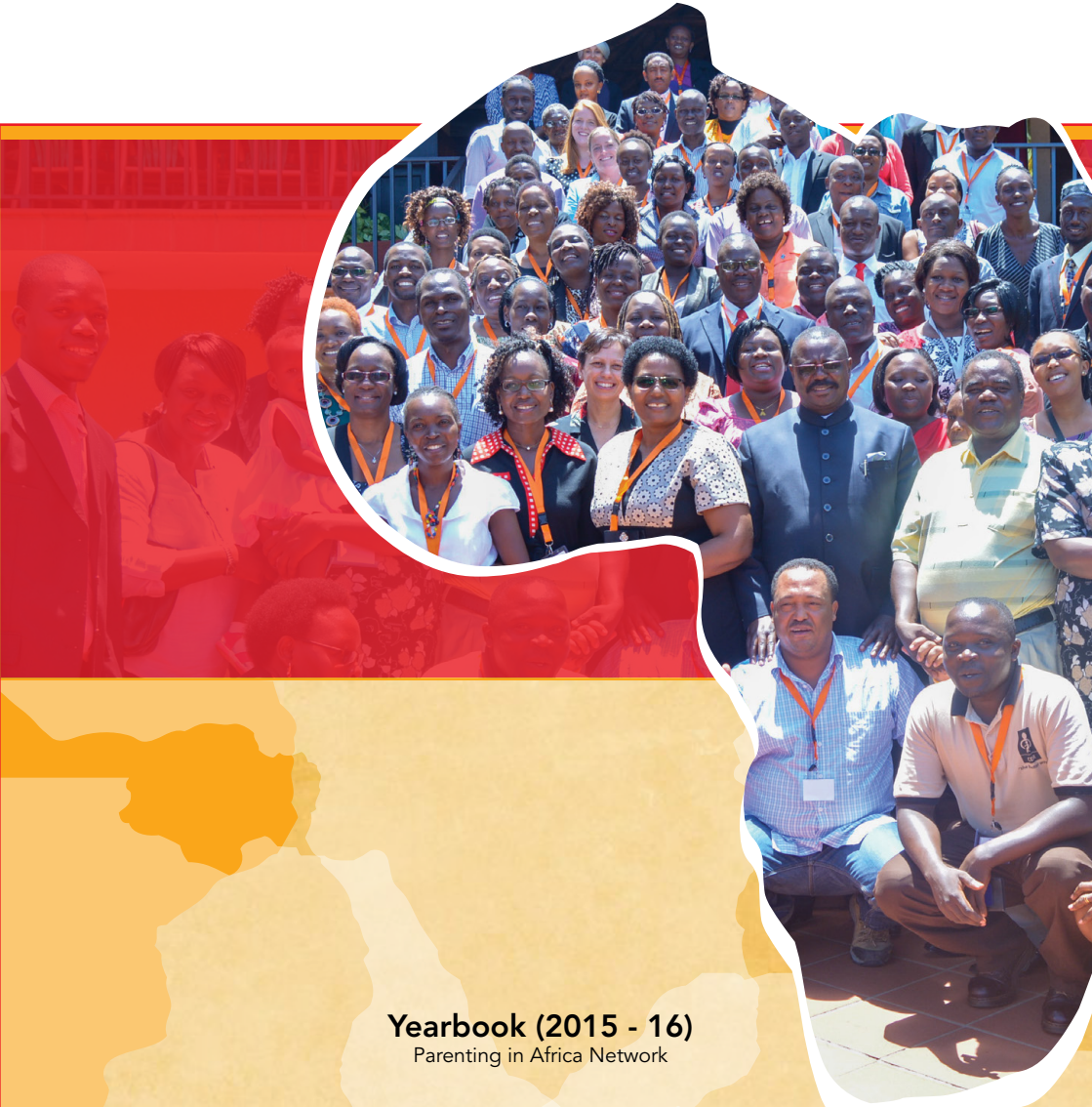
PARENTING IN AFRICA NETWORK
for the Ultimate Protection of Children

Save the Children

FAMILY STRENGTHENING IN FOCUS

Pillar for Sustainable Development in Africa



Yearbook (2015 - 16)

Parenting in Africa Network

Welcome to Parenting in Africa Network (PAN)!

