



# Project DITEAM12

Diverse and Inclusive teams for children under 12

**COMPETENCES FOR PARENTS WITH  
CHILDREN WITH DISABILITY AND  
INCLUSION: COMMUNICATION**



Asociación  
**Mi Hijo y Yo**



European  
Paralympic  
Committee

PEDAGOŠKI INŠTITUT



SCHOLA EMPIRICA

**NEOMA**  
PSICOLOGIA Y DEPORTE

# COMMUNICATION WITH OTHER PARENTS

## Tips to enhance communication among parents



- **What is this competence?**  
Communication is the exchange of information between two or more people.
- **Why is this competence needed?**  
Communication can be verbal, non-verbal, positive, negative, effective or ineffective.
- **We will see how to develop and improve this competency.**

# CREATION OF AN INCLUSIVE SCHOOL FOR PARENTS AND CHILDREN WITH DISABILITY

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- 1) Create a space for communication between families and the club.
- 2) Establish regular meetings with families (before, during and at the end of the season).
- 3) Establish follow-up sessions with the families to evaluate the academic evolution of the athlete during the course.
- 4) Offer training to families on topics of current interest.
- 5) Offer educational or psychological support to the families most in need.



# METHODS TO ACHIEVE EFFECTIVE COMMUNICATION



1. **Social Skills:** we help each other in the club to generate support networks in sport and family
2. **Assertiveness:** We will improve communication making it more fluid and respectful, we will adopt models to guide communication.
3. **Empathy:** to carry out activities to work on empathy with parents, about disorders and inclusion.
4. **Active listening:** create spaces and environments for the development of activities that encourage active listening actions among parents, children and the club
5. **Augmentative communication:** effective and positive communication methods will be used to help establish direct contact between parents, children and the club.

# HOW TO ESTABLISH GOOD RELATIONSHIPS BETWEEN PARENTS

- 1) Feel that there is a safe space for them where parents are listening to each other and that it is reported to the club and the children.
- 2) Feeling that what is agreed in parent's school is important to parents and therefore will be important to the athletes and the club's team.
- 3) Learn to say the virtues and needs between the parents including him/her/the athlete, what he/she feels and needs directly looking for methods that integrate them all, for example:  
**CREATE SUPPORT GROUP WITH DYNAMICS BETWEEN PARENTS, INCLUDING SPORTSMEN AND TRAINERS (Format with communication standards, team improvement ideas and joint proposals for sport and athletes, as well as for coaches and families)**
- 4) interactive panels where parents can consult needs, questions, concerns, proposals about the sport, inclusion and the club.
- 5) begin to work on involving parents in these strategies.





## HOW TO INVOLVE FAMILIES IN YOUR CLUB

- 1) Select tasks within the club that can be delegated to parents.
- 2) Select delegates or representatives from the parent groups to communicate with them.
- 3) Allow families to join the training sessions, in shifts, so that they can experience the training sessions.
- 4) Allow a parent to take turns accompanying the team (in the case of team sports) in competition.
- 5) Involve families in the sports objectives of their children (making them participants, helping in decision making, helping in the establishment of objectives, etc.).

**PIZARRA/PANELS: HERE PARENTS INTERACT WITH OTHER PARENTS ON A WEEKLY BASIS – AS WELL AS WITH THE CLUB.**

- "I'd like to know more about the issue .... such as how you manage frustration behaviors with your child."
- "Tell me more about the values of the Club that we parents can contribute and improve with each other."
- "Talk. I listen to you about issues with your child in the school setting, at home and in the parent-to-parent club "
- "I understand this about my child within the club properly or am I wrong about this, what do you usually do as a parent?????"
- "What do you think about such a topic about : education , inclusive sport, club rules , what can we improve to be more inclusive "?
- "What would you like to talk to me about "?
- Is there anything else you would like to talk about?
- "That sounds interesting."
- "I'm interested."  
Explain it to me please.

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# Activities - Shares

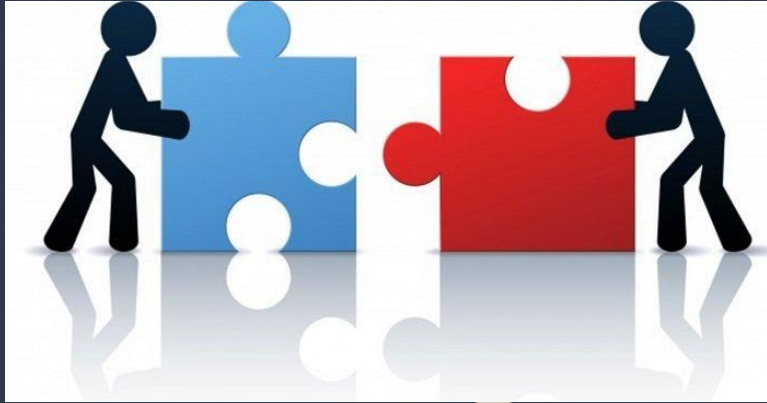
We will create activities with parents, children and the club itself in mind.

We will encourage joint interaction so that parents are an integral part of the club.

We will facilitate these meetings for parents within the parents' school.



