
PARENT AND CAREGIVER WORKSHOP: ONE-HOUR VIDEO DISCUSSION

The Basics™ are five fun, simple, and powerful ways to help all our children get a great start in life. Each Basic is the focus of an introductory video featuring real families with infants and toddlers. In this one-hour workshop, the videos serve as springboards for discussions of ways to turn everyday moments into learning moments.

This guide is flexible. It covers one of the five Basics (you choose which one). It can also be used to deliver a series of workshops covering all five. Consider the best times and places for offering sessions. In particular, how might you capitalize on occasions when families already gather at your organization or in your community?

During this one-hour session, participants will:

- Watch one of the Basics videos twice
- Discuss their observations from the video
- Identify at least one way they will use the Basic practice during the upcoming week

Before the Session:

- ✓ Choose which Basic you will cover and review its associated video and tip sheet (available online in the [Basics Community Toolkit](#)).
- ✓ Read through the workshop agenda on the following pages.
- ✓ Test your video player and speakers.
- ✓ Write the Group Guidelines (see the following page) on chart paper. Display where they can be easily seen.

Materials:

- ✓ One of the core Basics videos (accessed at www.thebasics.org or your community's local Basics website)
- ✓ Video screen or blank wall, and working speakers
- ✓ Chart paper and markers
- ✓ Scrap paper and pens for notetaking
- ✓ Handouts:
 - Tip sheets, accessed from the Basics Community Toolkit
 - My ABC Plan (included at the end of this document in English and Spanish)

Introductions and Group Guidelines (15 minutes)

- Introductions**
- Have each participant share their name and the age/s of their child/ren. If you have time, do an icebreaker, for example, “One word that describes how you feel right now,” or “An activity you enjoy with your child.”

- Group Guidelines**
- Your role is to create a safe, supportive learning environment. Review the Group Guidelines, referring to the chart that you prepared ahead of time.
 - *There is a lot of wisdom and experience in this room. One of the biggest benefits of meeting as a group is the opportunity to learn from one another. Our group guidelines are designed to help us make the most of this time together.*
 - ✓ *Respect other participants*
 - ✓ *Listen to one another*
 - ✓ *Be open to new ideas*
 - ✓ *Make this a safe place to learn*

- Why the Basics Matter**
- Set the stage by introducing the Basics. Use the sample language below to explain, in your own words, why the Basics are important.

Tip: If you have time, play the Basics overview video (3 minutes, 18 seconds) to give the big picture and introduce all five Basics. If pressed for time, skip the video and list all five Basics for the group.

- ***Science shows that a huge amount of brain growth—around 80%—happens by age three.*** Beginning from birth, young brains develop like little muscles, getting bigger and stronger the more you and your family interact with your infant or toddler.
- ***This early development lays a foundation for learning and wellbeing that lasts a lifetime.***
- ***That means we have a big opportunity to give all our kids a strong foundation for school and life right from the start.***
- ***The Basics are five simple and powerful ways to boost children’s brain development and learning that are based on the latest science.***
- ***Doing the Basics is free. It does not require any fancy toys or adding hours to your day. It’s all about the way you interact during the time you already spend together.***
- ***When everyone in a child’s life uses the Basics from the very beginning, the child arrives at school ready to succeed and thrive.***

- Today’s Goals**
- Share the specific goals for the workshop. *Today we will: watch the video for (whichever Basic you have chosen), share experiences about ways we (use that Basic) with our children, and identify new things to try at home.*

Video and Discussion (30 minutes)

Watch the Video Twice

12 minutes

- Introduce the video you've chosen and which Basic it covers. Let participants know that they will watch the video twice—first for general impressions, and a second time for closer observation. (If you are pressed for time, only watch the video once.)
- Play the video.
- When the video is over, have participants spend a minute or two thinking about what struck them the most. While they are thinking, pass out paper and pens. Offer the following instructions: *Now we are going to re-watch the video. This time, pay close attention and notice as many specific caregiving strategies as you can. You might find it helpful to write them down. Try to come up with at least five. Once we're done, we will discuss what we observed.*
- Re-play the video.

Partner Share

8 minutes

- Have participants find a partner and describe their list of caregiving strategies from the video (if the group is small, skip this step and move into the Full Group Discussion below).