PAN has recently been granted observer status before the African Committee of Experts on the Rights and Welfare of the Child (ACERWC), which is mandated to protect the rights of children! This is well aligned to priority Number 6 of the AU (African Union) Plan of Action on the family: Strengthening of family relationships.

PAN - a movement of over 220 organisations - in East and Southern Africa, and beyond, has a passion for strengthening families across the African continent. We envision an Africa where children are empowered to reach their full potential, and believe that this can only be achieved if families take the most important job they will ever do – that of parenting their children – very seriously.

If you share PAN's passion for enabling parents; believe that together we can make a difference; are prepared to challenge harmful views and practices; are committed to high ethical standards and integrity; and respect and embrace cultures, faiths, traditions and beliefs that support nurturing families and care for children across Africa, then please, join PAN: the Parenting in Africa Network!

Julia Starck

Teen Parenting Programme Manager,
The Parent Centre, South Africa.
Outgoing PAN Board Chairperson (2013-2015)

Vision: *PAN envisions a society where children are parented and empowered to reach their full potential.*

Focus on Family Strengthening as a Pillar for Sustainable Development in Africa

"Traditionally, the family unit and extended family system was a critical agent in ensuring that children were disciplined, lived within social norms, learned about healthy sexuality, had healthy relationships, and acted as a support system during times of need or distress.

In contrast, the current trend is that the traditional family structure is being replaced by child-headed, single parent, and blended family systems. Positive parenting for protection and wellbeing of children, is key to sustainable development. Stakeholders need to take up and support positive (skilful) parenting: capacity gaps, inadequate platforms, inadequate research, poverty, and a lack of investment in family development in Africa…"

MacBain Mkandawire,

Executive Director, YONECO, Malawi.
Interim PAN Board Chairperson

Mission: *To facilitate and enable member organizations address policies and practices within their communities, through specific parenting issues that affect African families.*

PAN'S FOOTPRINTS

Where We Have Been (2009 - 15)

2015

3rd Pan African Conference on Parenting held in Munyonyo, Uganda.
The conference brought together government officials, practitioners, membership of PAN, donors, academia, researchers, religious leaders, and the media. PAN conference delegates deliberated on the latest developments in achieving positive discipline in children and adolescents in Africa, including best practices in positive and skilful parenting, effective parenting programs, parenting in alternative care institutions and special contexts, parenting children with disabilities and ending violence against children.

The delegates were tasked to engage in innovative and unconventional thinking regarding disciplining so as to generate knowledge and solutions to current issues.

2014

- Partnership with **Save the Children International**
- **PAN's documentary**, "Reflections on Africa's Indigenous knowledge on Parenting: Indigenous parenting practices of different communities in Africa", launched

2013

- Partnerships with **Open Society Initiative for Eastern Africa (OSIEA)**
- PAN's first ever **Research** launched
- **2nd Pan African Conference** on Parenting, held in Mongochi, Malawi

2012

- **PAN regional symposium held** in Nairobi, Kenya
- **PAN's 3rd publication**, Strengthening Families to Protect Children, launched
- **PAN website** launched
- Quaterly **PAN digest** launched

2011

- **1st Pan African Conferene on Parenting** held in Mwanza, Tanzania
- **PAN's 2nd publication**, Voices of African Children, launched

2010

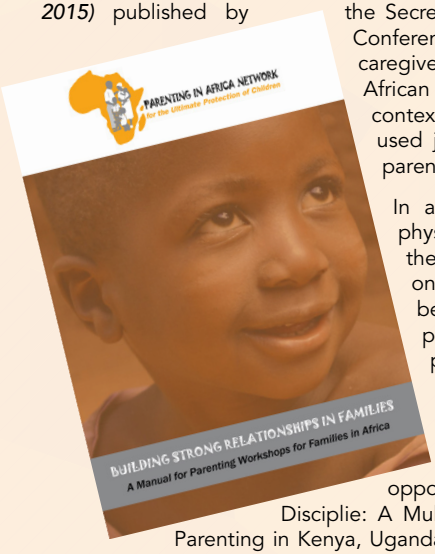
- **PAN secretariat** launched in Nairobi, Kenya
- **PAN's 1st publication**, Voices of African Parents, launched

