program guide PEO sessions, MEX PEO for facilitators

NUTRITION

	Key MIC	Content	Recommended Manuals
Pregnant women/fer tile age	EN1	<ol style="list-style-type: none"> 1. Preparation for exclusive breastfeeding -weaning 	<ol style="list-style-type: none"> 1. MEX Health Lifestyles, Module Pregnancy. HND Manual Nutritional Care for children under two years old, <i>Topic 1</i> BOL Poster of Early Childhood Development, <i>Ch. 2</i>
	EN2	<ol style="list-style-type: none"> 1. Nutrition during pregnancy (<i>iron, calcium, zinc, Vit. A,B 6,12, D, E, and carbohydrates and protein</i>), healthy eating plan 2. Nutrition for lactating mothers 	<ol style="list-style-type: none"> 1. MEX Nutrition for lactating mothers, M2S2. MEX Manual of Nutritional Guidance, M2S HND Manual Health of the mother and newborn, <i>Topic 1</i>
Age 0-5	NN1-NN5	<p>5 sessions</p> <ol style="list-style-type: none"> 1. Introduction (<i>1 session</i>) 2. Nutritional practices (<i>food safety, sufficient food, physical activity, well-balanced, complete for everyone</i>) and micronutrients (<i>ferrous sulphate, zinc, vitamin A, B6, B12, iron</i>) <p>Reinforcement fair: Friendly environments at eating time</p> <ol style="list-style-type: none"> 3. Exclusive breastfeeding and nutrition of for lactating mothers 4. Complementary nutrition 5. Prevention, detection and attending nutritional risks (<i>malnutrition, overweight, reading the health monitoring card</i>) 	<ol style="list-style-type: none"> 1. HND, Nutritional Care for children under two years old, <i>Pg. 13.</i> 2. HND, Nutritional Care for children under two years old, <i>pg. 7.</i> MEX Manual of Nutritional Guidance. 3. HND. Nutritional Care for children under two years old, <i>Pg. 27</i> 4. MEX. Manual of Nutritional Guidance M3S, Evaluation of Child Growth

1.

0 A 5 AÑOS

Key MIC

Content

PROTECTION

Recommended manuals

NP1-NP7

Protection 7 sessions

1. Introduction: Definition of protection, rights-based approach, expectations of the subject and connection with the previous module. Role and responsibility of the caregiver in the protection of children in families and communities (*route*) (*This message should be consistent in the development of the area*): How my emotions affect child development? 1 session
2. Know protective factors of child protection and how to make the most of them 1 session and 1 reinforcement in fair
3. Know risk factors of child protection (*violence, abuse, exploitation, negligence*) 1 session and 1 reinforcement in fair
4. Identify and respond to situations of risk and violence including gender 1 session
5. Identify and respond to situations of risk and abuse including gender 1 session
 6. Identify and respond to situations of risk and exploitation including gender 1 session
 7. Identify and respond to situations of risk and negligence including gender 1 session

NPC1
NPC9**Positive parenting 9 sessions**

1. Introduction. Alternatives to punitive discipline (punishment) in accordance with the development of the child 1 session
2. How my emotions affect child development (*This message should be consistent in the implementation of this area*) 1 session
3. Self-esteem and assertiveness with children. How to make our children feel good, trust in us and in themselves through affection and communication 1 session and reinforcement in fair
4. Assertive communication (I): Active listening and empathy. How to listen and put ourselves in the shoes of others to understand one another better (*Partners, families in the environment*) in accordance with the development of the child 1 session y reinforcement in fair
5. Assertive communication (II): Expression of emotions and opinions. How to express ourselves in a positive way in accordance with the development of the child 1 session
6. Boundaries (identify a daily routine for child), Norms and Consequences 2 sessions
7. How to learn to solve problems in accordance with the development of the child 2 sessions

1. 1 and 5. MEX Manual Growing with You Partner Affective / Limits
2. 2 and 3. MEX Manual School for Parents,
3. Planting Connections, Generating Peace
4. Assertiveness
5. Child-raising ch. 2
6. Manual of students how to strengthen self-control in children
7. Manual of the monitor of the resolution of daily conflicts in the family course
8. For a respectable child-raising

