

BE PRICELESS



CAREGIVERS' SEED COURSE

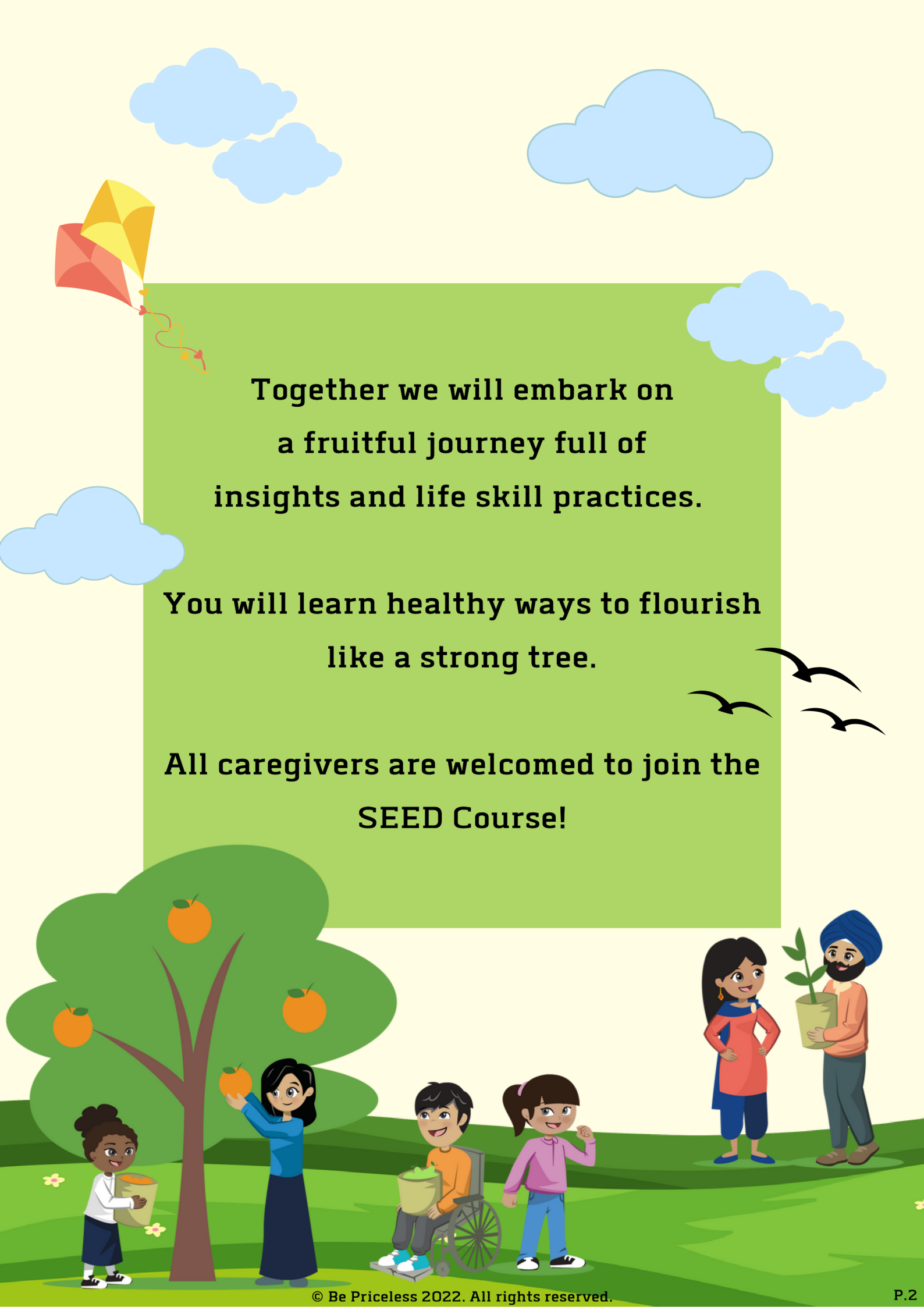
Welcome to Be Priceless!

