



SECTION 5

MODULE-SPECIFIC DELIVERY GUIDELINES

Overview: Section 5

- Check-in
- Learning Objectives
 - Module Summaries
 - Module Key Takeaways

Module Summaries



See pg. 43 in manual for the module summary chart

Purpose of this Section



- Provides **module-specific guidance** for Seed Team trainers.
- Summarizes **key points** for **each module** to focus on during training.
- Ensures trainers can **effectively guide new interventionists**.

05 How to Use this Section

Use **key points** from each module to structure training sessions.

Leverage **presentation slides** as a resource to enhance delivery.

Incorporate **module exercises** to reinforce learning.

Additional Training Resources

Appendix Section 5 includes:

- **Module-specific exercises** for FSI-R training.
- **Self-reflection tools** for Seed Team trainers.

Key Takeaways for Trainers



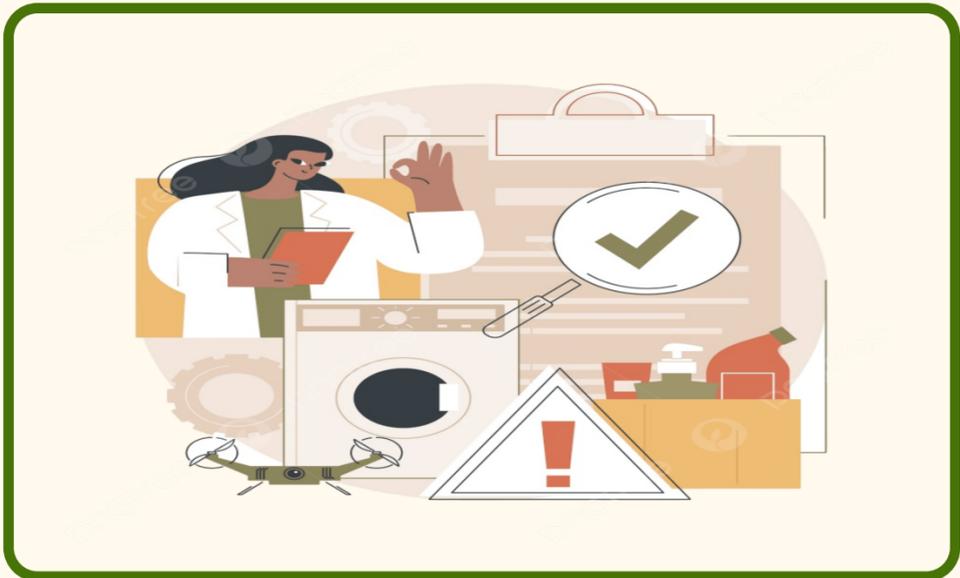
Follow structured module guidelines for consistency.

Use exercises & reflection tools to deepen learning.



Adapt delivery to ensure engagement & comprehension.





Module Key Takeaways

Module 1: Introduction - Caregivers and Family Relationships

Photo courtesy of Laurie Wen



Module 1: Introduction - Caregivers and Family Relationships

THEME



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**Caregivers & Family
Relationships**

PURPOSE



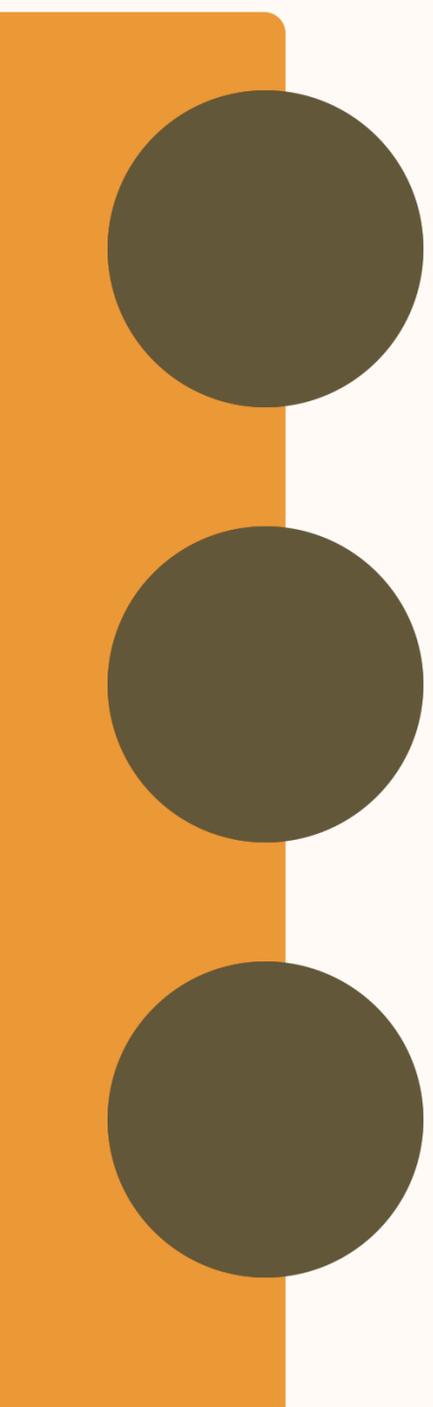
**Build rapport with
caregivers & understand the
family's story**

Module 1 Overview



- Check-in
- Learn about the family
- Focus on family relationships
- Focus on children
- Check-out

12 Key Learning Objectives



Help **FSI-R interventionists** understand caregivers' **strengths & goals**.

Acknowledge that these **conversations may be unfamiliar** to families.

Encourage **active participation** throughout the module.

13 Key Points for Training Module 1

1. Building Rapport

- Trust & connection are essential for engagement.
- Interventionists must create a safe space where families feel heard & understood.

2. Sensitivity in Discussing Children

- Caregivers may feel guilt, fear, or past trauma when talking about their children.
- Interventionists should validate emotions & create a supportive space.
- Use a strengths-based approach to highlight positive parenting experiences.

 See Module 1 Exercise: Strengths-Based Approach in Appendix Section 5.

Key Takeaways for Trainers



Build trust & rapport early.