OCT 2009

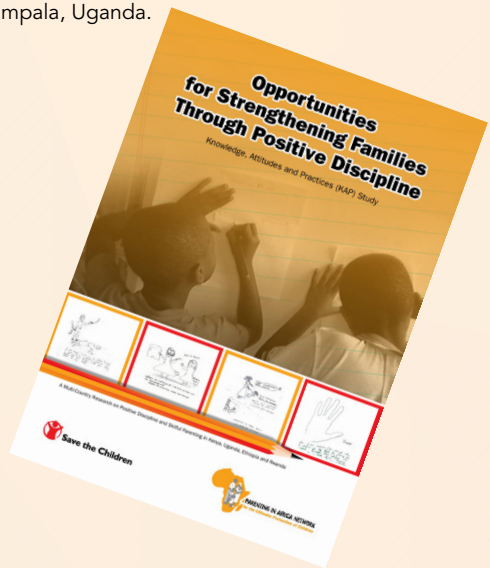
PAN co-founded & funded by **ICS** & **ACPF**

Where We Are Going (2016 -20)

Under a dynamic and new strategic dispensation, PAN shall establish and forge efforts to strengthen its Country-based Chapters, comprising member organizations who will network and share expertise, as well as promote skilful and effective parenting practices in their respective countries. The Country chapters have given input, piloted and are now applying PAN's Skilful parenting guidelines in their communities. The guidelines **(BUILDING STRONG RELATIONSHIPS IN FAMILIES: A Manual for Parenting Workshops for Families in Africa** *(2014, revised version 2015)* published by the Secretariat, and lunched during the 2015 - 3rd pan African Conference on Parenting, are now building capacities of caregivers and parents alike, to parent skilfully across the African Continent. The guidelines are key in enabling Africa to contextualise parenting education, and are effectively being used just as they are, or as references, alongside dynamic parenting strategies within PAN's membership.



In an effort to shift from prohibition to elimination of physical and humiliating forms of punishment, PAN, Save the Children and their partners will reinforce advocacy on improved child protection systems. Plans to integrate best practices of Positive Discipline with Skilful Parenting programming are underway! Consider Endorsing the pertinent 2015 Munyonyo Declaration and Call to action on PAN's Discussion forums *(http://parentinginafrica.org/d2/)*. In addition to that, initial progress of this effort is highlighted by the large number of downloads of PAN's most recent (2015), opportunities for Strengthening Families through Positive Disciplie: A Multi-Country Research on Positive Discipline and Skilful Parenting in Kenya, Uganda, Ethiopia and Rwanda. The research was launched at the 3rd Pan African conference in Munyonyo, Kampala, Uganda.



PAN IN NUMBERS

ONLINE MEDIA

Social Media

Website

19,065 Web views

8,885 Web sessions

Highest Web Traffic

3rd Pan African Conference on Positive Discipline

140

Downloads for PAN's Positive Discipline Research Publication

Munyonyo Declaration Endorsement

61 Organizations

13 Countries

385 Web Hits

8 PAN's ACTIVITIES & EVENTS 2015

- 3rd Pan African Conference on Positive Discipline and Disability.
- Integration of ECD and Parenting Education In Kenya
- Independent Evaluation of Triple P parenting strategies in the African Context
- Skilful Parenting Champions training in East Africa Region
- PAN Network Members training on Save the Children Positive Discipline Approach
- PAN Country Chapter meetings (Kenya, Uganda, Tanzania, Rwanda. Mauritius, Malawi ,South Africa)
- Linking, learning and sharing forum on integration of child-focussed programs with positive discipline approach
- Documentation of best practices in family strengthening interventions

PAN'S STRATEGIC DIRECTION FOR 2016-2020

i. Institutional Development
ii. Research and Advocacy
iii. Capacity Building
iv. Networking and Collaboration

FOUR PAN'S THEMATIC AREAS

- Legal and advocacy
- Education and training
- Research and documentation
- Psychosocial support

PAN'S PRESENCE

POSITIVE DISCIPLINE AND FAMILY STRENGTHENING INTERVENTIONS

Positive discipline is a positive parenting strategy.

Although there are numerous perspectives and parenting techniques in the African continent, most parents perceive discipline as reprimanding or beating, due to their own upbringing, religious traditions and (perceived) teachings. Joan E. Durrant counters this view by stating that discipline is a process that teaches children self-discipline, healthy relationships, life skills, respect for self and others, and equipping a child with skills and confidence to tackle challenges.