**We are an educational non-profit group
that enhances community's
growth, well-being and safety.**

**We work with diverse professionals and
caregivers to design your SEED Course.**

**Your experience here will be
life-changing!**





**Together we will embark on
a fruitful journey full of
insights and life skill practices.**

**You will learn healthy ways to flourish
like a strong tree.**

**All caregivers are welcomed to join the
SEED Course!**

Our Caregivers' SEED Course - 4 Workshops



1



Introduction to SEED Course

We learn about positive parenting.

We nurture strong roots so our children seedlings can flourish into healthy trees!



2

Growth

We are like gardeners creating a positive environment for our seedlings to grow!

Let's practise our superpowers, positive ways of seeing ourselves, and growth mindset.





4

Safety

We all value safety.
Let's get ready to reduce risks
with our children.
We can teach them to get help
from trusted adults and
prepare a safety plan.

3

Well-being

To take care of our children well,
self-care is very important.
Let's grow our skills and routines to
nurture our minds, bodies and
relationships.
This includes emotional regulation.



FINISH

We flourish!



Pictures of SEED Course



We are priceless and limitless!



We are a growing seed!



Growth mindset activity



Building our safety plans



Pictures of SEED Course



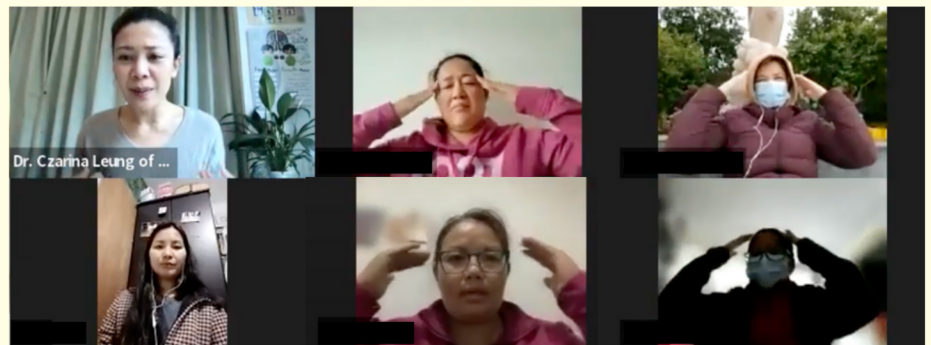
Compassionate communication



Emotional regulation



Mindfulness practice



My mind and body belong to me



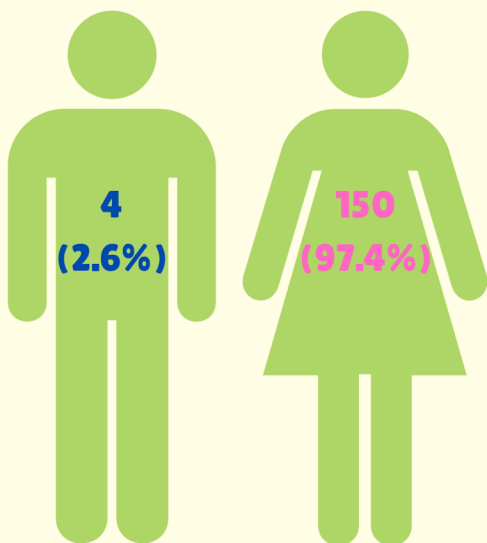
Who took the Caregivers' SEED Course from September 2021 to August 2022?

We all are different, but we face similar challenges - communication difficulties, violence, infections, climate change and more!
So we took the SEED Course to be more well and safe.

In one year,
154 caregivers joined the
SEED Course!