Be sensitive to family dynamics & emotions.



Encourage strengths-based discussions to foster positive engagement.

Module 2: Family Strengths and Goals (Caregivers only)

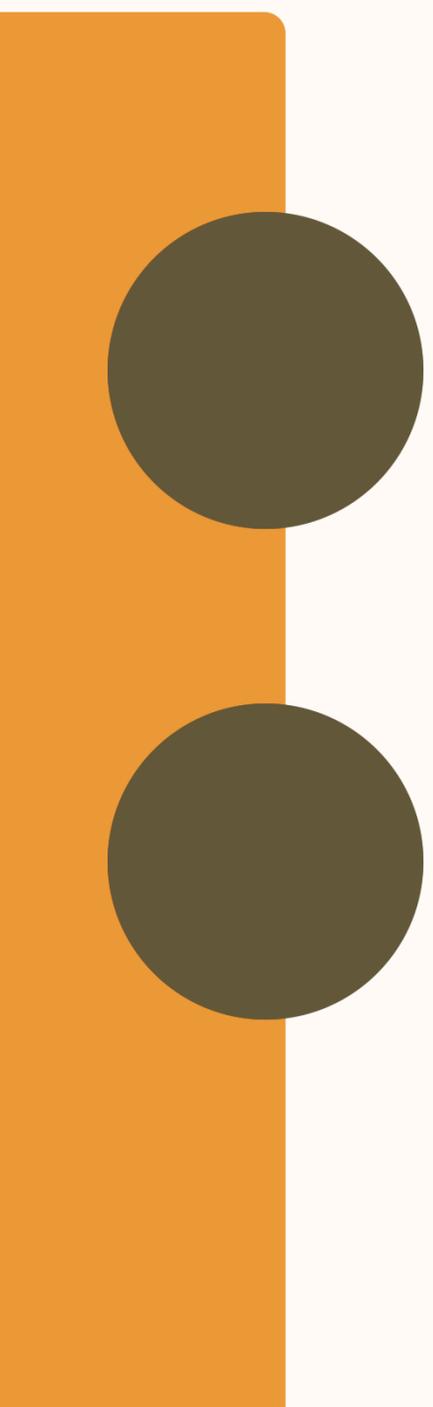
We believe in the power of family strengths and family goals in the process of transforming the resettlement experiences in the U.S. as a refugee family into a more positive way.

Module 2 Overview



- Check-in
- Discussing Family Strengths and Goals
- Resettlement & Coping
- Discussing the Children's Role in the Family Strengths and Goals
- Check-out

Key Learning Objectives



Build trust with caregivers while being mindful of migration-related trauma.

Encourage families to **reflect on strengths** & set goals in an **empowering way**.

1. Individual & Family Strengths

- **If family members struggle to identify strengths, encourage them to compliment one another.**
- **Examples:**
 - “*Thank you for always being kind to me.*” → Warmth & compassion
 - “*Thank you for helping with chores.*” → Cooperation & support
- **When conversations stall, interventionists should use guiding questions from Module 2 of the FSI-R training manual.**

19 Key Points for Training Module 2

2. Family Goals – A Shared Journey

- **Analogy: Family goals are like preparing a meal together → Everyone plays a role.**
- **Achieving goals requires collaboration with neighbors & the community.**
- **Interventionists should help families:**
 - Identify their goals.
 - Brainstorm actionable steps.
 - Encourage teamwork & support.

3. Resettlement & Coping

- **Discuss stressors & benefits of resettlement in the U.S.**
- **Teach stress management strategies:**
 - Avoid unhealthy coping mechanisms (e.g., aggression, excessive drinking/smoking).
 - Support children with age-appropriate coping skills.

 **See Module 2 Exercise: Coping Skills – Stress Level & Management for Caregivers in Appendix Section 5.**

Key Takeaways for Trainers

-  Help families recognize strengths & build positive communication.
-  Frame family goals as a collaborative effort for stronger relationships.
-  Equip families with practical coping strategies for resettlement stress.

Module 3: Children and Family Relationships (Children Only)

Photo courtesy of Laurie Wen

Module 3: Children and Family Relationships (Children Only)

THEME



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Children & Family Relationships

PURPOSE



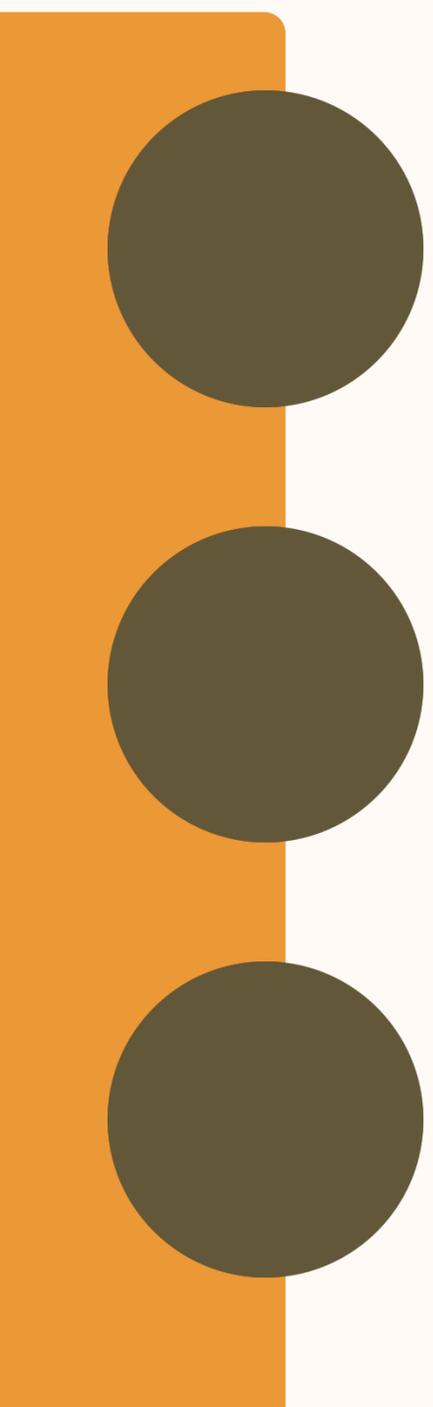
- Introduce children to the FSI-R intervention.
- Help children identify strengths & hopes.
- Discuss family relationships from a child's perspective.

