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CHED Newsletter

*Newsletter about Child Health Education and Development in Azerbaijan
For professionals working in the field of child development in Azerbaijan*

CHED

Uşaqlıq dövründə Sağlamlıq, Təhsil, Sosial İnkisaf üzrə baza kursu

Welcome to the first edition of CHED News Azerbaijan!

This edition and future editions, published quarterly will feature the latest new initiatives and activities of CHED and UAFA in Azerbaijan but also be a way for professionals working in the field of child development to share what's going on in the community, success stories and any innovation in the field we work in. Feel free to get in contact if you wish to share any information to our network of professionals so that together we can improve our service provision to children and families in the community, make our network of professionals stronger and help children from all backgrounds thrive.

Contributions to the CHED Newsletter are welcome from the wider community. If you would like to highlight something happening within the community or relevant professional practices – please get in contact by emailing us at ched@uafa.az

uafa
UŞAQLARA DƏSTƏK

United Aid for Azerbaijan
Jafar Jabbarli str. 44 | Caspian Business Center
Baku, AZ 1065, Azerbaijan

CHED FOUNDATION COURSE – UPDATES

Established in the framework of collaboration between UAFA and Georgetown University of the United States of America, The CHED Foundation Course continues to gain momentum in the community. Participants have a variety of backgrounds from teachers, and psychologists to sports coaches. It is a great foundation for anyone working professionally with children. The next CHED Foundation Course is scheduled for March 2021 with the first 12 week component being completed via video conferencing. The CHED Foundation Course has now been running since 2019. It is designed to give participants the foundation knowledge of child development, covering a broad range of topics including early intervention, approaches to behaviour management as well as different. During 2020 – we delivered our first online CHED Course. This allows us to reach professionals working in the regions and also continue developing professional knowledge in child development even during times of the pandemic. UAFA recently agreed with Baku State University to collaborate in offering the CHED Foundation Course and are planning to establish an inclusive Child Development Centre in the future.



Partnering in offering the CHED Foundation course will bring greater awareness about the CHED Course to students currently studying and offer them the opportunity to gain a greater foundation knowledge in the field of child development as they prepare to work and gain employment in the field. The participants will receive a certificate by the Centre for Child and Human Development of Georgetown University upon completion of the course successfully.

The Inclusive Child Development Centre will allow children to benefit from experienced professionals working together and collaborating. It will also allow professionals and students to gain hands on experience working with groups of children in a supervised manner. Watch this space!

CHED FACULTY

CHED Faculty members currently include 10 professionals (both locally and internationally qualified). For those of you who completed the CHED Foundation Course – you will have had the opportunity to interact and share knowledge with these professionals. We would like to welcome our most recent faculty member, Selen Gunduz (Child Development Specialist, Speech and Language Therapist), who is based professionally at Hacettepe University in Turkey. Selen presented two sessions of our most recent CHED Foundation Course which discuss language development in the early years and how to facilitate language development and communication.

CHED WEBINAR SERIES

During 2020 CHED launched a new CHED Webinar Series, which will continue into 2021. These are open webinars (free of charge) and aimed for professionals and students throughout Azerbaijan.

The first workshop was held in November 2020 and covered practical aspects of Routines-Based Assessment: Discussing a variety of specific tools that can be used to gather meaningful routines-based information.

Save a place in your calendar! The next webinar in the CHED Webinar Series will be presented again by Prof. Toby Long on 18th March 2021. Toby will present on the topic of Positive Behaviour Support – introducing the multi-tiered system of support (MTSS) which focuses on universal strategies of support that are appropriate for all families and children of all ages.



To register – please follow the link here. : <https://forms.gle/HpkegqOoRD3Jq4ge6>

Attendance is limited to 100 people so be quick to register.

CHED ONLINE WORKSHOPS

Prof. Toby Long will present a series of online, participative and practical workshops designed to give participants the latest evidence-based knowledge and skills on a specific topic related to Child Development. The first workshop is planned to be held in April 2021. The payment for the workshop is 20 AZN. Places are limited to 25 people per workshop to ensure participants can interact and participate fully.

Participants will receive a certificate upon completion of each workshop.

RECOGNITION AWARD

After a year where we have all been relatively isolated, UAFA would like to highlight and recognise the incredible work professionals in the community have with children during this time. If you know of a professional who has done some incredible work over the last year and has demonstrated their dedication and professionalism beyond expectations, we'd love to hear from you. It's not only inspiring for other professionals but it will also help to highlight to other people what work is being done out in the community. If you would like to nominate someone for this award, please contact us at ched@uafa.az

SUMMARY OF WHAT'S ON IN COMING MONTHS

- ✚ March – Next CHED Foundation Course (online) commences
- ✚ March 18, 2021 – CHED Webinar – Presented by Prof. Toby Long
- ✚ April 10, 2021 – CHED 3 hr Workshop – Presented by Prof. Toby Long

FEATURE TOPIC - PLAY SCREENTIME AND SLEEP (for professionals and families)

The time from birth to five years old is one of rapid physical and cognitive development. It is also a time during which a child's habits are formed, and family lifestyle routines are evolving.

The [World Health Organisation](#) (WHO) recently released its recommended play, screen time and sleep guidelines for 0-5 year-olds. These guidelines are relevant for all children under 5 years of age, irrespective of gender, cultural background or socio-economic status of families.

However, it is important to note that caregivers of children with a disability or those with a medical condition would be best to seek extra guidance from a health professional.

WHO's recommendations for the level of physical activity are as follows:

Physical activity recommendations for 0-5-year-olds:

Infants (less than 1 year) should:

Be physically active several times a day in a variety of ways, mainly through interactive floor-based play (more is better)

For those not yet mobile, this includes at least 30 minutes in the prone position (tummy time) spread throughout the day while awake.

Children 1-2 years of age should:

Spend at least 180 minutes in a variety of types of physical activities at any intensity, including moderate-to-vigorous-intensity physical activity, spread throughout the day (more is better)

Children 3-4 years of age should:

Spend at least 180 minutes in a variety of types of physical activities at any intensity, of which at least 60 minutes is moderate- to vigorous-intensity physical activity, spread throughout the day (more is better)

If you are interested to know more, you can read WHO's full 36-page report [here](#).



United Aid for Azerbaijan (UAFA)

E-mail: office@uafa.az

Tel: +99412 4972519

Facebook & Instagram /uafa.az

Linkedin: United Aid for Azerbaijan

www.uafa.az