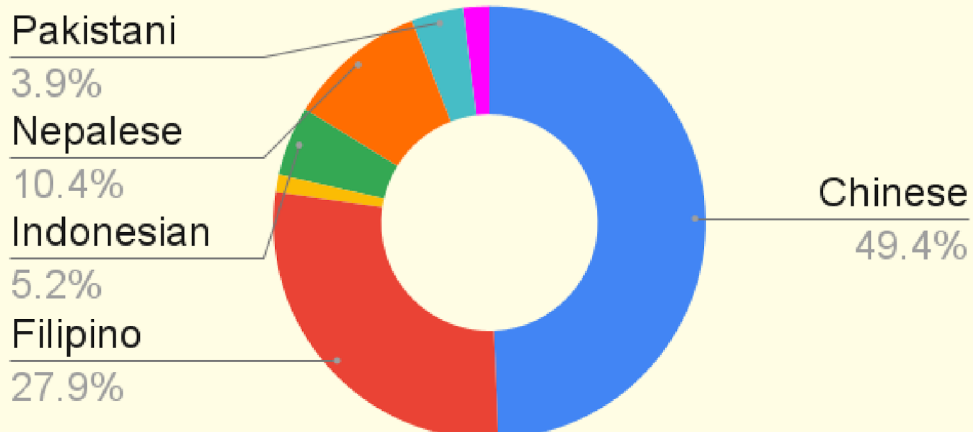
Gender Distribution



We welcome more daddies
and grandfathers to join!

Distribution of caregivers based on ethnicity

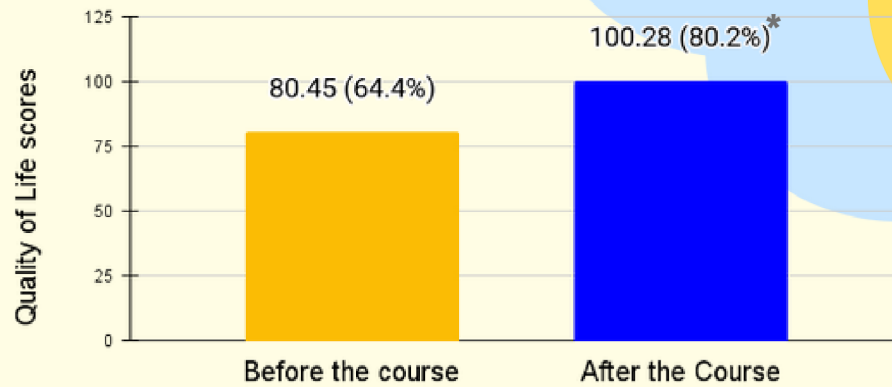
Number of caregivers: 154



How did the caregivers' lives change?

Quality of life score of caregivers before and after SEED Course

Number of caregivers: 119



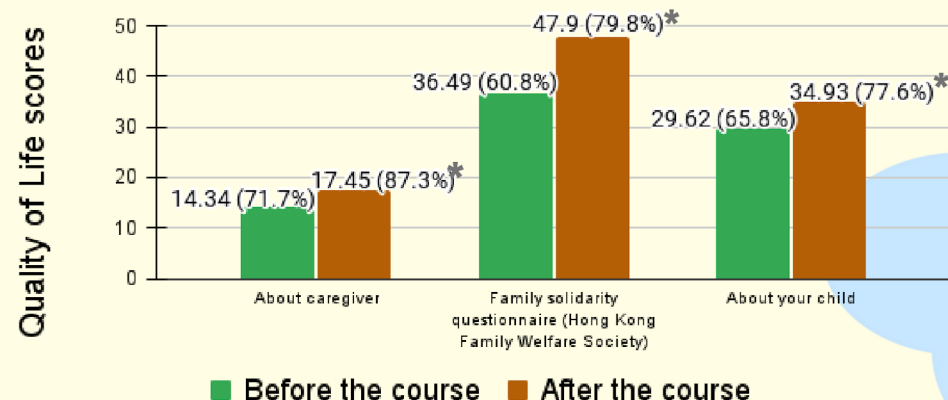
*t-test comparing scores before and after SEED course, p-value <0,05

Our caregivers showed **better quality of life** after the SEED Course!



