



QUICK GUIDE FOR FAMILIES





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1. Introduction

This Guide is an annexe to the "**PEDAGOGICAL MEDIATION 4ALL- INSTRUCTIONS FOR USE**" handbook. This outcome is a quick reference guide to **support learning mediation**. The guide is **aimed at the family target group**. The materials developed here are intended to ensure that school-based inclusion and cooperative/shared learning contribute to learning success.

1.1 Target-group

The target group of the guide are **families** (parents, family members, *guardians, caregivers and all those involved in parenting). The families and associated persons, in our case parents, are active facilitators, moderators and coaches in all kinds of areas and concerns throughout their children's school and professional careers.

1.2 Goal

This guide is intended to enable parents and guardians to support the learners in the best possible way. This guide helps to ensure that common learning and school inclusion are successful.

The guide is structured around four main topics that emerged from the interviews and the survey of self-advocates.



1.

- ✓ **Communication**
- ✓ **Cooperation**
- ✓ **The role of the education coach and mediator**
- ✓ **Mental health**
- ✓



2. Methods, tips, recommendations

The point “methods, tips, recommendations” reflects the collected results for the different target groups. What is necessary for school inclusion to succeed and for joint learning to take place? These questions are important parts of this guide. Advice and tips can be found in this section, too.¹

✓ Communication

The basic precondition is **open** and **transparent communication** between all parties involved. For communication to work, there must be a willingness to talk openly about the learner's learning difficulties and/or disabilities.

Recommendations for parents, families ...

- ✓ Advice for **effective communication**.
- ✓ How to proceed?

Step 1:

Parents/family members should speak openly and transparently about their child's disabilities or learning difficulties.

This is important and creates awareness of a learning disorder and/or disability.

Step 2:

Parents/family members should provide information about the individual needs of the child.

Example: “person 1 needs”

- technical support
- personal support
- appropriate learning material.

Step 3:

Communication and exchange should take place regularly.

Example: There should also be communication about daily well-being.

Practical Tips

- Establish a 'communication journal' for daily or weekly updates between parents and teachers about the child's progress, challenges, and accomplishments.
- Use technology such as apps or online platforms for easy and accessible communication between all parties involved.
- Arrange periodic in-person meetings to discuss the child's needs and progress in a more detailed and personal setting.



✓ Relationship building/Cooperation und Peer-Education

Starting with the first point, in order to build a relationship. communication must function properly. A relationship works best when a familiar environment is created.

Recommendations for parents, families ...

- ✓ Advice for **relationship building**.
- ✓ How to proceed?

Step 1:

Relationship **with the teachers/caregivers/educational organisation has to be built.**

- Families/parents create and use networks for communication.
- Regular and frequent exchange is important for building a relationship.
Example: Email, chat, note, communication booklet.
- Families (parents) point out awareness campaigns.
- Information is forwarded to the educational institution.

Step 2:

Relationship **with classmates and peers is built up.**

- Families/parents etc. help to actively support extracurricular programmes and activities.
- Planning joint leisure excursions
- Planning joint school trips
- Organising play or study groups
- Planning holidays together
- Searching and finding events with common interests.

Practical Tips

- Initiate regular parent-teacher meetings to create a collaborative relationship focused on the child's welfare.
- Promote community events that include both students and their families to foster a sense of belonging and understanding.
- Encourage children to participate in peer-mentoring programs where they can learn from and support each other.



✓ The role of the education coach and mediator

Parents and family members take on the role of mediators and educational coaches.

What is a mediator or coach?

How can parents take on this role?

Mediators and coaches are mediating persons,
who, because of their professional training,
are able to provide support in the area of parenting and education.

In order to create an inclusive and effective learning environment,
the following skills and tips are necessary as recommendations and support.

Recommendations for families and/or parents

✓ Advice for the role as coach and mediator:

They ...

- should have high social competences
- should be helpful, open and patient and fair
- have an anchor function
- have a role model function.

Helpful tips that serve as support:

- ✓ The tips are intended for different learning and placement situations.
- ✓ These are recommendations that can be helpful.

