

GOOD PARENTING SESSION AT SHREE SAATKANYA BASIC SCHOOL



On 29th Falgun, Social Lab Nepal organized a one-day Good Parenting Session at Shree Saatkanya Basic School, Bhattedanda, Lalitpur. The training was facilitated by Manosparsha, an organization working in the field of psychology.



A total of 32 parents participated in the program, engaging actively in discussions, role-plays, and group sharing. The session was designed to help parents reflect on their own parenting practices, understand children's emotions, and explore positive ways of supporting their children at home.

Training Highlights

- Warm-up and trust building activities helped parents feel comfortable and energized.
- The "Stone in the Heart" exercise encouraged parents to recognize hidden emotions in children and how these can affect behavior.
- Through storytelling, parents learned about children's rights and basic needs.
- The "Crumpled Paper Child" activity illustrated the lasting emotional impact of harsh discipline, emphasizing the importance of positive parenting.
- Role-plays that effective parent-child communication, negative & positive approaches.

Impact

Parents not only listened but also shared their own experiences, reflected on challenges, and expressed how the training inspired them to adopt more loving and responsible parenting practices. The session strengthened the relationship between parents, teachers, and the school, highlighting the importance of innovation and collaboration in the education ecosystem.

Social Lab Nepal remains committed to empowering parents and communities to create nurturing environments where children can grow with confidence, dignity, and hope.



Parent Reflection

"The training gave me a chance to reflect on my own behavior. I realized that children's actions often have a deeper reason behind them. In the past, when my son came home from school and behaved rudely, I scolded him immediately without asking why.

Through this session, I learned that instead of reacting right away, I should ask him what happened at school and try to understand his feelings. The training showed me new ways to respond with care, and I feel more confident as a parent now."