Module 3 Overview



- Check-in
- Introducing Children to the Intervention
- FSI-R Goals & Guidelines
- Child & Family Strengths
- Child & Family Goals
- Khadija's Story
- Preparing for the Family Meeting
- Check-out

Key Learning Objectives



Build trust with children.

Understand family dynamics from the child's perspective.

Help children reflect on strengths & set goals positively.

1. FSI-R Goals & Guidelines

- **Explain the program & module structure in age-appropriate language.**
- **Set ground rules to manage distractions & behavior.**
- **Emphasize confidentiality & safety, ensuring children understand privacy limits in cases of safety concerns.**

27 Key Points for Training Module 3

2. Identifying Child & Family Strengths

- **Create a supportive space for children to identify strengths.**
- **If children struggle, interventionists can ask:**
 - *“What are some things you are good at doing?”*
 - *“Can you describe a time when you helped a family member?”*
 - *“What do you like about your family?”*

 **See Module 3 Exercise: Identifying Child Strengths in Appendix Section 5.**

Key Takeaways for Trainers



Use age-appropriate approaches for children.



Encourage self-reflection & strengths-based conversations.



Foster trust & engagement to help children feel heard.

Module 4: Responsive Parenting and Caregiving

Photo courtesy of Laurie Wen



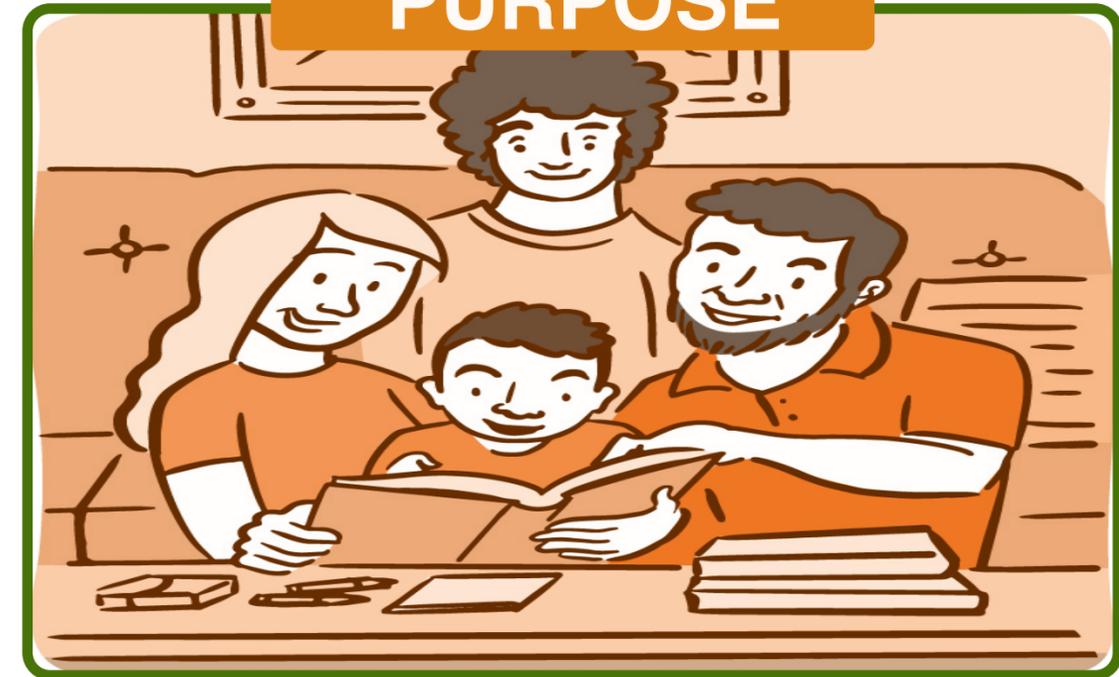
Module 4: Responsive Parenting and Caregiving

THEME



Positive Parenting Strategies

PURPOSE



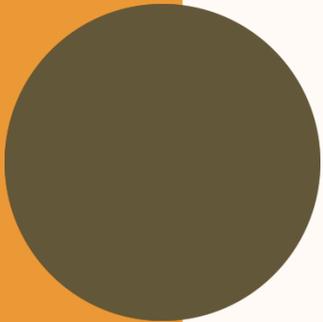
- Help caregivers assess current parenting strategies.
- Encourage positive parenting techniques to strengthen family dynamics.

Module 4 Overview

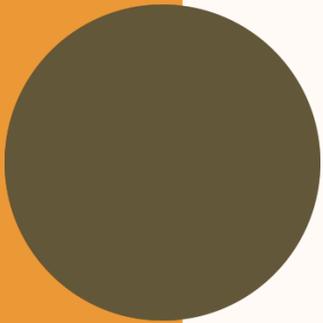


- Check-in
- Warm-up: Parenting Practices & Challenges
- Building Strong Parent-Child Relationships
- Involvement of All Caregivers
- Impact of Violence on Family Relationships
- Effective Discipline & Positive Parenting Strategies
- Vignette: Mahmood & Sakina's Story
- Fidelity Checklist
- Check-out

Key Learning Objectives



Identify current parenting strategies used by families.



Promote positive parenting techniques to foster healthy family dynamics.

1. Parenting & Caregiving in Resettlement

- Parenting is about raising, caring for, and nurturing children.
- Not all children are raised by parents—caregiving roles vary (relatives, foster parents, neighbors).
- Resettlement challenges may impact parenting styles, requiring adaptation.
- Support caregivers with empathy, not judgment.