PROTECTION

Key MIC

Content

Recommended Manuals

MEN COMMITTED FATHERHOOD

Group specific

14 sessions

1. Father participation in the raising and caring of children
2. Self-esteem (1 session, self-respect, accepting emotions),
3. Communication skills (1 session, attentive listening))
4. My role as a child and my role as a parent
5. Getting to know the needs of our children
6. Fathers and early childhood development
7. How fathers participate in the pregnancy
8. How fathers participate in institutional births and caring for newborns
9. How fathers participate in early childhood development
10. How fathers participate in the initial educational process
11. How fathers participate in non-violent education (handling emotions)
12. Fathers making decisions that benefit their children
13. Partner relationships
14. Reflection and recognition as a family

1. Participation of men in child-raising CONAFE
2. Gestalt self-esteem workshop
3. Self-esteem with a gender lens
4. Didactic manual for fathers and mothers
5. Methodological guide to implement workshops with mothers and fathers UNICEF

SELF-CARE

	Key MIC	Content	Recommended Manuals
Pregnant women Fertile age	EA1	<ol style="list-style-type: none"> 1. Handling emotions, recognizing pregnancy 	<ol style="list-style-type: none"> 1. Caregiver Wellbeing Series, <i>Module 11 Pregnancy</i>
	EA2	<ol style="list-style-type: none"> 1. Role of the father in pregnancy 	<ol style="list-style-type: none"> 1. HND Manual Committed Fatherhood
	EA3	<ol style="list-style-type: none"> 1. Emotional support in relationships and to the mother 2. Strengthening support to the mother, and family members in the environment. 	<ol style="list-style-type: none"> 1. Shared pregnancy, Emotional education program for pregnant women and their partners
AGE 0-5	NA1-NA13	<p>13 sessions</p> <ol style="list-style-type: none"> 1. Introduction (1 session) 2. Self-esteem (3 sessions: <i>Self-respect, Accept emotions, Internal positive thoughts</i>) 3. Self-care (2 sessions: <i>my physical, emotional needs; time for reflection</i>) 4. Handling emotions (1 session and reinforcement in fair) 5. Communication skills (3 sessions: 1 how to listen attentively, 1 how to communicate needs, dialogue and negotiation, and 1 putting yourself in the shoes of others) 6. Problem-solving (1 session) 7. Relationships in your environment (<i>conflict resolution</i>) (2 sessions) 	<ol style="list-style-type: none"> 1. Learning about emotions 2. Self-confidence 3. Self-care <ol style="list-style-type: none"> 1. Course 61 Manual for the student

DRR

Key MIC

Content

Recommended Manuals

AGE 0-5

RRD1
-
RRD7

13 sessions

1. Introduction to DRR and emergencies, review of concepts: threats, vulnerability, risk, disaster. Raise awareness of caregivers about DRR
2. Our feelings about emergencies and disasters and the participation of young children and their caregivers
3. Family resilience, getting to know our risks better
4. Prevention of most frequent accidents of young children, first aid in case of accidents
- 5-6. Preventative Families, family plans for emergencies (Family AVC, 2 sessions)

1. AVC Adolescent activities
2. Cons Guide UNICEF, Constructing Strong Foundations, Psychosocial Attention, Guatemala, Guate Frog Caravan, adapted to Seeds of Change.
3. Cons Guide UNICEF, ecGuide_AVC Plan Guide for analyzing threats, vulnerabilities and capacities, Booklet, Family Resilience Promotion
4. Healthy Home, Prevent accidents in the home, Protocol for managing risks in early childhood, Guidance for prevention
- 5-6. Family plan for emergencies, Preventative Family.

