

**PROJECT TITLE: ASSESSING THE EFFECTIVENESS OF PARENTING
EDUCATION ANTE-NATAL AND POST-DELIVERY SESSIONS HELD FROM 2013
TO 2018**

Goal:

To evaluate the efficacy and validity of the existing parenting programme

Objectives:

- Assess the skills and knowledge of parents who participated in the programme
- Assess the benefits of the programme
- Determine the strength and challenges of the programme

Background and Rationale:

Parenting is a positive and nurturing activity that normally involves children, parents and other family members in lifelong interaction. It is also the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy. Parenting education gives parents the confidence they need to raise their children and teach them the most efficient ways of helping their children grow and develop and to protect them from any form of abuse. Studies have shown that educated parents can make better decisions in the lives of their children and in turn improving the mental and emotional development of children in their early years

In 2013 the Social Affairs Department worked closely with the Ministry of Health to pilot the ante-natal and post-delivery Parenting Education sessions in four regions of Mahé to promote the use of positive parenting practices. The programme was then extended to Praslin.

One evaluation workshop was held in 2017 with midwives and the parents who participated in the programme to obtain feedback from service users and some midwives. However, it is expected that through this project more detailed information can be acquired to assess the efficacy of the sessions, the level of parents' satisfaction, perception on the delivery of sessions, current parenting style, facilitators' views of the sessions, and involvement of midwives and their views.

Description:

The Department of Social Affairs will oversee the implementation of the survey. The technical assistance of a local consultant will be sought to:

- Design the Questionnaire
- Pilot the Questionnaire • Undertake the Survey
- Enter the data
- analyse data collected

- discuss and validate findings
- Submit a report on the findings
- Disseminate survey result to partners

The survey will be carried out in three phases:

- Selection of targeted group for distribution of questionnaires
- Sensitization campaign through information/discussion
- Data collection and analysis and final report

Budget Narrative:

The estimated cost of the project is SCR 300,000. It will include consultancy fees, allowances for data gathering, training for facilitators, printing and logistical requirements, dissemination and transportation cost. Funds will be sourced from National ECCE Trust Fund and from Children Special Fund.

Expected Outcome:

Efficacy and effectiveness of the programme

Performance Indicators

- Level of knowledge and skills of parents
- Percentage of parents who attended all sessions
- Parent perception of the programme and the facilitators
- Midwives perception of the programme