



CAREGIVER TRAINING (ADOLESCENT) | Resources

Sinovuyo Teen Facilitator Manual

(Doubt, J., Tsoanyane, S., Cluver, L., Ward, and C., Lachman, J. M.)

"The Sinovuyo Caring Families Programme for Parents and Teens is targeted at pre-teens and teenagers between the ages of 10 to 17, and their caregivers. This includes direct biological parents, other biological relatives (grandparents, aunts, uncles, siblings), and other primary caregivers who are responsible for the wellbeing of the teenager. The programme uses culturally relevant approaches based on core principles found in evidence-based parenting programmes from around the world."

This three-part manual provides 1) background of the Sinovuyo Project, 2) information about and approach to each session, and 3) specific details for each session. It also includes an appendix with key terms, songs, and games to round out the session. The program aims to improve parenting skills and confidence, improve positive parenting behavior, decrease harsh discipline, help teenagers to manage their behavior, improve mental health and social support, increase problem-solving skills, help families respond better to crisis situations, improve knowledge of community services, and reduce family stress.

(Yekokeb Berhan Programme for Highly Vulnerable Children)

Better Parenting Training for Caregivers of Highly Vulnerable Children (Facilitator's Manual)

"Many children in low-resource settings miss school, experience physical punishment and face emotional and behavioural problems due to their difficult life circumstances. While most parents and caregivers do their best to raise the children under their care, they may feel overwhelmed or they may not know the best way to approach these challenges. The hardships that they and their children face are often exacerbated by extreme poverty, old age, lack of education, large families, HIV and AIDS, disability, or single parenting. Sometimes, parents and guardians simply don't know how to cope."

This manual is intended to train staff and volunteers in social work or other community service organizations in building parenting capacity. The primary goals of this resource include improving overall child wellbeing, reducing caregiver stress and anxiety, strengthening the relationship between caregivers and children, and improving child behavior. The approach presented in this program has been credited with increasing school attendance and performance, improving parent-child communication, and improving disciplinary methods. It serves as a guide for a 3.5 day workshop (or five sessions) related to parenting training that is appropriate for all caregivers of children. It is also appropriate for a training-of-trainers workshop. This model can be adapted for most cultures by including stories and locally-relevant examples. [To be used in conjunction with the **Better Parenting Training Job Aid.**]

Additional Resources

Skills Common to All Evidence Based Interventions: Practice Guides

(Rotheram-Borus, M. J.)

Parenting Teenagers

(Parenting in Africa Network)

Parenting Map

(Project Hope)

Strengthening Families (p. 17+)

(Save the Children)

Positive Parenting for Young Teens (12-14)

Positive Parenting for Teenagers (15-17)

(U.S. CDC)

Reducing Child Abuse Amongst Adolescents in Low- and Middle-Income Countries: A Pre-Post Trial in South Africa

(Cluver et al.)

Trust Based Relational Intervention for Teens

(TCU Institute of Child Development)

Although CAFO recommends these resources for further exploration, it does not necessarily endorse all principles and views throughout, or agree with all opinions of each author.

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