MAGIO MOMENTS

Key MIC	Content	Recommended Manuals
MM1	Series of 04 -08 photographs with a direct phrase from the child, family, community or field and/or context description of the photo.	<ol style="list-style-type: none"> 1. Capture Guide of Magic Moments 2. Download and authorization of use of image and information form 3. Photography course 4. Photography workshop, ChildFund Honduras 5. 365 Tips for Taking Photos
MM2	Written story about the development target that has been identified to communicate with the sponsor. Accompanied with 02-04 photos that help tell the story.	<ol style="list-style-type: none"> 1. Capture Guide of Magic Moments 2. Download and authorization of use of image and information form 3. Photography course 4. Photography workshop, ChildFund Honduras 5. 365 Tips for Taking Photos
MM3	Written story about the development target that has been identified to communicate with the sponsor. Accompanied with 02-04 photos that help tell the story.	<ol style="list-style-type: none"> 1. Capture Guide of Magic Moments 2. Download and authorization of use of image and information form 3. Photography course 4. Photography workshop, ChildFund Honduras 5. 365 Tips for Taking Photos
MM4	Series of 04 -08 photographs with a direct phrase from the child, family, community or field and/or context description of the photo.	<ol style="list-style-type: none"> 1. Capture Guide of Magic Moments 2. Download and authorization of use of image and information form 3. Photography course 4. Photography workshop, ChildFund Honduras 5. 365 Tips for Taking Photos

METHODOLOGY

	Modality	Frequency/Time	Duration	Methodology of the session
Pregnant women/ fertile age	<ul style="list-style-type: none"> » Group sessions of 1 hour with 10-15 participants including partners (registered in the PP) » One guide mother can have between 1 to 3 groups 	<ul style="list-style-type: none"> » 2 sessions per month 1 hour each one 	<ul style="list-style-type: none"> » 5 continuous months 	<ul style="list-style-type: none"> » Welcome, icebreaker activity (5 min) » Review of previous topic and application at home (5 min) » Exploration of existing knowledge and previous practices. (10 min) » Presentation of objective and importance of day's topic. Exploration of gender (10 min) » Implementation of topic, practical activities (1 to 3) (20 min) » Reflection of key messages and agreeing upon commitments for homework (10 min)
AGE 0-5	<ul style="list-style-type: none"> » Group sessions of 1 hour with 10-15 participants including partners (registered in the PP) » One guide mother can have between 1 to 3 groups <p>Fair modality</p> <ul style="list-style-type: none"> » 2 to 3 horas duration, divided in stations depending on the topics to be addressed, ensuring that the competencies of the content are addressed and the key messages are instilled. Include a play station for children and adults. 	<p>Frequency of fair</p> <ul style="list-style-type: none"> » 3 in the year according to the implementation and content map 	<ul style="list-style-type: none"> » 5 years each year with 8 months of biweekly sessions and 3 interweaving fairs each 2 to 3 months for a total of contact with the participants for 11 months per year 	<p>Bi-weekly session</p> <ul style="list-style-type: none"> » Welcome, icebreaker activity (5 min) » Review of previous topic and application at home (5 min) » Exploration of existing knowledge and previous practices. (10 min) » Presentation of objective and importance of day's topic. Exploration of gender (10 min) » Implementation of topic, practical activities (1 to 3) (20 min) » Reflection of key messages and agreeing upon commitments for homework (10 min) <p>Fair</p> <ul style="list-style-type: none"> » Based on the "carrousel" strategy with corners or stations and existing agendas for fairs
MEN/ COMMITTED FATHERHOOD	<ul style="list-style-type: none"> » Group sessions of 2 hours with 10 to 15 participants fathers or male caregivers (registered in the PP program) » The last 2 sessions the partner is invited to participate » A father guide can have between 1 and 3 groups depending on the context 	<ul style="list-style-type: none"> » 2 sessions per month 2 hours each one 	<ul style="list-style-type: none"> » 8 continuous months and 3 fairs, in total 11 months 	<p>The module of committed fatherhood has established times per session,</p> <p>Example of implementation of a session:</p> <ul style="list-style-type: none"> » Welcome, icebreaker activity » Review of previous topic and application at home » Exploration of existing knowledge and previous practices. » Presentation of objective and importance of day's topic. Exploration of gender » Implementation of topic, practical activities (1 to 3) » Reflection of key messages and agreeing upon commitments
COMMUNITY	<ul style="list-style-type: none"> » Training sessions of (2 to 3 hours) with formal groups and non-formal groups with representation of different community groups. » When it is possible and depending on the presence and advancement in the community there will be joint meetings with both groups » Each year, the process should be updated anticipating the change of authorities 	<ul style="list-style-type: none"> » Minimum one training session per month in the first year » After the first year, minimum one action per month. » Each year after the first year a reinforcement training will be done, based on agreements and plans 	<ul style="list-style-type: none"> » 1 year with annual updates 	<p>Session guide</p> <ul style="list-style-type: none"> » Inviting participants » Material for the session » Objective for the session » Use of techniques for reflections; participatory methodology, reflexive, experiential and life experience based » Agenda of a sample session: » Activities 1,2,3 of the session » Closing » Agreements

