



WONDER OF LIVING FAMILY ENRICHMENT PROGRAM FROM OPEN DOORS

PARENT/CHILD SESSION OUTLINES (PRIMARY)

- ❖ Sessions are based around the 'Wonder of Living' DVD series produced by Open Doors
- ❖ Note: A **Parent Only Information Night** is recommended as a pre-cursor to Parent/Child sessions.

SESSION A (BASED ON DVD 1 'A NEW BABY')

How a baby grows and is born

suitable for Grades 3 - 6

duration 1 hour

- Introduction and Icebreaker activity
- Story - You'll Soon Grow Into Them, Titch
- Guided conversations between parent/guardian and child about -
 - How we are special to each other
 - Memories of when the child was born
 - Parent's own early memories
 - How parents and other support people can help us when we have a problem or need to know something
- Watch DVD 1. This DVD shows the development and birth of a baby, told as a family story. The explanation of how a baby begins (sexual intercourse) is **not** given.
- Activity - parents and children complete a worksheet to help remember facts given in the DVD
- Concluding remarks
- Things to take home: wallet card about ways to bounce back; brochures etc available for parents.

SESSION B (BASED ON DVD 2 'AND NOW THERE'S ME')

The amazing human body, including how a baby begins

suitable for grades 4 - 6

duration 1 hour

- introduction and ice breaker activity
- Story - The Cabbage Patch Fib which introduces the question 'Where do babies come from?'
- Guided conversations between parent and child about -
 - what makes us special to each other/special family memories
 - people who listen and help us
 - ways to solve a problem
- Watch DVD 2. This DVD covers the following information - the amazing human body and all the body systems including the reproductive system, the explanation of sexual intercourse and how a baby begins (including preliminary information about the menstrual cycle as it relates to conception), finding someone to talk to when you have a problem, finding ways to bounce back when you feel down, our growing responsibility to make healthy choices.
- Activity - parents and children complete a worksheet to help remember facts given in the DVD.
- Concluding remarks
- Things to take home: a Wallet Card about ways to bounce back; brochures etc available for parents.

SESSION C (BASED ON DVD 3 'I'M STEPPING OUT') *Puberty*

suitable for grades 5 - 6
duration 1 hr 15 mins

- Introduction and icebreaker activity
- Introduction to adolescence and puberty: a time of physical and emotional change
- Guided conversations between parents and children about -
 - what makes us special to each other/special family memories
- Watch part 1 of DVD - puberty information for boys and girls
- Activity - parents and children complete a worksheet to help remember facts given in the DVD
- Introduce - how can we handle ups and downs?
- Story – 'The Blue Day Book for Kids'. This leads into discussion about emotional ups and downs, body signals when we are down and how to manage down times, support networks
- Guided conversations between parents and children about -
 - times when someone has helped you
 - practicing how to make safe decisions when under pressure or feeling anxious, unsure or unsafe (cyber safety scenario)
- Concluding remarks
- Things to take home: a Girls' Changes or Boys' Changes brochure and Resilient Kids Wallet Card for the children; brochures etc available for parents.

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SESSION D (COMBINATION SESSION BASED ON DVD 2 AND DVD 3)

'Puberty Plus' - Puberty info plus How a baby begins

duration 1 hr 15 mins
suitable for grades 5 - 6

- Introduction and Icebreaker activity
- Introduction to adolescence and puberty: a time of physical and emotional change
- Watch part 1 of DVD 3 - boy and girl changes at puberty.
- Activity - parents and children complete a worksheet to help remember facts given in the DVD.
- Story - The Cabbage Patch Fib which introduces the question 'where do babies come from?'
- Introduce and watch chapter 'How A Baby Begins' from DVD 2
- Activity - parents and children complete a worksheet to help remember facts given in the DVD.
- Emotional aspects of growing up - body signals when we are down, how to manage down times, support networks
- Guided conversations between parent/guardian and child about -
 - How we are special to each other
 - How parents and other support people can help us when we have a problem or need to know something
 - practicing how to make safe decisions when under pressure or feeling anxious, unsure or unsafe (cyber safety scenario)
- Concluding remarks
- Things to take home: a Girls' Changes or Boys' Changes brochure and Resilient Kids wallet card for the children; brochures etc available for parents.