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„Effective strategies in students' reading education”**



# **A book that helps you be a good parent**

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The proposed workshop is aimed at parents who want a good future for their children. They want to teach them to follow socially desired values in everyday life.

The overarching goal of the workshop is to encourage parents to read and use the book entitled "**With a child into the world of values**", the authors of which are Irena Koźmińska - founder and president of the "ABCXXI-(Cała Polska czyta dzieciom) All of Poland Reads to Kids" foundation and the American foundation "ABCXXI-Child Awareness Program for Poland", initiator of the social campaign "All of Poland Reads to Kids" and Elżbieta Olszewska - member of the board and program director of the "ABCXXI - All of Poland Reads to Kids" Foundation, conducting lectures and workshops on children's emotional health and the Values Teaching Program.

<p><b>Objectives:</b></p> <ol style="list-style-type: none"> <li>1) Developing parental competences by studying literature in the field of education.</li> <li>2) Building a relationship with a child based on respect, acceptance and love,</li> <li>3) Understanding how your child communicates his own needs</li> <li>4) Strengthening the workshop participant as a parent by referring to personal memories and experiences,</li> <li>5) Awareness of educational goals, including the values that we pursue in upbringing and which we follow in life:</li> <li>6) Understanding the importance of formulating realistic expectations for yourself and your child</li> </ol>	<p><b>Methods</b></p> <ol style="list-style-type: none"> <li>1. Mini lecture</li> <li>2. Explanations</li> <li>3. Exercises in subgroups</li> <li>4. Brainstorm</li> <li>5. Use of personal experiences during exercise</li> </ol>
	<p><b>Forms</b></p> <ol style="list-style-type: none"> <li>1) Uniform individual work</li> <li>2) Uniform and varied group work</li> <li>3) Group work</li> </ol>
	<p><b>Aids</b></p> <p>Small sheets of paper  Paper for work - Flipchart  A4 sheets with the outline of the jug  Markers, pens, IDs can be used optimally</p>
	<p><b>Recipients:</b></p> <p>Parents of preschool children, as well as of younger and older school age children</p>
	<p><b>Number of participants</b> – optimal 14</p> <p><b>Duration</b> - 2 teaching hours</p>

<p><b>Expected results:</b> After the end of the class, the participant:</p> <ol style="list-style-type: none"> <li>1) They will learn about the values that guide them in their personal life</li> <li>2) They will learn about their own resources and strengths</li> <li>3) He will become aware of the educational goals and values that guide him in raising a child</li> </ol>	
<p>Exercises to stimulate energy, switch attention. The trainer, observing the group, decides if and when to introduce energizing exercises. Duration approx. 5 minutes.</p>	
<p style="text-align: center;">Course of classes</p>	
<p><b>ADMISSION approx. 15 min.</b></p> <ol style="list-style-type: none"> <li>1) Greetings, presentation of the topic and purpose of the meeting.</li> <li>2) Introducing the participants - proposed form - I am mom / dad - name of the child / children - our common feature is (e.g. eye color, interest in nature, etc.)</li> <li>3) Collecting expectations towards the lecturers and the workshop.</li> </ol>	
<p><b>DEVELOPMENT - approx. 60 min.</b></p> <ol style="list-style-type: none"> <li>1) <b>Stimulating reflection and looking for an answer to the question: WHY PEOPLE READ BOOKS? - Brainstorming, collecting answers, formulating conclusions.</b>  <a href="https://www.google.com/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=&amp;cad=rja&amp;uact=8&amp;ved=2ahUKEwjP18uK-6fxAhVMi6QKHSSfALoQFjABegQICBAD&amp;url=https%3A%2F%2Fczytaj-na-walizkach.pl%2F11-powodow-dlaczego-ludzie-czytaja-ksiazki%2F&amp;usg=AOvVaw2sX6n1RE3kSgWXPCLwzL19">https://www.google.com/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=&amp;cad=rja&amp;uact=8&amp;ved=2ahUKEwjP18uK-6fxAhVMi6QKHSSfALoQFjABegQICBAD&amp;url=https%3A%2F%2Fczytaj-na-walizkach.pl%2F11-powodow-dlaczego-ludzie-czytaja-ksiazki%2F&amp;usg=AOvVaw2sX6n1RE3kSgWXPCLwzL19</a>  <i>- examples of answers: They help us find the necessary information on a given topic, they amuse, move and stimulate our imagination to work, they propose interesting solutions to problems, have a calming effect, allow us to relive interesting stories from the lives of the characters, teach how to solve problems and difficulties, etc.</i>  <b>Conclusion: reading is the key to learning about the world</b> </li> <li>2) <b>Presentation of the book by I. Koźmińska, E. Olszewska entitled "With the child into the world of values" - providing general information, i.e. the author, what is included, what is her message.</b></li> <li>3) <b>"Snowball" work - What is value?</b> <ol style="list-style-type: none"> <li>a- the parent answers the question on the piece of paper</li> <li>b- parents come together in pairs to form a common definition</li> <li>c- parents come together in fours to create a common definition</li> </ol> <b>joint development of a definition on a flipchart with reference to the content</b> </li> </ol>	

contained in the book on page 41

- 4) **A pitcher and stones - establishing our own values which guide us in life - an exercise taken from the book by M. Całusińska, W. Malinowski: "Training of educational skills" pp. 44-46.**

The lecturer presents the values contained in the book "With a child into the world of values"

- 5) **A vision of the world without value - brainstorming - the list on page 44 "With a child into the world of values" may be helpful.**

- 6) **Exercise - RECOLLECTION - working in pairs -**

#### INSTRUCTIONS FOR PARENTS

Think back to a time when you were kids.

Now think about such an adult - it doesn't have to be a mom or dad who, with the help of a book, introduced you to the world of values.

Remember how you felt then, where it was, what you learned about the world and the values that guide it.

Once you are ready, tell the person in the couple about it (-you don't have to tell the whole story you thought about, first of all talk about what the book was, what it taught you, how you felt then.

The participants in the group forum share the information they have just talked about, and the leader writes it down on a large sheet of paper.

In this way, a list of books is created with which you can teach children the world of values in an accessible way.

The lecturer presents the parents with examples included in the book "With a child into the world of values" and presents the structure of the content contained in the literature.

#### **CONCLUSION- approx. 15 min:**

##### **FINISH ROUND**

Who wants and can share their reflections with the group.

*Tell others what you found out about yourself.*

*Has anything surprised you?*

*How are you going to use it in your daily parenting life?*

#### Literature:

1. I. Koźmińska, E. Olszewska: Z dzieckiem w świat wartości, wyd. Świat Książki, Warszawa 2007r.
2. M. Całusińska, W. Malinowski: Trening umiejętności wychowawczych. Dla rodziców i specjalistów, wyd. GWP, Sopot 2013r.
3. J. Juul: Zamiast wychowania. O sile relacji z dzieckiem. MiND, 2016r.
4. W poszukiwaniu wartości. Ćwiczenia z uczniami.: wyd. GWP, 1994.

The scope of the workshop should be adjusted to the pace and dynamics of the work of the group.

**The script was prepared by Alina Ożańska**

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