



Workshop exercise on psychosocial scaffoldings

CLASSIFYING STICKY NOTES

Objectives:

- To identify the process of holding/handling in the activities performed by NGOs, churches, schools and other institutions in your community.
- To analyse how holding/handling can be fostered in other areas of everyday life.

Duration: 1 hour

Materials:

Sticky notes in at least two colours / A large sheet of paper previously prepared with the desired scheme / Felt pens / Notebook and pen

What are we going to do?

1. The group will read the definition on the next page, and participants will explain to each other holding/handling in their own words. **(10 minutes)**
2. Using sticky notes, write 5–10 activities, actions and/or initiatives of institutions or groups in the community that involve children and young people. **(10 minutes)**
3. In sticky notes of different colours, write at least 5–10 activities, actions, initiatives of a caregiver (a mother) with her baby or small child. **(10 minutes)**
4. You will receive a sheet of paper with a diagram like the one at the bottom of next page. Using the sheet, place each activity (written on a sticky note) in the place you consider correct. The group can discuss at leisure. **(15 minutes)**
5. The group will discuss and reflect on the following questions while a secretary takes notes. **(15 minutes)**
 - a. Is there any activity that you are not sure where to place? Why?
 - b. What are the main differences between the way institutions, NGOs and groups in the community produce holding/handling and the way a mother engages in this process?
 - c. Do you think that holding/handling is done by other institutions or actors in the community? Why?



Holding/handling

The process of growth in which a baby moves from an early stage of complete dependence to a phase in which she begins to have relative independence and learns how to relate to others and to survive without the presence of caregivers.

Holding: the initial attitude of unconditional support and attention that characterises a loving caregiver, usually a mother.

Handling: the actions in which the caregiver places limits on a child and, little by little, stops giving her unconditional attention. These actions allow the child to be more independent of the mother and to begin to realise that she also should be able to face the world with her own resources, deal with frustrations and respect the needs and desires of others in the same way she would like hers to be respected.

Research shows that any people and organisations, such as teachers, friends, relatives and NGOs, can provide psychosocial scaffoldings to any human being at any age or stage of life.

	MOTHERS	AFROREGGAE & CUFA	
HOLDING			HOLDING
HANDLING			HANDLING