2. Promoting Positive Parenting Strategies

- Recognize that caregivers are doing their best despite challenges.
- Use positive reinforcement—highlight strengths & praise good interactions.
- Encourage caregivers to take the lead, with FSI-R interventionists providing guidance.

3. Three Key Strategies for Positive Parenting

- **Love & Affection** – Use verbal & non-verbal expressions of care.
- **Quality Time** – Engage in meaningful family activities.
- **Play & Interaction** – Foster connection through shared experiences.

4. Addressing Violence in the Family

- **Violence includes hitting, emotional abuse, neglect, & sexual abuse.**
- **Some caregivers may see hitting as discipline rather than harm.**
- **Interventionists should introduce positive alternatives & empower caregivers to choose what works best for their family.**

5. A Trauma-Informed Approach

- Families may have faced significant trauma before, during, and after migration.
- Interventionists should approach families with sensitivity & empathy.
- Parenting adaptations take time—focus on strengths & resilience.

 ***See Module 4 Exercise: Addressing Physical Discipline in Appendix Section 5.***

Key Takeaways for Trainers



Support caregivers as they adapt to parenting in a new culture.



Reinforce positive parenting strategies and alternatives to physical discipline.



Use a trauma-informed approach to guide families with empathy.

Module 5: Engagement with the US Education System

Photo courtesy of Laurie Wen



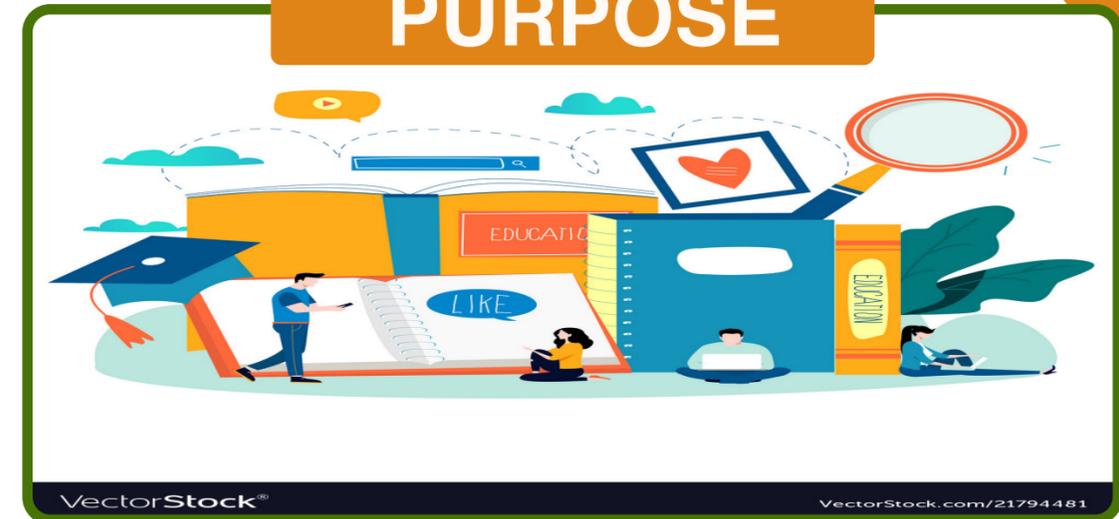
Module 5: Engagement with the US Education System

THEME



Education and Family Engagement

PURPOSE



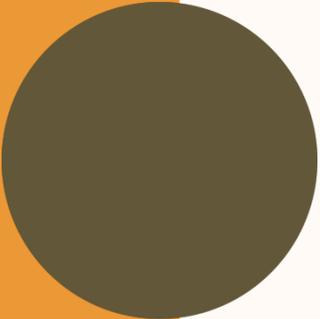
- Teach caregivers about the U.S. education system.
- Encourage caregivers to actively participate in their child's schooling.

Module 5 Overview

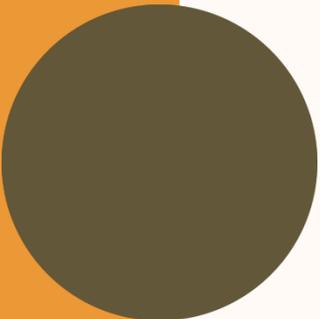


- Check-in
- Family Strengths & School Experiences
- Understanding the U.S. School System
- Academic Performance & Report Cards
- Homework & Extracurricular Activities
- Children's Social & Emotional Life
- Bullying & Difficult Conversations
- Health & Nutrition at School
- Check-out

Key Learning Objectives



Teach caregivers how the U.S. education system works.



Help caregivers engage with schools & support their children.

41 Key Points for Training Module 5

1. Understanding the U.S. Education System

- Provide caregivers with an overview of academic, social, and emotional aspects.
- Encourage questions & discussions about their child's school experiences.

2. Creating Tools for Parent-Child Engagement

- Help caregivers support their child's education through simple conversations:
 - *“What did you learn today?”*
 - *“How can I help you with your homework?”*
 - *“What did you eat for lunch?”*

42 Key Points for Training Module 5

3. Addressing Concerns with Confidence

- **Guide parents on how to handle challenges like:**
 - Bullying
 - Identity struggles
 - Emotional difficulties
- **Explain where to seek support (e.g., teachers, counselors, school staff).**

4. Empowering Parents as Advocates

- Encourage caregivers to **build relationships** with teachers & school staff.
- Remind them that **participation matters**, regardless of language or background.
- Highlight the **positive impact of parental involvement** on children's success.

 ***See Module 5 Exercise: Creating Tools for Caregiver-Child Engagement in Appendix Section 5.***

Key Takeaways for Trainers

-  Equip caregivers with knowledge & confidence to navigate U.S. schools.
-  Promote open communication between parents & children.
-  Reinforce the importance of parent-school relationships.

