



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aatid.co.za · Website: www.aatid.co.za

COURSE BROCHURE

Building Positive Relationships With Children Training

Human and Social Studies / Religious and Ethical Foundations of Society

Unit Standard 116743 · NQF Level 4 · 15 Credits · 12 Days

COURSE OVERVIEW

This course equips participants with the knowledge and skills to build and maintain positive, respectful relationships with children in various settings. It focuses on understanding child development, effective communication, and creating supportive environments that foster trust and cooperation.

Category	Human and Social Studies
Subfield	Religious and Ethical Foundations of Society
Unit Standard	116743
Accreditation	SAQA Accredited · NQF Level 4 · 15 Credits
Duration	12 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of child development to understand children's behaviour and needs.
- Demonstrate effective communication techniques that promote positive interactions.
- Analyse the impact of relationship quality on children's well-being and learning.
- Implement strategies to build trust and respect in relationships with children.
- Evaluate the role of the adult in creating a supportive and nurturing environment.

WHO SHOULD ATTEND

- This course is designed for educators, childcare workers, youth leaders, and anyone who works with children and seeks to enhance their relational skills.

COURSE OUTLINE

Day 1: Introduction to Positive Relationships with Children

- Overview of the course and unit standard 116743
- Defining positive relationships in the South African context
- The role of relationships in child development (Erikson, Bowlby)
- Core principles: trust, respect, empathy, and consistency
- Self-reflection activity: personal biases and beliefs

Day 2: Understanding Child Development Stages

- Overview of physical, cognitive, emotional, and social development
- Early childhood (0-5 years): attachment and exploration
- Middle childhood (6-11 years): industry and competence
- Adolescence (12-18 years): identity and autonomy
- Activity: case studies matching behaviours to stages

Day 3: Communication Skills for Connection

- Active listening: paraphrasing, reflecting feelings, validating
- Assertive vs. aggressive vs. passive communication
- I' messages for expressing needs and feelings
- Communication barriers: blaming, shaming, interrupting
- Role-play: age-specific communication scenarios

Day 4: Emotional Intelligence and Empathy

- Components of EQ: self-awareness, self-regulation, motivation, empathy, social skills
- Empathy: cognitive and affective dimensions
- Co-regulation: supporting children's emotional regulation
- Activities: emotion charades, feeling charts
- Reflection: personal EQ strengths and growth areas

Day 5: Positive Discipline and Guidance

- Principles of positive discipline (Dreikurs, Nelsen)
- Natural vs. logical consequences
- Encouragement vs. praise
- Problem-solving steps: identify, brainstorm, choose, evaluate
- Scenario practice: common discipline challenges

Day 6: Building Trust and Safety

- Trust-building strategies: consistency, reliability, honesty
- Creating safe spaces: routines, clear expectations, warmth
- Recognizing signs of abuse and neglect (Children's Act)
- Responding to disclosures: listen, believe, report
- Activity: designing a safety plan for a childcare setting

Day 7: Culturally Responsive Relationships

- South African cultural diversity: languages, traditions, beliefs
- Family structures: nuclear, extended, single-parent, child-headed
- Culturally responsive communication: non-verbal cues, respect for elders
- Anti-bias curriculum and practices

- Activity: sharing cultural traditions and practices

Day 8: Collaborating with Families and Caregivers

- Importance of family engagement in child outcomes
- Strategies for building trust with families
- Conducting effective meetings: preparation, agenda, follow-up
- Strengths-based approach: focusing on assets
- Role-play: handling a difficult conversation with a parent

Day 9: Supporting Children with Special Needs

- Overview of special needs: ADHD, ASD, dyslexia, anxiety
- Inclusive practices: Universal Design for Learning (UDL)
- Individualized support plans: goals, accommodations, modifications
- Working with therapists, social workers, and specialists
- Case study: developing an inclusive activity

Day 10: Trauma-Informed Practice

- Types of trauma: acute, chronic, complex, historical
- Impact on brain development and behaviour
- Trauma-informed approach: SAMHSA's four R's (Realize, Recognize, Respond, Resist re-traumatization)
- Building resilience: protective factors, strengths-based
- Activity: creating a trauma-informed classroom/space

Day 11: Self-Care and Professional Boundaries

- Burnout vs. compassion fatigue: signs and symptoms
- Self-care strategies: physical, emotional, social, spiritual
- Setting professional boundaries: time, role, confidentiality
- Ethical considerations in relationships (SAQA code of conduct)
- Personal self-care plan development

Day 12: Integration and Action Plan

- Review of key concepts and skills
- Group discussion: successes and challenges
- Developing a personal action plan: goals, resources, timeline
- Peer feedback and support networks
- Course evaluation and certification preparation

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **15 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 30,100.00	R 30,100.00
1	In-House	R 39,100.00	R 39,100.00
1	On-Campus (Pretoria)	R 45,200.00	R 45,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
21 Aug 2026	07 Sep 2026	On-Campus	Harare, Zimbabwe
21 Aug 2026	07 Sep 2026	On-Campus	Dubai, UAE
24 Aug 2026	08 Sep 2026	On-Campus	Victoria Falls, Zimbabwe
24 Aug 2026	08 Sep 2026	On-Campus	Abu Dhabi, UAE
25 Aug 2026	09 Sep 2026	On-Campus	Durban, South Africa
26 Aug 2026	10 Sep 2026	On-Campus	Shenzhen, China
27 Aug 2026	11 Sep 2026	On-Campus	Harare, Zimbabwe
28 Aug 2026	14 Sep 2026	On-Campus	Bangkok, Thailand

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

- 1. Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 116743) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
- 2. Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
- 3. Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
- 4. Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza, 1122 Burnett St, Hatfield 0028, Pretoria, Gauteng, South Africa
Tel: +27 12 004 8389 · WhatsApp: +27 65 077 6310 · apply@aaticd.co.za · www.aaticd.co.za