Positive Discipline: Is non-violet and respectful of the child as a learner. It is an approach to teaching that helps children succeed, gives them information, and supports their growth. It brings together what we know about children's healthy development, findings of research on effective parenting and child rights principles.

Joan E. Durrant
2013, Positive Discipline in Everyday Parenting. Third Edition.

Corporal Punishment: Any punishment in which physical force is used and intended to cause some degree of pain or discomfort, however light. Most involves hitting ('smacking', 'slapping', 'spanking') children, with the hand or with an implement – whip, stick, belt, shoe, wooden spoon, etc. But it can also involve, for example, kicking, shaking or throwing children, scratching, pinching, burning, scalding or forced ingestion (for example, washing children's mouths out with soap or forcing them to swallow hot spices)

Corporal punishment as defined by Committee on the Rights of the Child (CRC)

Skilful parenting: Every parent usually has some inherent knowledge and skill in parenting, which is influenced and reinforced by their own childhood experiences and upbringing. In addition, every society has its parenting practices which are influenced by culture, religion, social class and changing lifestyle. The result is varied parenting styles with both positive and negative outcomes in children, whether they are intended or not. Nevertheless, it is the responsibility of every parent to ensure that their children get the best opportunities for growth and development so as to develop desirable values that mirror what society expects.

Parenting in Africa Network's (PAN's) definition

DETRIMENTAL APPROACHES TO MOULDING BEHAVIOUR

Punishment as a strategy for moulding behaviour inflicts physical or emotional pain, and emphasizes withdrawal of a desirable item or pleasant experience from children. There are four kinds of punishment that may be applied, including:

1. ***Physical punishment:*** Entails any form of harm to the body such as beating, burning, whipping, biting, pinching, pulling hair, shaking, electrocution, misuse of medication on differently-abled children.
2. ***Spoken/humiliating punishment*** is the use of derogatory and shaming words.
3. ***Withholding rewards*** is the removal of a privilege which the child previously enjoyed.
4. ***Penalties*** entail a child giving up something that he or she values, or is involved in an unpleasant activity or challenging physical exercise such as isolation, cleaning toilets, or doing push-ups.

All forms of punishment are potentially detrimental to optimal child development and put children in negative growth trajectories. Punishment may lower self-esteem, creates fear of older, stronger persons and authority figures; builds resentment, encourages deceitful behaviour to escape punishment, stops unwanted behaviour only for a short period of time and may interfere with cognitive development of the child, causing underachievement in school and lack of creativity.

What positive discipline is	What positive discipline is not
• About long term solutions that develop your child's own self-discipline. • Clear communication of your expectations, rules and limits. • About building a mutually respectful relationship with your child. • About teaching your child life-long skills. • About increasing your child's competence and confidence to handle challenging situations. • About teaching courtesy, non-violence, empathy, selfrespect, human rights and respect for others.	• Permissive parenting • Letting your child do whatever s/he wants. • About having no rules, limits or expectations • About short-term reactions or alternative punishments to slapping and hitting.

* Adapted from Positive Discipline in Everyday Parenting (Third Edition, 2013) by Joan E. Durrant

BEHAVIOUR CORRECTION AND DISABILITY

Children with disabilities are 4-5 times more likely to experience violence than other children. Overwhelmed with the needs and inabilities of differently-abled children, parents and caregivers use physical and psychologically aggressive means, misconstrued as means for disciplining. The methods include beating, denial of basic needs, verbal abuse, isolation, misuse of medication to control child's behaviour, and use of electric shock, among others.

VIOLENT FORMS OF BEHAVIOUR CORRECTION IN DIFFERENT SETTINGS

Children experience physical violence, psychological harm, and neglect while being corrected by parents, caregivers, teachers, and other professionals working with children. Four groups of children are particularly at high risk of harm: street and working children, child domestic workers, children in care and justice institutions, and children with disabilities. In addition, there are four main settings within which children experience violent means of correcting behaviour: family, school, care institutions, and justice institutions.

