



MIG-HEALTH APPS

Mobile Health Apps for Migrants

Experiential Training Activities

ETA 8

Health Apps for Children's Care

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1 About the Module

Objectives

Experiential Training Activity 8 on Health Applications for Child Care is a comprehensive block designed to address the topics; what is a newborn and the neonatal period, i.e. the period comprising the first 4 weeks of a baby's life, where a lot of abrupt changes are encountered (Goyal, 2020). It is also intended to provide information on breastfeeding and the types of breastfeeding found, and on the complementary feeding that it is advisable to provide to the child during the first years of life. Another aspect covered in this block is sleep habits in newborns, and the problems that can arise if this is not done properly. Finally, various applications related to newborns and their care will be provided, which learners will have to know how to differentiate and know their characteristics. All the competencies will be achieved through explanatory videos, practical exercises and interactive sessions.

Participants and roles

- Newcomer migrants; learners. Migrants who have recently become or are about to become parents.
- Migrants Peers; learners or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers.
- Supports: learners or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers.

Learning outcomes

- Learners will acquire basic knowledge about newborns and their characteristics.
- Learners will acquire knowledge about the importance of breastfeeding and complementary feeding.
- Learners will acquire knowledge about the importance of sleep habits.
- Learners will know the applications related to newborns and their characteristics (daily record, feeding, paediatric advice, types of crying, sleeping and breastfeeding habits), and will learn how to use them appropriately.

Training Contents:

- What are newborns?



- Types of newborns
- Characteristics of newborns

Estimated duration

- Teaching session: 3: 00 hours
- Self-learning supported by online training tools: 1:30 hours
- Experiential training session: 2:30 semana

Resources

- Training material: PPT for didactic sessions
- Training material: activities, kahoot and quiz
- Online platform
- Health Applications related to newborns
- Others: video ("youtube").



2 Training Content

2.1 Teaching Session

Step and duration	Content
<p>8.1.1</p> <p>Introduction: newborn baby</p> <p>50 minutes</p>	<p>The trainer will introduce users to the project and introduce the basic concepts.</p> <p>This session will present the following sections:</p> <ul style="list-style-type: none"> - Brief introduction to the project - Introductory activity - What are newborns (also called neonates) - Types of newborns according to gestational age - Characteristics of newborns based on explanatory video. <p>Resources: PPT</p>
<p>8.1.2</p> <p>Breastfeeding and Feeding</p> <p>50 minutes</p>	<p>The trainer will present information of interest to users on breastfeeding and feeding in the early years of their children's lives.</p> <p>This session will cover topics such as:</p> <ul style="list-style-type: none"> - What is breastfeeding and its benefits? - Alternatives to breastfeeding - Supplementary feeding <p>- Activity to summarise concepts. Users will be divided into groups of 3-4 people, and the trainer will provide them with a sheet of paper containing a table with several cases of children of different ages. The group will have to discuss and write down which foods they think are the most appropriate to give them at that time of development and in what way.</p> <p>Resources: PPT</p>



Step and duration	Content
<p>8.1.3 Sleeping habits</p> <p>50 minutes</p>	<p>The trainer will present the importance of establishing good sleep habits in newborns.</p> <p>This session will cover topics such as:</p> <ul style="list-style-type: none"> - Importance of sleep habits in newborns. - Recommendations for hours of sleep at different ages - Problems that can arise if good sleep routines are not in place <p>Debate, where the trainer will present cases of children of different ages and the number of hours they sleep per day so that the students can comment on the real cases and solve the possible problems as a group. Resource: PPT</p> <p>Resources: PPT</p>
<p>8.1.4 Health applications on newborns</p> <p>60 minutes</p>	<p>The trainer will introduce the different newborn applications and the areas they cover (daily record, feeding, paediatric advice, types of crying, sleeping habits and breastfeeding).</p> <p>Once the functions of the different apps have been introduced, a kahoot will be performed. The activity consists of several rounds, in which each round presents a characteristic of one of the applications and several alternative answers. Each of the learners will have to answer which application they think is the one in which this characteristic is present. This activity is intended to familiarise attendants with the apps.</p> <p>Resources: PPT</p>
<p>8.1.5 Assessment and closure</p> <p>50 minutes</p>	<p>The trainer will give a brief summary of the aspects seen during the sessions. Learners will sit in a circle and each one will give their opinion on what they thought of the sessions, what they have learned and whether they consider the applications shown to be useful.</p>