HEALT

DEVELOPMENT

NUTRITION

PROTECTION
Ages 0-5PROTECTION
Boys

SELF-CARE

DRR

MAGIC
MOMENTS

METHODOLOGY

Profile of the facilitator

Training foundations/facilitator

Periodic Accompaniment

Pregnant women/ Fer tile age

- » Person from the community
- » Minimum literacy skills
- » Local language
- » Facilitation skills with adult groups
- » Interest and commitment
- » Ability to travel

- » 8 effective days of certified training, distributed according to the needs of the participants including facilitation techniques, the time will not go over 1 month of preparation.
- » *Mothers trained by technicians*
(1 community guide per group with 10 to 15 people)

To volunteers

- » 1 observation of monitoring of sessions every 6 weeks, technician in charge
- » 1 monthly update
- » 1 technician for 25-30 guides

Accompaniment

- » Coordinator or partner manager, one time per month technical analysis work and in community at least one time per trimester.

AGE 0-5

Profile of facilitator

- » Person from the community
- » Minimum literacy skills
- » Local language
- » Facilitation skills with adult groups
- » Interest and commitment
- » Ability to travel for trainings

Profile of facilitators of fair

- » Team conformed by technicians, operational volunteers from the health, education and other sectors and volunteer guides.

For sessions

- » First year
8 effective days of certified training, distributed according to the needs of the participants including facilitation techniques, the time will not go over 1 month of preparation.
- » Year 2 and following years
2 days of reinforcement each trimester to prepare for the next curriculum content
- » *Trained mothers by technician*
- » *Technician trained by ChidFund*
(1 community guide for each group with 10-15 people)

For fairs

- » The technician in the fair methodology for 2 days, in charge ChildFund

To volunteers

- » 1 observation of monitoring of sessions every 6 weeks, technician in charge
- » 1 monthly update
- » 1 technician for 25-30 guides

Accompaniment to the technician

- » Coordinator or partner manager, one time per month technical analysis work and in community at least one time per trimester.

Accompaniment of fairs

- » Coordinator or partner manager accompanies the fair and gives follow-up to the technical objectives of the fair

MEN/ COMMITTED FATHERHOOD

The father guide should be a man

- » Person from the community
- » Minimum literacy skills
- » Local language
- » Facilitation skills with adult groups
- » Interest and commitment
- » Ability to travel for trainings

- (1 guide father per group with 10 to 15 people)
- » 8 effective days of certified training, distributed according to the needs of the participants including facilitation techniques, the time will not go over 1 month of preparation.
- » Guide father trained by technicians

To guide fathers

- » 1 observation of monitoring of sessions every 6 weeks, technician in charge
- » 1 monthly update

Accompaniment to the technician

- » Coordinator or partner manager, one time per month technical analysis work and in community at least one time per trimester.
- » 1 technician for 25-30 guides

COMMUNITY

- » Technician with knowledge and skills in facilitation, negotiation, geographical area, conflict resolution.

- » 5-day training together and action plan
- » Monthly session

Accompaniment to the facilitator

- » Coordinator or partner manager, one time per month technical analysis work and in community at least one time per trimester.

Facilitator to the community

- » Monitoring with community participants for accountability and feedback of authorities and leaders
- » Feedback mechanisms of authorities to communities:
- » Reflection of participants about actions in favor of children
- » Community Scorecard value of the community towards the authorities

HEALTH

DEVELOPMENT

NUTRITION

PROTECTION
Ages 0-5

PROTECTION
Boys

SELF-CARE

DRR

MAGIC
MOMENTS

METHODOLOGY