Full Group Discussion

10 minutes

- Have participants share strategies in a “popcorn style” (short comments, with no one person dominating the discussion). Capture comments as bullet points on chart paper. Put check marks next to ideas that come up repeatedly.
- After you've recorded at least 6-8 strategies, discuss the following questions as a group:
 - *Which of these strategies do you already use? When and how do you do them?*
 - *What is your child learning in such moments? How can you tell?*
 - *Which strategies would you like to try? Which would you like to use more frequently?*

Tip: Encourage participants to be specific when describing moments from the video or ways they interact with their children. It can be helpful to say “Tell me more about that,” or “What did that look like?”

Take it Home (15 minutes)

Make a Plan

- Have participants think about their upcoming week, picturing all the routine activities they will do with their child (e.g., mealtimes, taking the bus, grocery shopping, laundry). Then ask them to reflect on the strategies that have been discussed, and choose one that they do not do as much as they would like, or a new activity they would like to try. Encourage them to picture the precise times and places that they will commit to use that strategy. The more specific they can be the better.
- Pass out the **tip sheet** corresponding to the video the video the group watched.
- Give everyone a minute or two of “think” time. Then distribute copies of **My ABC Plan** (see following pages for versions in English and Spanish) and have participants record their plans.
- Go around the room and invite each person to share 1) the Basics action that they chose, 2) the next time and place they expect to do it, and 3) how they or their child will benefit.
- Wrap up with a discussion of obstacles and challenges that may need to be managed for them to follow through. Encourage participants to help each other identify solutions to these challenges. Keep the conversation positive and solution-oriented. The goal is for every person to feel supported, confident, and inspired.

Tip: If the group will be meeting again, start the next session by having participants share their experiences with their ABC Plans.

For additional hands-on activities to reinforce the Basics, visit the online Basics Community Toolkit where you will find the following two activity guides (the first is for adult-only groups; the second is for caregiver-child groups):

- *Skill-Building Activities for Groups of Parents and Caregivers*
- *Skill Building Activities for Groups of Caregivers and Their Infants/Toddlers*

My ABC Plan

It's great to want to do the Basics™! But sometimes, good intentions are not enough to follow through on our plans.

Research has shown people are more likely to accomplish their goals when they think through the Action, Benefits, and Challenges of any new practice.

Please complete this form as an example of what you can do with all five of the Basics (or any other goal in your life).

Action

- ✓ **Picture yourself doing a Basics action that you don't usually do.**
- ✓ **When and where will you do it next?**

Action:

When:

Where:

Benefits

- ✓ **How will the activity benefit you and your child?
How will it make you feel?**

Benefits:

My Feelings:

Challenges

- ✓ **What challenges could get in the way of following through?**
- ✓ **What steps could you take to overcome these challenges?**

Challenges:

Solution Steps:

Pledge to Myself: I, _____, agree to be a part of the Basics Community of parents and caregivers who do the Basics and seek opportunities to share them with others.



Mi Plan ABC

¡Es genial poner en práctica “The Basics™”! Aunque a veces las buenas intenciones no son suficientes para llevar a cabo nuestros planes. Los estudios demuestran que las personas tienden a cumplir sus objetivos cuando analizan la Acción, los Beneficios y las Complicaciones de un nuevo ejercicio.

Completa este formulario como ejemplo de lo que puedes hacer con los cinco principios “The Basics” (o cualquier otro objetivo en tu vida).

Acción

- ✓ Imagínate implementando una de las acciones de los Basics que normalmente no realizas.
- ✓ ¿Cuándo y dónde la volverás a realizar?

Acción:

Cuándo:

Dónde:

Beneficios

- ✓ ¿Cómo se beneficiarán ambos, tú y tu hijo, con esta actividad? ¿Cómo te hará sentir?

Beneficios:

Mis sentimientos:

Complicaciones

- ✓ ¿Qué complicaciones podrían surgir?
- ✓ ¿Qué pasos puedes tomar para superar estas complicaciones?

Complicaciones

Pasos para superar las complicaciones:

Asumo el compromiso: Yo, _____, me comprometo a formar parte de la Comunidad Basics compuesta de padres y cuidadores que implementan “The Basics” y buscan la oportunidad de compartílos con los demás.

