

Raising Strong and Kind Children

Course Description:

Strong children are at home with themselves and face life's challenges with courage, confidence and joy. They enter into relationships openly, feel part of the community and develop empathy and kindness toward others. They are children who know and use their strengths and accept their weaknesses and they can also deal with stresses and failures. Early childhood is the ideal time to gradually develop these qualities. This continuing education course shows how you can promote this development in everyday situations and make the children you care for strong for life.

Course day 2 "Solving Problems Together with Children" is the continuation of Day 1 "Raising Strong and Kind Children". It is highly recommended to attend both course days. However, the course days can also be attended separately.

Course Benefits/Objectives:

- You learn to engage with children in ways that promote self-confidence and self-worth.
- You learn to concretely promote these qualities in everyday life.
- You develop attitudes and techniques that strengthen relationships, teach self and social skills, and promote a positive group climate.
- You learn ways to encourage children as well as yourself in everyday life.

Target Audience:

Employees from daycare centers and supplementary school care as well as caregivers in daycare families (course content relates to small and school-age children up to approx. 8 years).

Course Content:

- Why healthy self-worth and self-confidence are so important and how we can foster these qualities in daily life with children.
- Creating space for feelings - positive and negative.
- The technique of empathetic and active listening and its application in everyday life.
- The difference between encouragement and praise.
- Practical ways to foster inner motivation, exploration, empathy and positive team spirit.
- Having the courage to be imperfect: The educator as role model.

Course Methods:

- Practical theory inputs
- Viewing of short film clips
- Partner, small group and plenary discussions
- Group exercises with concrete everyday examples that combine theory with practice

QualiKita:

This continuing education also supports QualiKita development area 2 & 3.