THE FAMILY AND VIOLENT FORMS OF BEHAVIOUR CORRECTION

The family ought to be a place for nurturing and protecting children. Unfortunately, the family setting poses the highest risk of violence against children, at escalating rates, as reported in the Global Update on Violence against Children. In addition, violence in the family, is precipitated by an increase in stress levels on parents and caregivers due to socio-economic trends such as man-made and natural disasters, unemployment and poverty levels. Of greater concern is children's perception of Physical and humiliating punishment as an expression of parental love, who go-ahead to punish their younger siblings, and playmates, or peers (by believing that it's okay to use hit, slap, pinch, or bite others).

"I am 17 years old. As a teenager, I would like it very much (when I am wrong) for my parents to correct me by calmly, instead of insulting us or sending me away from home. When I have gone astray or erred, they should not rush into punishing me, but rather, they should first listen to my reasons as to why I did it. They should only punish me once I have repeated a mistake…

In future, I want to be a child rights lawyer. In order to achieve this, I need love, support and encouragement from my parents. Parents ought to support and encourage their children's career preference, rather than choosing one for them." 17 year old boy from Kayole, Nairobi, Kenya.

SCHOOL AND VIOLENT FORMS OF BEHAVIOUR CORRECTION

Schools ought to be safe places of learning and socialization. In Kenya for example, Free-primary Education has resulted in an increase in school enrolment and attendance (public schools). This has translated into classes being larger and more challenging for teachers to manage, resulting in Physical punishment, a quick fix perceived as a means for disciplining. In addition, teachers have less capacity to intervene in peer-to-peer violence.

Further, that most African countries have allowed the use of Physical punishment in school settings, is making its elimination quite challenging. Research attributes violent forms of behaviour correction by teachers to unfriendly work conditions, overcrowded classrooms, insufficient resources, and overemphasis on academic testing and achievement. Negative effects emanating from violent forms of behaviour correction include physical harm, poor academic achievement, school absenteeism, school dropout, psychological harm and in extreme cases, death.

Justice Institutions and Violent forms of Behaviour Correction

Children and adolescents in justice institutions are at risk of violence, through Physical and humiliating punishment. Children are often subjected to humiliating and painful punishment, particularly verbal and physical assault, from peers and staff in police stations and correctional facilities. Adolescents are often detained in adult prisons, while children are detained for long periods of time without judicial review. More so, those having committed petty offenses are often put together with those serving sentences for more serious crimes. Further, children imprisoned with their mothers are at risk of physical and sexual violence from other prisoners.

PAN pictorial

2015 PAN Activities and Engagements

PAN Members (Uganda, Ethiopia, Kenya, Tanzania and Rwanda) and Partners (Save the Children EARO), held a 3-day Linking and Learning forum geared towards integrating child-focussed interventions with Positive Discipline, in Nairobi, held 13th - 15th October, 2015. The forum acted as a foundation for the integration of Positive Discipline strategies with existing child focussed programs, which ultimately would ensure better protection of the child in the region; and enhance continued advocacy efforts on the Total Ban on Corporal Punishment across the continents.

Market place: Presentation of PAN's work during Save the Children's Child Rights Governance and learning event in Entebbe, Uganda

PAN is now building relationships with a team of facilitators, across the African region, with various backgrounds who can partner with the Secretariat, to build a strong parenting approach or skills' building initiative, across Africa. A Resource Manual for Developing Parenting Workshops for Families in Africa (2014) published by the Secretariat, in consultation with various Network members, is now updated and tailored for enabling members to develop their own parenting workshops

Documentation of best practices in Positive Discipline and family strengthening interventions

Parenting in Africa Network has established itself as a regional membership network that is changing the situation of the family in Africa, through innovative advocacy approaches in the region. **Good practices from family strengthening Initiatives in Africa**, is an initiative that will contribute to creating synergy among family strengthening organizations. It shall be a tool for knowledge and experience sharing. Have a glance of the documentation and accompanying factsheet on PAN's website.

This inquiry reveals the great need for efforts to empower parents regarding the wellbeing of children. Because child wellbeing is central, Parenting Education programs must ensure that the materials and training resources they develop or employ are not only user-friendly, but also based on identified needs and capacity gaps of given target groups.