# ACTIVITY 1



## 1- Practicing negotiation strategies

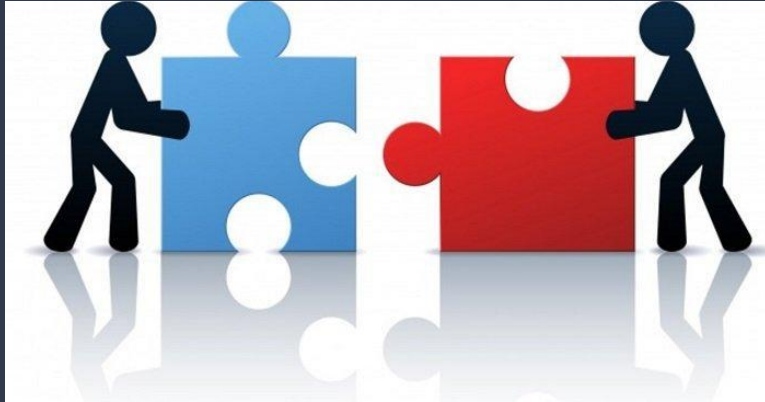
The main objective is to analyze the best strategy to follow given the strategies of the others. In addition to practical negotiation skills. We propose practical activities in negotiation skills and we propose to experience the results of cooperative behaviors.

The coordinating parent should form pairs, if the number of members of the group is odd, form a group of three members where two of them should take the role of one person. The proposed game consists of an exchange.

Each member will pretend to be an Arab, one has two camels and the other a mansion. The value of each camel is 10,000 euros, while a car is valued at 37,000 euros.



# ACTIVITY 1



## 1- Practicing negotiation strategies

It is important for the negotiators to know the value of what they are trying to exchange in order to know how much the value of their assets will change. The important fact is that the premise for both people is the desire to barter for different needs, and for this 3 instances of negotiation will be opened.

First, they will be given 3 minutes to individually propose the strategy to follow, then the first instance of negotiation will be opened, they will have 3 minutes to present their proposals and see if they reach an agreement.

If the barter is not possible, 2 minutes are given to rethink the strategy with the new information, and then the second instance of negotiation of 2 minutes is opened.

If there is still no agreement, 1 minute is given to rethink the strategy and 1 minute is given for the last instance of negotiation.

At the end of the activity, a space for reflection is opened for each couple to analyze why they did not reach an agreement or why they did. And if those who agreed are satisfied with what was agreed.





## ACTIVITY 2

# Training parents to develop active listening skills

what is not active listening

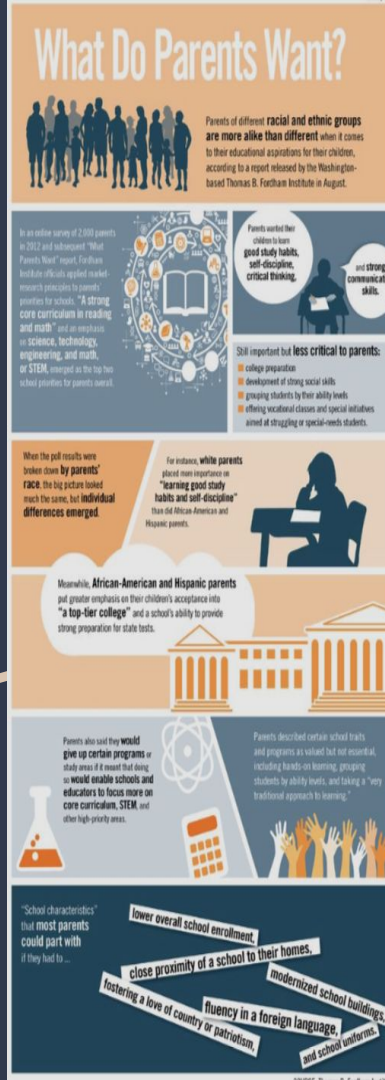


# ACTIVE LISTENING



# ACTIVITY 3:

## Creation of a decalogue of inclusive values among parents



For this activity, the state regulations on values in sport, inclusion and the SDGs will be used as contexts.

1. Training workshop for parents on legislative content and applications in clubs.
2. Inclusive talk about the disability and experiences of families with children with disorders.
3. Implementation of their own decalogue under commissions between parents, club and children.



# ACTIVITY 4:

## Augmentative communication



SUGGESTION BOX: what does it consist of? HERE THE PARENTS CAN LEAVE THEIR DOUBTS, QUESTIONS OR IDEAS TO THE COACHES IN A FORMAT SHEET WHERE THE FOLLOWING DATA ARE GATHERED: Personal data, telephone, email, reason for the consultation, what needs they present, what needs are covered, what should I know as a coach about the child : school grades, behaviors at home, at school with friends, any data outside the club; what should I know within the training; my tone of voice, my indications, training, with the group, individual, context where the activity takes place, any indication that helps the coach and the family an understanding between emotions, sport and communicative effectiveness towards change, contemplating the positive and negative aspects in both areas.

1 DAY A WEEK THE MAILBOX IS OPEN TO PARENTS.

1 DAY THE FOLLOWING WEEK THE BOX OPEN FOR COACHES respond to PARENTS



# Good Practices example

A coordinator is elected on behalf of the parents who will be responsible for delivering to the new families the decalogue of values, rules created by them as well as the process of communication activities, work etc.

# ACTIONS OF MODEL PARENTS FOR OTHER PARENTS:

- CREATION OF BEHAVIOR CARDS: GREEN CARD:  
Parents will carry green cards to highlight clean play by children, coaches using motivational and exemplary verbalisations and green card to parents who encourage and motivate in the stands.
- CREATION OF MOTIVATIONAL BRACELETS AND BANNERS ENCOURAGING ACTIONS BETWEEN PARENTS WITHIN THE CLUB



# CONDUCT QUESTIONNAIRES TO 3 AREAS

## A3 SATISFACTION SURVEY

- 1.- PARENTS TO PARENTS .
- 2.- PARENTS TO CLUB .
- 3.- CLUB TO PARENTS .

(THIS WILL BE USEFUL FOR GOOD PRACTICE)

[Click here to start:](#)



<https://docs.google.com/document/d/1phT6fQ6JI1tkR2E8p8AyJA-gKAZKEgYv/edit>



# Think/ Practice!

What are the main conclusions you draw from this workshop regarding communication in formative sport?