Step and duration	Content
	<p>Finally, a satisfaction questionnaire will be handed out and the trainer will thank everyone for attending the sessions.</p> <p>Resources: PPT</p>

2.2 Experiential training session

Step and duration	Content
<p>8.2 New-borns Care Interactive Challenge</p> <p>2:30 hours</p>	<p>The trainer will ask learners to participate in a challenge in which they will have to use an application related to newborns. The trainer will explain how to do it and what the parts are.</p> <p>The activity will be developed as follows:</p> <ul style="list-style-type: none"> - The trainer will upload to the online platform step by step how they have to do the activity so that users can do it at their own pace and from home. - Learners will have to choose the application related to newborns that he/she considers best suited to the moment of upbringing in which he/she finds him/herself. - Once they have downloaded the application, they will have to use it three days during one week for approximately 30 minutes. - After using the application for a week, learners should comment on the online platform on what they thought of the application, and contribute the positive and negative aspects that they considered. <p>With this activity, the trainer will assess if learners know how to use the applications appropriately according to the objectives and the aspects that they intend to monitor of their newborn.</p> <p>Resources: Online platform, PPT and Mobile.</p>



2.3 Self-learning supported by online training tools

Step and duration	Content
<p>8.3</p> <p>Self-Assessment</p> <p>1:30 hours</p>	<p>The trainer will ask for a questionnaire to be completed on the e-learning platform. This questionnaire will assess:</p> <ul style="list-style-type: none"> ▪ Importance of mental health and the impact it presents in a person's life. ▪ Differentiate emotions ▪ Knowledge of emotional regulation techniques and their characteristics. <p>Based on the results, the trainer will help each of the users in the aspects that they have more difficulties with.</p> <p>Resources:</p> <ul style="list-style-type: none"> ▪ Quizzes (PPT) ▪ Online training platform

2.4 Closure session

Step and duration	Content
<p>8.4 Closing</p> <p>1:30 hours</p>	<p>This part includes a summary of main lessons learned from the training. Trainers facilitate a discussion based on individual experiences during self-learning and experiential training sessions to draw conclusions on perceived benefits of health apps for children's care.</p> <p>Resources:</p> <ul style="list-style-type: none"> ▪ PPT



3 Bibliography

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4 Appendix – Children care Apps

Name	Owner	Country	Cost	Platform (link)	Target Group	Description
My Baby - Baby Diary	Aleksei Neiman		Free	IOS https://apps.apple.com/es/app/mi-beb%C3%A9-diario-del-beb%C3%A9/id1439575933	First time parents	It helps to keep track of sleeping hours, breastfeeding, feeding times, nappy changes. Also health records (temperature, vaccinations, visits to the doctor, etc.).
Baby Tracker	Altania del Mar, s.l.		Free	Android https://play.google.com/store/apps/details?id=com.nighp.babytracker_android&hl=es&gl=US	Frist time parents	Daily monitoring of habits, health, sleep patterns, nappy changes, feeding...
Pediamécum AEP	Spanish Association of Paediatrics		Free	Android https://play.google.com/store/apps/details?id=com.pediamecum.app&hl=en_US IOS	Frist time parents	Application that provides up-to-date information on paediatric issues for parents to consult



Name	Owner	Country	Cost	Platform (link)	Target Group	Description
				https://apps.apple.com/es/app/pediamécum-aep/id1469867687		
Milk Time - Timer for nursing	Mocology		Free	IOS https://apps.apple.com/us/app/milk-time-timer-for-nursing/id1092964544 Android https://play.google.com/store/apps/details?id=com.mocology.milktime&hl=es&gl=US	Frist time parents	Allows easy tracking of breastfeeding, milk, nappy changes and sleep.
BLW Ideas	BLW Social PTE. LTD		Free	IOS https://apps.apple.com/co/app/blw-ideas/id1497047085 Android https://play.google.com/store/apps/details?id=com.rdcba80b3d2.www&hl=es&gl=US	Frist time parents	It gives ideas on when, what and how to start and introduce complementary foods to the baby based on videos, photos and nutritionist's description.



Name	Owner	Country	Cost	Platform (link)	Target Group	Description