INTEGRATING POSITIVE DISCIPLINE WITH PARENTING APPROACHES: What to look out for

- Scientific evidence: Proving efficacy of parenting training programs is critical for measuring their effectiveness and expected impact. Rollout of training programs for parents requires resource allocation that should be accompanied by comprehensive training plans, prioritised target organizations, alongside clear monitoring and evaluation strategies that provide the relevant research evidence.
- Contextualization: The success of interventions largely depends on contextualization of training approaches through translation into catchment language and use of examples/ illustrations from the target community. Adaptations or design of programs deemed for implementation cannot ignore the presence of positive aspects of culture and traditions within communities that were/are effective in families strengthening.
- Partnerships: Embracing partnership in design and implementation of programs is critical in ensuring the success of interventions. Institutions of research and training are important stakeholders that would ensure parenting programs are indeed transformational.

In order to test the efficacy of parenting approaches and interventions throughout Africa, PAN, through its linking and learning platforms (Regional and country specific) provides relevant Research and knowledge management resources to its members. Reach out to us and consider becoming a member of the network today!

Save the Children

Save the Children

Save the Children

Save the Children

Save the Children

Save the Children

Welcome to
PARENTING IN AFRICA NETWORK
for the Ultimate Protection of Children
PAN
Action for fathers in Africa
Men as Fathers and Co-parents
Skilful Parenting and Moulding Behaviour at an Early Age
Bridging the gap between what we know and what we do
Parenting Education
Reflections
Parenting Highlights from Afr
SHAPING THE FUTURE
Through the voices of African Parents
Opportunities for Strengthening Families Through Positive Discipline
Knowledge, Attitudes and Practices (KAP) Study
PARENTING IN AFRICA
Voices of African Children
Reflections on Africa's Indigenous knowledge on parenting
Indigenous parenting practices of different communities in Africa
NG RELATIONSHIPS IN FAMILIES
ing Workshops for Families in Africa

POSITIVE DISCIPLINE STRATEGIES FOR DIFFERENT DEVELOPMENTAL STAGES OF A CHILD

0-6 months

Development

- Grasping using mouth to explore all things
- Crying is normal and may continue even when soothed
- Warmth builds **attachment** to parent and the child feels safe
- Attachment is basis for future parent-child relationships

Discipline tips that strengthen family relationships[1]

- Build your baby's trust
- Respond to baby's bubbling to develop his **communication**

6 - 12 months

Development

- A safe home/environment
- Plenty of **warmth** (hold, cuddle, hug, rock, carry; are brain food)
- Responding to cries (babies cry due to hunger, discomfort, illness, need for sleep, attention e.t.c)

Discipline tips that strengthen family relationships

- Baby cries less and smiles more
- Experiences separation anxiety
- Teething pain, or illness may cause plenty of crying
- Babbling begins

1-2 years

Development

- Language Explosion
- Walking
- New Independence
- Tantrums as language skills not fully developed

Discipline tips that strengthen family relationships

- **Reassurance and support**
- **Respecting the child's feelings** helps them be confident as they feel safe
- Have **realistic expectations** of what your child can do
- Prepare the child for occasions that may be upsetting

2 - 3 years

Development

- Praise good behaviour
- Don't give in to negative behaviour as the child will learn to behave negatively
- Maintain a regular/predictable daily routine
- Talk, read, listen and answer questions to the child
- A safe home/environment
- Nurture and respect the child's **growing independence**
- Understand that the child can't empathise, or understand your feelings (sad, tired, angry)
- No matter where you are, tantrums end sooner if you respond calmly
- Teach the child by example, how to **resolve conflict** and express feelings constructively

Discipline tips that strengthen family relationships

- **Fears**
- Sudden shyness (around strangers). This is not rudeness, but an intelligent response: The child is cautious

3-5 years

Development

- Child wants to know everything (very inquisitive)
- Plays imaginary games
- Children desire to help out

Discipline tips that strengthen family relationships

- Set clear and consistent boundaries
- Stay calm and in control when the child breaks set rules
- Skills acquired in earlier stages, from parents, will enable the child cope with new challenges
- Support and guide the child
- Avoid comparing siblings; treat each child as an individual

5 - 9 years

Development

- Respond respectfully to the child's questions
- Allow them time to play
- Encourage them to help out (give room for mistakes too)

Discipline tips that strengthen family relationships

- The child starts school
- Friends are becoming more important
- The child's temperament affects transition to school