Module 6: Promoting Health, Wellbeing and Safety

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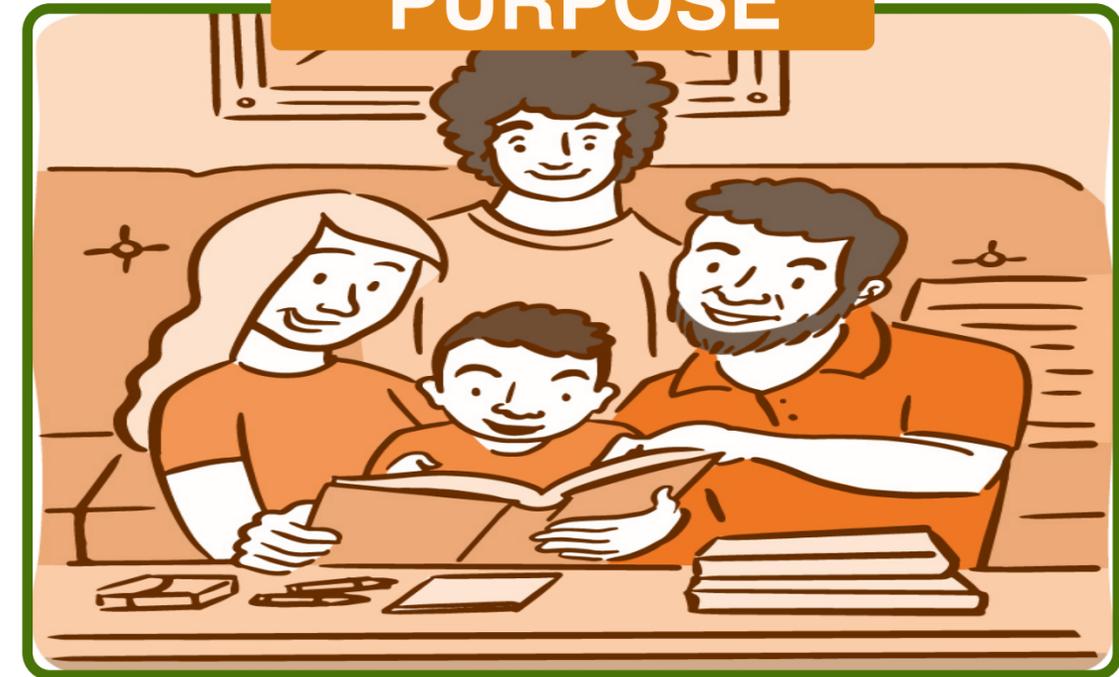
THEME



Health, Wellness, & Safety

****Children can be invited to attend.**

PURPOSE



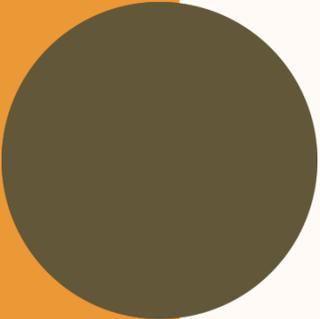
- **Teach caregivers about physical & mental health.**
- **Identify strategies for promoting health, well-being, & safety.**
- **Provide tools for handling health-related challenges.**

Module 6 Overview

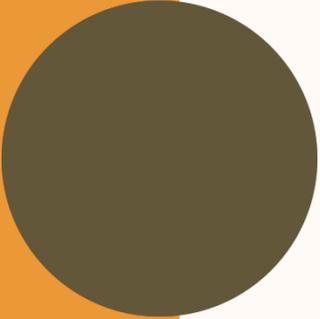


- Check-in
- Managing Stress & Tension
- Healthy Eating & Physical Activity
- Household Hygiene & Disease Prevention
- Puberty & Emotional Changes
- Alcohol Awareness
- Family & Community Safety
- Check-out

Key Learning Objectives



Help caregivers learn about **physical & mental health**.



Teach strategies for **promoting family health & safety**.

1. Caregiver Expertise & Cultural Sensitivity

- Caregivers are experts on their children.
- Discussions must respect cultural, religious, & personal beliefs.

2. Stress Management & Emotional Health

- Teach stress management techniques (e.g., mindfulness, relaxation).
- Normalize discussions about puberty, emotions, & exposure to alcohol.

3. Healthy Eating & Physical Activity

- Provide realistic, culturally appropriate dietary & activity recommendations.
- Be sensitive to barriers (e.g., cost, access, cultural preferences).

