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MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 8 - Experiential training session (8.2)
Newborn's care



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8 Newborn's Care



Objectives

- ✓ Mastering the use of newborn applications



[Source: Image by nuraghies on Freepik](#)



Experiential Training Session

Participants are invited to take part in a health challenge using one of the health applications offered in Mig-Health Apps.



1

Each participant should think about which application can be useful for the care of their newborn.

Once identified, participants will browse the Mig-health Apps platform to download the app and start using it.



2

Once the application is downloaded, learner will be prompted to register and accept all terms of use and privacy policies.



3

Learners will subsequently use the application asynchronously for one or two weeks.

Learners will then return to the platform to comment on their experience through commentaries or videos.



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Action planning and goal setting

In the previous activity the participants in the session have chosen from the Mig-health Apps programme an application that can be useful for the care of their newborn:

"Is there anything you would like to work on to help you achieve your health goal?"



Action plans are detailed descriptions of the actions a person will take to achieve a goal.

- Step 1: Set a SMART goal
- Step 2: Identify tasks
- Step 3: Allocate resources
- Step 4: Prioritise tasks
- Step 5: Set deadlines and milestones
- Step 6: Monitor and review the action plan



Action planning and goal setting

Action plan steps:

1. Identifying a new objective
2. make a plan for achieving it

➤ SMART goals stands for Specific, Measurable, Achievable, Relevant, and Time-Bound

Example

Goal: I want to monitor my child's sleep routines

Plan: I download a baby sleep monitoring app, use it for a month, evaluate its usefulness after that time and readjust the plan if necessary.



Action planning and goal setting

Present your Health action plan



Each participant has 5 minutes to present their own action plan.





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!
You have completed the
experiential training session of this
module!