Quality of life scores of caregivers' family before and after the SEED Course

Number of caregivers : 119



Both caregivers' and their **children's lives improved!**

Their family relationships also **got better!**

*t-test comparing scores before and after SEED course, p-value <0,05

This is some of what the caregivers shared...

Question:

How did the SEED Course affect your life?

Positive parenting

Support child's independence

"I learned and understand about the feelings of our children because for me as a mother, I will insist what I like them to do...

I realized that I need to respect them... I need to give them freedom. But I will support so that they were both strong and independent person for them to be ready in the future..."

Thinking from child's perspective

"... I learned that listening to her emotions are very important and that the child's perspective is very wide. They are not only the ones who learn from us, but we also learn from their perspective, like how they express their feelings and thoughts about many things and their curiosity also reflect their personality."

Open communication

"What I've learned in their course is that all children are unique. They are special... the guardian contribute to what the children may be when they become old, if we... show them to be good, show good deed for other people, that they will be also apply to themselves."

Growth

Growth mindset

"I had this mindset from the past that I was not good at doing buying and selling business, that I was not good at that field. And when I changed my mindset, when I thought I couldn't but I wanted to try learning the things that I couldn't do it yet, turned out I was able to do it."

Each child is unique

"... every child is different and they have their own capacity and ability. So, the parent should understand their child's abilities and push them accordingly. You can't push them like 'your friend is doing this much, getting this mark. So you should get it too.'... So sometimes too hard, so for them, it is hard to share their actual feeling with us."

Growth of the child

"The seeds grow little by little from little seeds into big trees. This is like my child. At first the baby is a seed, grows little by little and now he/she is already like this. And he/she will grow again... From a small seed to a bigger seed and become a big tree, growing little by little."



**We interviewed the
caregivers after all
SEED Courses.**

Well-being

Emotional regulation

"we need that calming down when we are not able to solve any problem... come to relax, go for a toilet..., go for a walk... And definitely will help us in the future to raise a child in a positive way."

Emotional regulation

"I have learned to manage my anger and treat them with respect and approach them calmly."

Self-care

"the skills of self hug... I have like, 2 minutes of mindfulness exercise. I say that every students at the end can do self hugging. I appreciate that people talking to me. I appreciate that everyone has skills... I share the same upbringing, but at the same moment I gain something of myself."

Safety of children

Risk reduction

"... What I learned from this session is to have more open communication to my family, especially my son, and to teach him how to keep out of danger by being vigilant, build a capacity, awareness, ability to avoid risk and how to stand strong..."

My mind and body belong to me

"... because we did not know what was a safe touch. We didn't know about the safety... Before we were like, you should go to hug them... But now I tell my daughter, 'if you are not comfortable, you can just wave, just say hi, you don't have to go and hug them. Like whatever makes you comfortable you can do that.'"

Human trafficking

"... I was telling my daughter about bad people, bad things... sometimes it could be cute grandma, or like beautiful women, We don't know who can be bad. So, i think I must more explain how to be safe, how to be safe without parents near."

Want you and your family to be more well and safe?

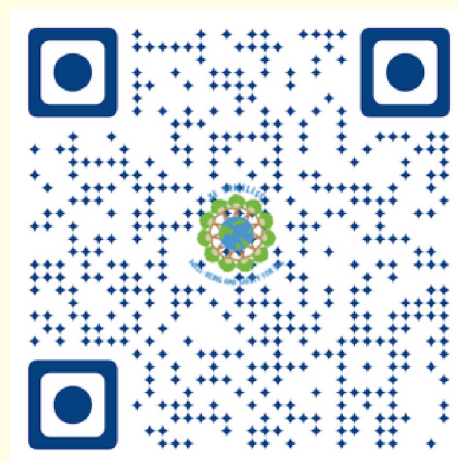
Join the SEED Course now!



Check out our website:
www.bepriceless.org



Or scan



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