10-13 years

Development

- Almost at Puberty
- **Family conflict** due to: need for more independence from parents; moodiness due to body changes; Peers more significant than parents; parents feel powerless.
- Parents often worry about **Peer pressure**

Discipline tips that strengthen family relationships

- Support the child to curb family conflict
- Keep the child safe while respecting his/her growing need for independence
- Support/guide/prepare the child before 'trouble' strikes.
- The relationship built overtime, with your child, will anchor them through adolescence and negate peer-pressure

14 - 18 years

Development

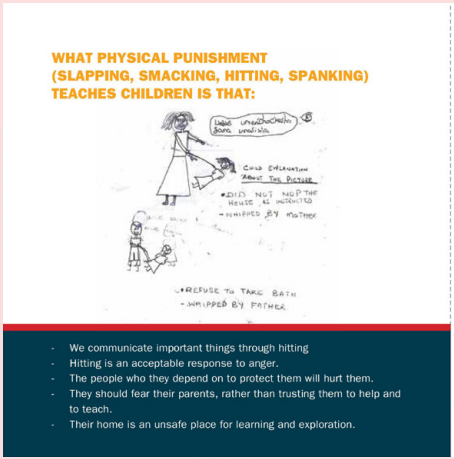
- Strengthening parent-child connection
- Monitoring the child's activities
- Nurturing the child's independence
- The child needs to trust that they can turn to the parent, without fear, for information and advice.
- The child may make mistakes, but with your help, overcome and thrive.

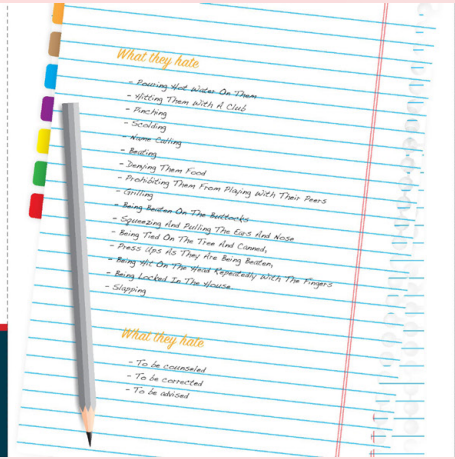
Discipline tips that strengthen family relationships

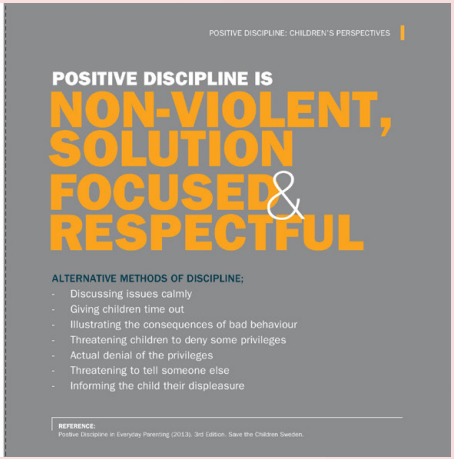
- The child is at the **edge of adulthood**
- The child discovers and experiments his/her own **unique identity**
- The child will put to practice, life-skills learnt earlier in life

[1] Positive Discipline in Everyday parenting (2013). 3rd Edition. Save the children Sweden.

CHILDREN'S VIEWS ON POSITIVE DISCIPLINE







PAN Digest
PARENTING IN AFRICA NETWORK
PAN Digest
Volume 2, Issue 4
CONTENTS
Editorial Note
PAN Digest
Volume 2, Issue 2
Editorial Note
From the Program Manager
PAN Digest
Volume 2, Issue 1
Editor's Note
PAN Digest
Volume 3, Issue 2
CONTENTS
Editorial Note

Save the Children

Save the Children

Save the Children

Save the Children

Save the Children

Save the Children

Save the Children

Save the Children

THE SECRETARIAT

This is the program development unit of the network. It consists of full-time professionals who oversee day-to-day activities of the network, in close collaboration with various Country Chapter leads, and the Board. The professionals include:

Program Manager - Esther Okoth
Programs Coordinator (Partnerships & Communications) - Stella Ndugire - Mbugua
Programs Coordinator (Research, Monitoring and Evaluation) - Jared Ogeda
Project Officer, Communication - Isaiah Muthui

Tribute from the secretariat Team

We the PAN secretariat team would like to sincerely thank our Board, Country Chapter leads development partners and registered members, from across Africa and beyond, for your support in every way.