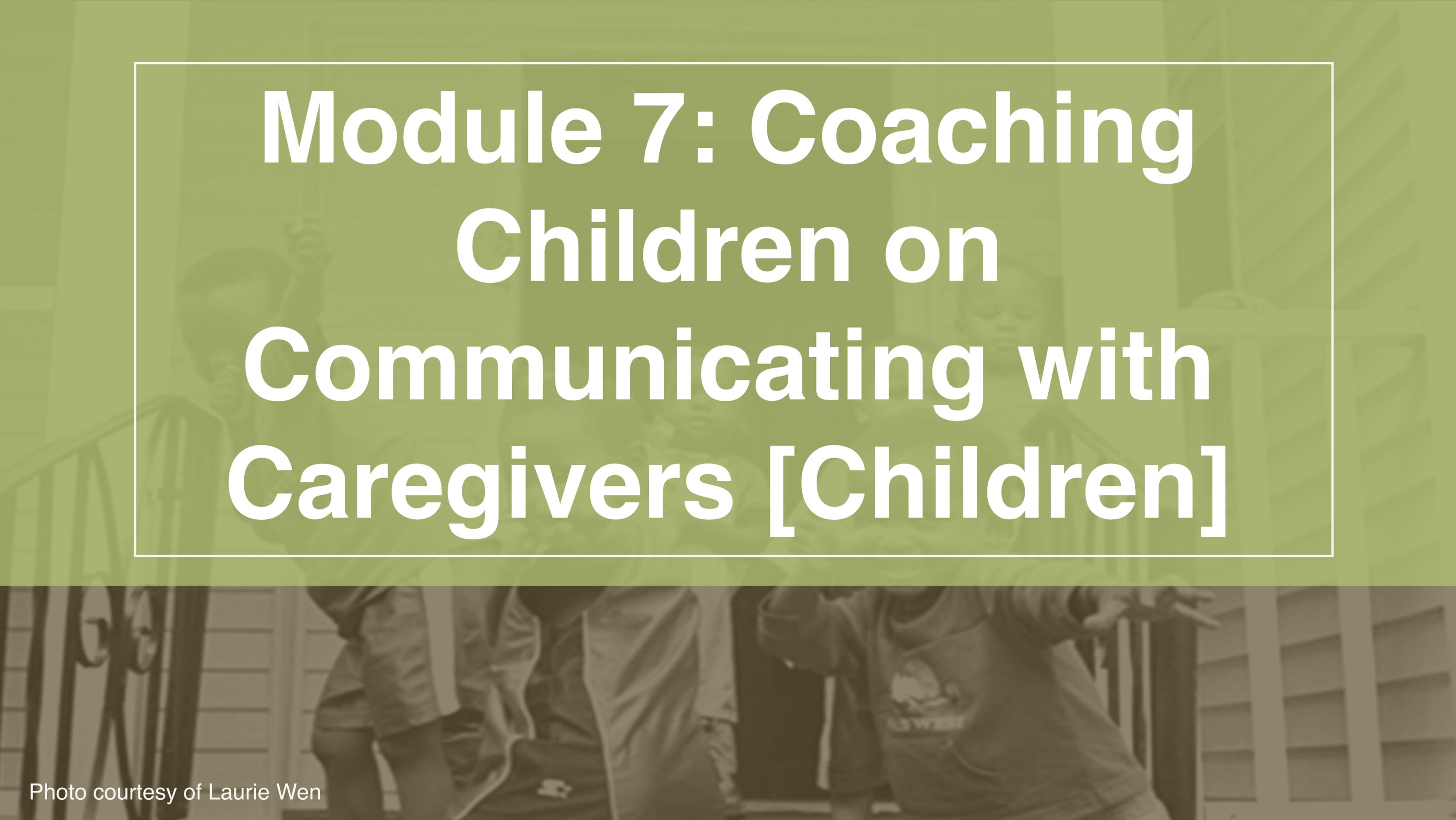
4. Tailored & Inclusive Approaches

- Adapt training to each family's unique needs.
- Engage caregivers in discussions.
- Address sensitive topics with empathy & care.

 See Module 6 Exercise: Promoting Healthy Eating in Appendix Section 5.

Key Takeaways for Trainers

-  **Respect cultural sensitivity in all health discussions.**
-  **Equip caregivers with practical health & safety strategies.**
-  **Foster open conversations about stress, puberty, & well-being.**

A group of children in a classroom setting, with a green overlay containing the title text.

Module 7: Coaching Children on Communicating with Caregivers [Children]

Module 7: Coaching Children on Communicating with Caregivers [Children]

THEME



Strengthening Child-Parent Communication

PURPOSE



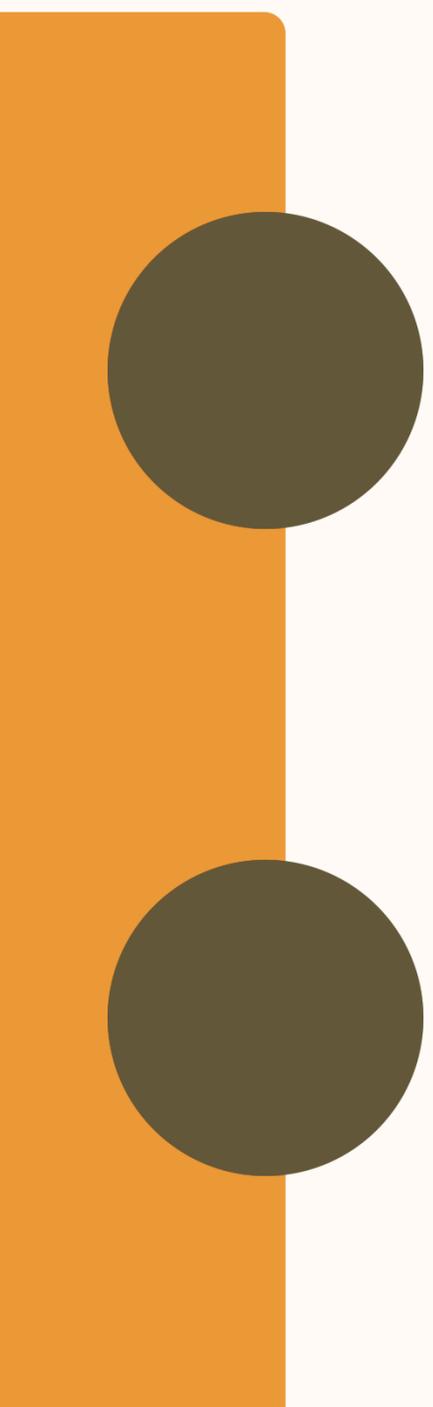
- **Help children develop communication skills for family discussions.**
- **Prepare children for the Family Meeting.**

Module 7 Overview



- Check-in
- Defining Resilience
- Building Communication Skills
- Planning for the Family Meeting
- Check-out

Key Learning Objectives



Equip children with **communication tools** for better engagement with caregivers.

Help children **prepare for meaningful discussions** during the Family Meeting.

1. Building Rapport with Children

- Start with **trust-building activities** (e.g., games, songs).
- Use **age-appropriate language** & relatable examples.

2. Teaching Resilience & Communication Skills

- Define **resilience** as "bouncing back" from challenges.
- Help children **identify social support** (parents, teachers, friends).
 - Teach active listening & self-expression using "I" statements.

3. Preparing for the Family Meeting

- Encourage children to identify strengths & challenges to discuss.
- Collaborate with caregivers & children to create a flexible agenda.
- Respect family boundaries & priorities.

4. Focusing on Strengths & Sensitivity

- Highlight family resilience & positive behaviors.
- Be mindful of sensitive topics & tailor discussions to cultural context.
- Use positive reinforcement & patience to support children.

