

REPORT ON CAPACITY BUILDING PROGRAMME

Embrace Resilience: Wellbeing Strategies for Mothers of Neurodivergent and Bedridden Children

Introduction

This report outlines the outcomes of capacity building programme conducted for mothers of children with diverse support needs. The two Focus Group Discussions (FGDs) initially aimed at exploring shared feelings of anxiety, sadness, and anger. These discussions evolved into a profoundly meaningful journey that facilitated emotional liberation and mutual support. This program sought not only to document these emotions but also to explore mechanisms for coping and resilience, emphasizing the critical need for sustained emotional support in caregiving roles.

Methodology

- **Participants:** The FGDs involved 25 mothers selected based on their experiences in caring for children with various support needs, including physical disabilities, developmental disorders, and chronic health conditions.
- **Materials:** Charts, sketches, crayons
- **Facilitation Techniques:** Sessions were facilitated using a mix of grounding exercises, guided discussions, and therapeutic storytelling techniques to encourage open expression of thoughts and feelings. Adjustments were made to accommodate the dynamic needs of the group, ensuring a supportive and non-judgmental environment.

Structure

- Initial Setup
- Grounding Exercises
- Open Discussion

Findings

Common Themes in Mothers' Experiences

- Grief Over Diagnosis
- Anxiety About Sensory Issues and Behaviours
- Anger and Punitive Measures
- Grief Over Lost Support Systems
- Financial Anxiety

Reasons for Suppressed Emotions

- Lack of Time
- Listener's Expectations
- Perceived Futility
- Fear of Misunderstanding

- Safe Spaces for Emotional Expression
- Ongoing Support
- Future Sessions

Recommendations

Based on the insights gathered, the following recommendations are proposed to better support the emotional health of mothers with children who have diverse support needs:

- **Establishment of Regular Support Groups:** Organize monthly FGDs to provide continuous support and deepen the relationships formed in the initial sessions.
- **Development of Tailored Workshops:** Implement workshops focusing on effective stress management techniques, mindfulness, and emotional resilience specifically designed for parents of children with special needs.
- **Enhanced Community Advocacy:** Collaborate with healthcare providers and community organizations to advocate for comprehensive support services, including mental health counseling and respite day-care for children.
- **Sensitivity Workshops:** To enhance community support for mothers of children with diverse needs, sensitivity workshops need to be conducted for the general public, including neighbors and local business owners. These workshops will educate on the unique challenges these mothers face and promote effective communication and support strategies.

Conclusion

The Focus Group Discussions highlighted the profound impact emotional support has on mothers of children with diverse support needs. By continuing to foster environments where these caregivers can share and process their experiences, we can contribute significantly to their well-being. Implementing the recommendations in this report is expected to build more robust support networks and promote sustainable emotional health and hygiene among this deserving group.

ഭിന്നശേഷിക്കാരുടെ അമ്മമാരുടെ ക്ഷേമം: പരിശീലനം സംഘടിപ്പിച്ചു

കളഭശരി

കേരളത്തിലെ ഭിന്നശേഷിക്കാരായ കുട്ടികളുടെ അമ്മമാരുടെ ജീവിതം അടിസ്ഥാനമാക്കി നടത്തിയ ഗവേഷണത്തിന്റെ ഭാഗമായി ആലുവ കൂട്ടമശേരി ഗവ. സ്കൂളിൽ പരിശീലനം സംഘടിപ്പിച്ചു. 'ഭിന്നശേഷിക്കാരായ കുട്ടികളുടെ അമ്മമാരുടെ ക്ഷേമവും ശാക്തീകരണവും' എന്ന പ്രമേയത്തെ ആസ്പദമാക്കി സംസ്ഥാന വനിതാ കമ്മീഷന്റെയും കൂസാറ്റ് സ്കൂൾ ഓഫ് മാനേജ്മെന്റ് സ്റ്റഡീസിലെ അധ്യാപകരായ ഡോ. നിമിത അബൂബക്കറിന്റെയും ഡോ. ദേവി സൗമ്യയുടെയും നേതൃത്വത്തിലായിരുന്നു പരിശീലനം. സ്കൂൾ പ്രിൻസിപ്പൽ ശ്രീജ ഫാസിൽ ഉദ്ഘാടനം ചെയ്തു. ഡോ. സീമ ശിമിജലാൽ നേതൃത്വം നൽകി. പ്രധാനാധ്യാപിക സീന പോൾ, ഇ എ അബൂബക്കർ, മാജിദ ജലീൽ എന്നിവർ സംസാരിച്ചു.

ഇരുപത്തിയെട്ട് പേർ പങ്കെടുത്ത പരിശീലനം ഡോ. സീമ ശിമിജലാൽ നേതൃത്വം നൽകി. പ്രധാനാധ്യാപിക സീന പോൾ, ഇ എ അബൂബക്കർ, മാജിദ ജലീൽ എന്നിവർ സംസാരിച്ചു.

യും നേതൃത്വത്തിലായിരുന്നു പരിശീലനം. സ്കൂൾ പ്രിൻസിപ്പൽ ശ്രീജ ഫാസിൽ ഉദ്ഘാടനം ചെയ്തു. ഡോ. സീമ ശിമിജലാൽ നേതൃത്വം നൽകി. പ്രധാനാധ്യാപിക സീന പോൾ, ഇ എ അബൂബക്കർ, മാജിദ ജലീൽ എന്നിവർ സംസാരിച്ചു.



**Capacity Building Programme on
"Embrace Resilience: Wellbeing Strategies for Mothers of Neurodivergent and Bedridden Children"**

Organized by
School of Management Studies, Cochin University of Science and Technology

Funded by: Kerala Women Commission

Resource persons

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Minor Research Project on "Life of Mothers of Differently Abled Children in Kerala – Special Focus on Children with ASD and Bed Ridden"

Date: 22 May 2024

Venue: Kuttamassery Government Higher Secondary School, Aluva

Time: 10.00 am to 4.00 pm









 GPS Map Camera



Aluva, Kerala, India
49CQ+262, Kuttamassery, Thottumugham, Aluva, Kerala 683105, India
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Long 76.388453°
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