We are TRULY GRATEFUL!

Development Partners

Save the Children EARO

http://www.savethechildren.net/

ICS

http://www.icsafrica.org

Open Society Initiative for Eastern Africa (OSIEA)

http://www.opensocietyfoundations.org/regions/africa

"Skilful parenting is all about:

Putting one's family first and spouses being able to complement each other's effort when raising children."

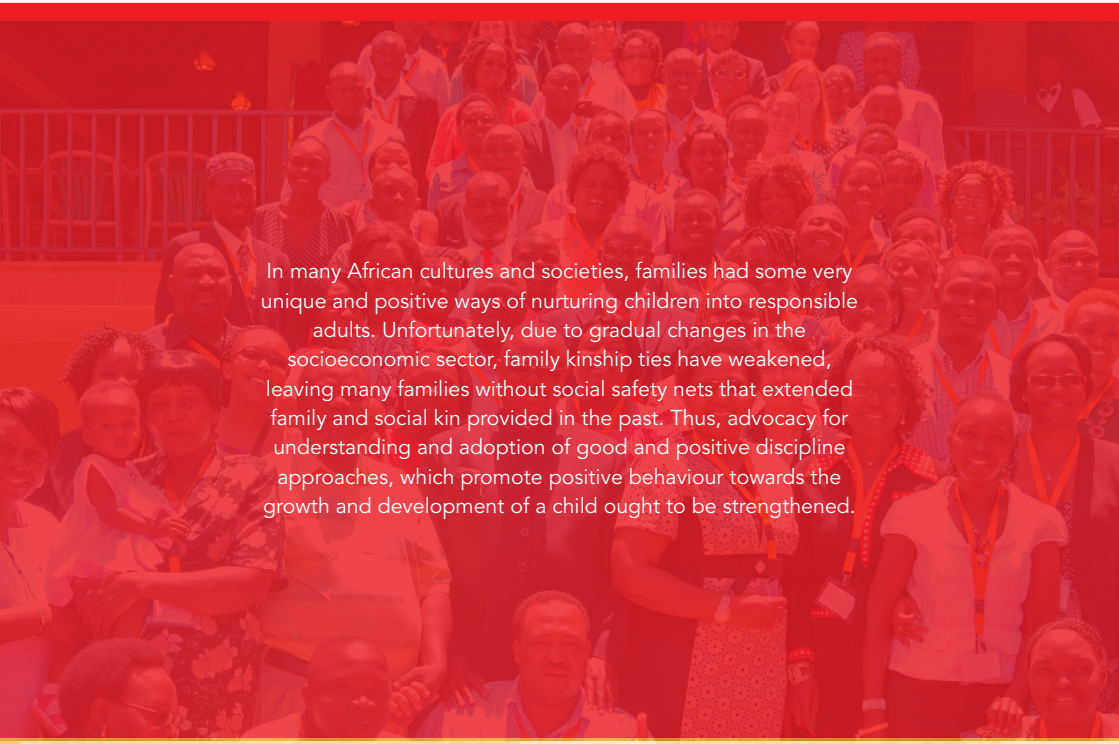
Athlete Shaleka, (Honorary Dr. Haile Gebreselassie) a World Marathon record holder; and a father to four. Ethiopia.

Save the Children

Save the Children

Save the Children

Save the Children



In many African cultures and societies, families had some very unique and positive ways of nurturing children into responsible adults. Unfortunately, due to gradual changes in the socioeconomic sector, family kinship ties have weakened, leaving many families without social safety nets that extended family and social kin provided in the past. Thus, advocacy for understanding and adoption of good and positive discipline approaches, which promote positive behaviour towards the growth and development of a child ought to be strengthened.

Parenting in Africa Network (PAN)
Regional Office, ICS Africa
P. O. Box 13892 - 00800 Nairobi, Kenya
Tel: + 254 (20) 206 30 15/17/18
Email: info@parentinginafrica.org
www.parentinginafrica.org

Save the Children , East Africa Regional Office
P. O. Box 19423-00202, Nairobi-Kenya
Ofce Cell Phone: +254 711 090 000
ea.info@savethechildren.org
www.savethechildren.net

© 2016 PAN