 *See Module 7 Exercise: Preparing a Child for Family Meeting & Building Communication Skills in Appendix Section 5.*

Key Takeaways for Trainers



Engage children through fun & trust-building activities.



Reinforce resilience & effective communication skills.



Guide children in expressing their thoughts in a safe & supportive way.

Module 8: Communicating with Children and Caregivers [Caregivers]

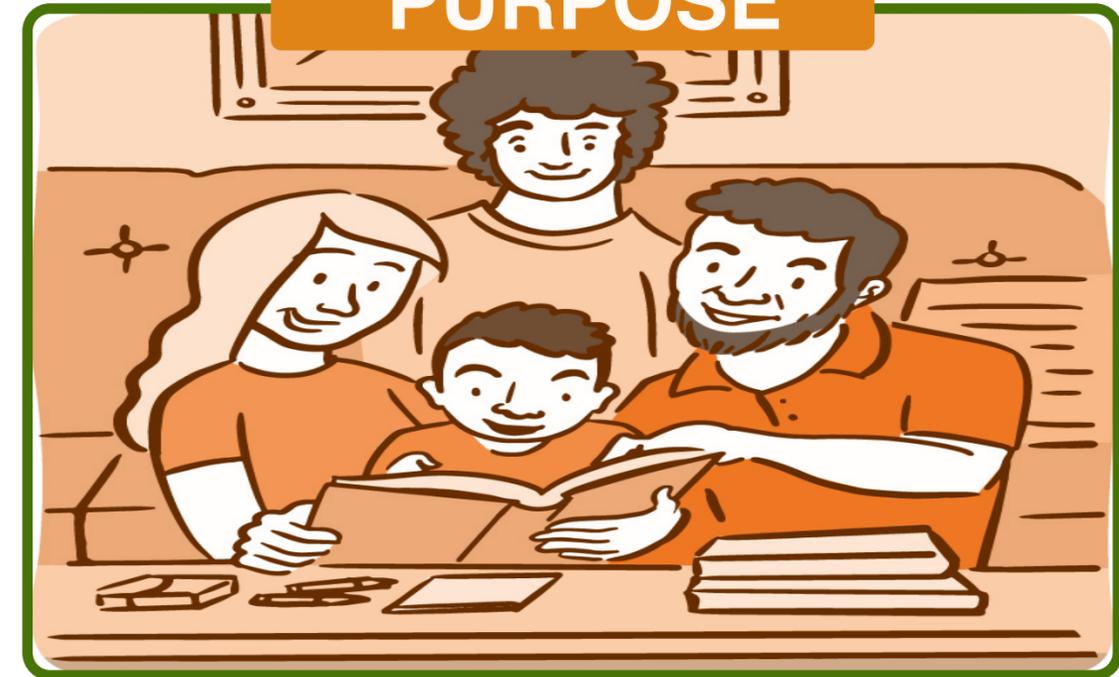
Module 8: Communicating with Children and Caregivers [Caregivers]

THEME



**Strengthening Caregiver-
Child Communication**

PURPOSE



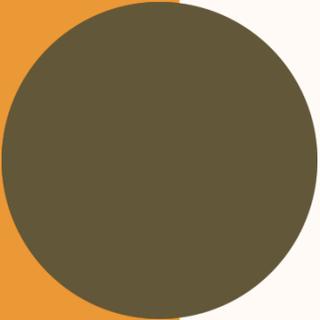
- **Help caregivers practice communication skills with their children.**
- **Prepare caregivers for the Family Meeting.**

Module 8 Overview

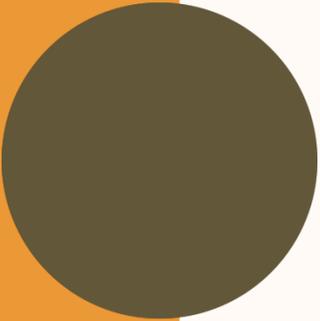


- Check-in
- Defining Resilience
- Building Communication Skills
- Planning for the Family Meeting
- Check-out

Key Learning Objectives



Equip caregivers with **effective child-parent communication skills.**



Prepare caregivers to **lead the Family Meeting.**

1. Preparing Caregivers for the Family Meeting

- **Confidentiality – Respect children’s privacy; share only general impressions unless safety is a concern.**
- **Agenda Building – Keep the agenda concise & balanced with positive & challenging topics.**
- **Caregiver Leadership – Encourage caregivers to lead discussions, with interventionists providing guidance as needed.**

2. Improving Child-Parent Communication

- **Handling Difficult Questions – Stay calm, acknowledge feelings, and appreciate the child’s openness.**
- **If unsure of an answer, caregivers should be honest & commit to following up.**
- **Role-Playing – Caregivers practice the Family Meeting with children to build confidence & reinforce strengths.**

3. Building Resilience

- **Focus on Strengths – Reinforce parental strengths & coping strategies.**
- **Supportive Family Dynamics – Encourage open, honest, & supportive communication.**

 *See Module 8 Exercise: Preparing Caregivers for the Family Meeting in Appendix Section 5.*

Key Takeaways for Trainers



Help caregivers lead the Family Meeting with confidence.



Teach effective communication & active listening.



Encourage caregivers to support & empower their children.

Module 9: Uniting the Family: Family Meeting

Photo courtesy of Laurie Wen

Module 9: Uniting the Family: Family Meeting

THEME



**Strengthening Family
Communication &
Resilience**

PURPOSE



- **Facilitate a successful Family Meeting.**
- **Foster shared understanding of resettlement.**
- **Strengthen family resilience & mental health.**
- **Ensure each family member's voice is heard.**

Module 9 Overview



- Check-in – Express gratitude to all.
- Conduct the Family Meeting
- Wrap-up – Highlight accomplishments.
- Check-out – Congratulate the family, end on a positive note.

Key Learning Objectives

Strengthen positive communication between children & caregivers.

70 Key Points for Training Module 9

1. Purpose & Goals of the Family Meeting

- Improve listening, communication, & problem-solving for resettlement.
- Discuss family strengths, concerns, & psychoeducational topics.
- Reinforce that families can overcome challenges together.

