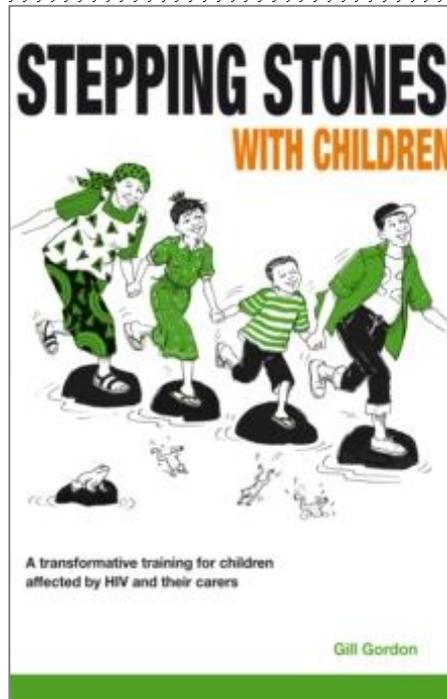


Handouts for *Stepping Stones with Children*



This *Handout for Stepping Stones with Children* is to be used with the *Stepping Stones with Children* training manual published by Practical Action Publishing, 2016.

You can download this handout for free for use with this training manual from the www.stepsstonesfeedback.org website.

On this website there are also many other resources to support you with this training manual and the original *Stepping Stones* training manual.

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LEARNING AND CONTRIBUTING

Children may carry out activities at home, at school and in the community. These might be aimed at learning, at meeting household domestic needs or at bringing in money or material resources.

Making a contribution to the world through activities is an important means of belonging, feeling significant and developing self-compassion. It's good if children are able to grow up seeing work as rewarding and enjoyable. Diligence and responsibility are important virtues for life and success.

Team work makes tasks easier and increased co-operation between boys and girls in sharing tasks nurtures equality. Being aware of how boys and girls spend their time can change gender attitudes and develops skills that are useful throughout life.

1. Making tasks easier for children to do

Use good communication skills by showing:

- respect, kindness and appreciation
- understanding and acknowledgement of how the child experiences the task, a clear explanation of the immediate task to be done, one task at a time.
- showing appreciation and praise when the task is done.

Give a reward of some sort – a hug or a small treat.

Give children tasks to do together so they are safer and have company.

Expect fair task sharing; for example, boys and girls share tasks or do them on a rota.

Find ways to make the task easier and more suitable for children.

Adults should do tasks that are harmful for children, such as carrying heavy things.

2. The virtue of diligence

Diligence is working hard and doing the best job we possibly can. When we work hard we can accomplish wonderful things.

“Diligence is the mother of good fortune.”

When we practise the virtue of diligence we develop ourselves and our families and support each other to reach our good lives.

3. A balance of daily activities

Children need a balance of daily activities which meet their needs for learning in or out of school, playing, food, resting, contributing to the household, interacting with peers and family and exercising.

Children benefit from time spent with their caregivers focusing just on them. Even if it's only ten minutes a day, children will feel happy that it is their time and they decide what to do together. This might be playing a game, reading a book together or singing a song. Children may also enjoy doing tasks with their caretakers, such as shelling beans, if they chat as well.



Caregivers have a responsibility to be aware of the child's daily activities and do their best to get this balance.

Some children are not able to attend school because they have too much domestic, care work or economic work to do or they are ill. *How can we change this?*

Girls often do more tasks than boys and squeeze in homework. They get used to working hard and doing as much as possible without complaining. Boys may be surprised that this is the different reality of the lives of boys and girls. *How can we change this?*

Children may be burdened with tasks without recognition of what they contribute to the house. *How can we change this?*