- **Step-by-step-instruction:**
Give precise step-by-step instructions.
- **Visual/sensory/auditory examples:**
Provide different methods (according to the needs).
- **Regular and constant repetition:**
Repeat learning content, other import topics or life-related topics.
Example: I support by constantly repeating the learning material.
- **Give positive feedback:**
In the case of success.
- **Ensure good time management:**
Give enough time, do not put pressure.
- **Provide appropriate sources of information:**
`Internet sources, websites, counselling centres (country specific)



Practical Tips

- Promote workshops or training sessions for parents to develop skills necessary for effective educational coaching and mediation.
- Create a resource pool of educational materials tailored to different learning needs and styles, like our Toolkit.
- Implement a system of regular feedback and reflection, enabling parents to continuously improve their coaching and mediation techniques.



✓ Mental Health for family members

Point 4 serves as additional support material.

Here, parents/families have the opportunity to inform themselves and, if necessary, receive simple materials and information on the topic of "How can I protect and strengthen myself or where can I get help and support".

Recommendations for families and/or parents

✓ How can I recharge my batteries?

Step1:

Stress reduction through:

- Meditation
- Yoga
- Walks in the forest

Step2:

Exchange with like-minded people.

- Meeting with other parents.
- Self-help groups
- Online group exchange

✓ Where can I find help, support and information

Step:

I am looking/searching for:

- Counselling centres
- Educational counselling
- Psychological counselling
- Organisations
- Self-help groups websites

Practical Tips

- Organize wellness workshops for parents focusing on stress management, self-care, and mental health awareness.

- Create a support network among parents for sharing experiences, advice, and emotional support.

- Provide a list of local mental health resources, including therapists, support groups, and online forums.



3. Summary

Collaborative/shared learning is made possible through supported communication, requiring trust, respect, and good communication. Parents play a crucial role in this cooperative support.

A supportive and inclusive community is an important pillar in the learning process. When learners feel supported by their community, they are more likely to actively and positively participate in their educational journey.

Community involvement can range from parental involvement in school activities to community-led educational initiatives. This not only enriches the learning environment, but also helps to build a support network for learners, teachers and families.

In inclusive communities, diversity is recognised and valued so that all learners, regardless of background or ability, have an equal opportunity to succeed. This inclusivity fosters a sense of belonging and encourages learners to make a meaningful contribution to their community. Diversity is and should be an opportunity, not a barrier.

Community volunteer programmes, mentoring programmes and local educational events that encourage the participation of all family members are essential.

The educational landscape is constantly evolving and requires parents, teachers and students to continuously learn and adapt. To stay relevant and effective in education, it's important to embrace this change.

For parents and educators, this can mean keeping up to date with the latest educational trends, technologies and methods. Attending workshops, online courses and educational forums can be of great benefit.

To summarise, the inclusion of a supportive community and a commitment to continuous learning and adaptation are essential to fostering an effective and inclusive learning environment. This approach ensures that individual goals and learning outcomes are achieved in a dynamic and supportive educational ecosystem. In summary, community participation is particularly important. In this way, individual goals and learning successes can be achieved.



4. Glossary and Definition of terms

Inclusion is the equal participation of all people in society.

Social life also includes attending school together.

- **Example:** A school that adapts its curriculum and environment to accommodate students with different learning needs, such as providing wheelchair ramps and offering learning materials in braille or simplified language.

Inclusive education includes everyone (all learners/students), regardless of their (dis)abilities and special qualities.

- **Example:** A classroom where students with and without disabilities learn alongside their peers, with teachers using teaching methods that work for all learners.

Learning style is the way a learner learns.

- Example: Some students learn better by doing hands-on activities (kinesthetic learning), while others might prefer listening to lectures (auditory learning) or seeing information (visual learning).

Participation means being involved and included, to participate in activities or decisions.

- **Example:** Students being part of a school council where they can voice their opinions and help make decisions about school events.

Inclusive education system: People come to education through the education system.

“In an inclusive education system, this education is for all”.

Going to an inclusive school means that people with and without disabilities can learn together.

- **Example:** A national education policy that mandates schools to include and support learners from diverse backgrounds, including those with different educational needs.

Legal guardians are the parents of the adolescent/young person, foster parents, adoptive parents or a person who has been commissioned by the youth welfare authority to raise the adolescent/young person (cf. Bundesministerium).

Example: A foster parent who takes care of a child and makes decisions about their education and well-being.



5. References: Sources:

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