71 Key Points for Training Module 9

2. Managing Challenges Effectively

- **Distractions** – Thank the participant & refocus the discussion; provide activities for younger children.
- **Emotional Upset** – Show empathy, allow time to calm down, resume when ready.
- **Reluctance to Speak** – Start with safe, comfortable topics to ease participation.
- **Conflict** – Keep discussions calm, clarify issues, table unresolved topics for later.

72 Key Points for Training Module 9

3. Facilitating & Structuring the Meeting

- Follow a clear structure:
 - Beginning – Relax the family (e.g., prayer, storytelling), introduce the agenda.
 - Heart of the Meeting – Share perspectives, discuss challenges, and review solutions.
 - Wrap-up – Summarize outcomes, highlight progress, outline next steps.
- Balance caregiver leadership with interventionist support for smooth facilitation.

73 Key Points for Training Module 9

4. Promoting Engagement & Shared Understanding

- Encourage equal participation while respecting boundaries & confidentiality.
- Help families connect their stories & find shared perspectives.
- Remain flexible—each Family Meeting will differ based on family dynamics.

See Module 9 Exercise: Managing Challenges Effectively in the Family Meeting in Appendix Section 5.

Key Takeaways for Trainers

-  **Facilitate structured, inclusive discussions.**
-  **Teach families how to communicate, problem-solve, & support each other.**
-  **Help families build resilience & confidence in their resettlement journey.**

Module 10: Bringing It All Together



Photo courtesy of Laurie Wen

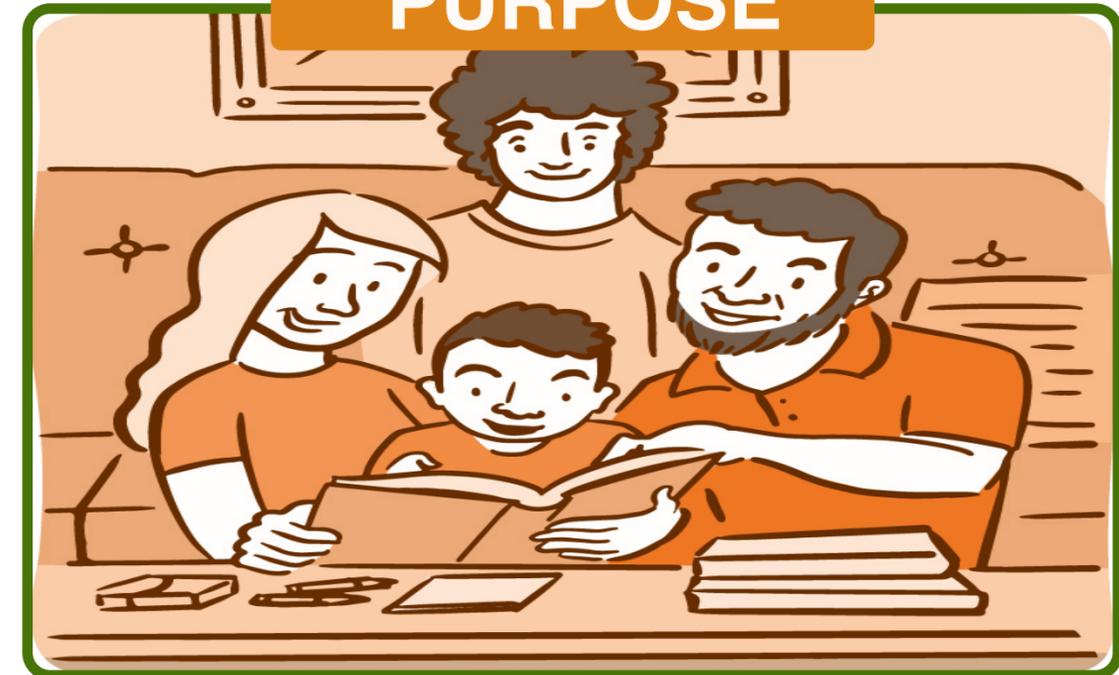
Module 10: Bringing It All Together

THEME



**Reflecting on Progress &
Planning for the Future**

PURPOSE



- Review the Family Meeting experience.
- Address concerns & reinforce FSI skills for long-term use.
- Help families plan future meetings & access ongoing resources.

Module 10 Overview



- Check-in
- Reflect on the Family Meeting
- Guided Discussion – Review topics, answer concerns, solve misunderstandings.
- Review Family Goals & Accomplishments
- Applying FSI Skills for the Future
- Planning Future Family Meetings
- Providing Ongoing Resources
- Next Steps
- Check-out

Key Learning Objectives

Review the Family Meeting experience & provide guidance.

Help families apply FSI skills beyond the intervention.

79 Key Points for Training Module 10

1. Reviewing the Family Meeting with Families

- **Congratulate families on completing the Family Meeting.**
- **Reinforce tools for problem-solving & communication.**
- **Encourage families to schedule their next Family Meeting & emphasize caregiver leadership.**

2. Supporting Emotional Reflection

- **Ask families direct questions about their experience (e.g., "How did this conversation make you feel?").**
- **Highlight individual strengths & contributions to build confidence.**
- **Be prepared to address concerns that arise during the review.**

Key Points for Training Module 10

3. Planning for the Future

- Help families map out future meetings to continue building strengths.
- Ensure any additional needs (e.g., mental health support) are noted & shared with a supervisor if necessary.

4. Reflecting as an Interventionist

- Encourage FSI-R interventionists to reflect on their experience with families.
- Reinforce the importance of documenting insights & feedback in their Workbook.
- Acknowledge the emotional difficulty of ending sessions—suggest supervision support if needed.

 *See Module 10 Exercise: Reviewing the Family Meeting in Appendix Section 5.*

Key Takeaways for Trainers



Celebrate family progress & reinforce FSI skills for continued growth.



Equip families with strategies for future problem-solving.



Ensure interventionists reflect on their learning & emotional responses.