



Ibtedai Program

A holistic mother and child preparatory preschool that is designed to broaden the horizons of a family through their child's admission into mainstream private schools.



KIRAN
FOUNDATION

ENVISIONING A COMPASSIONATE SOCIETY



Introduction

Ibtedai is the pioneer project of Kiran Foundation that started in 2006. With a Mother-Child-Teacher partnership program and a trauma sensitive approach, the program aims to nurture twenty toddlers along with their mothers, during the passage of one year.



Message from the Founder

Sabina Khatri



"My ultimate aim is to restore
society's belief on love"

Kiran Ibtedai is a concept that has been nurtured and pampered like a new born baby and implemented with a true passion of a mothers love. It was a thought with no economics in mind, a concept that needed the true feelings of life and living, and with no time limit for implementation. It was invented in 2006 from a heart of a mother for another mother.

Kiran is a gift of God sent down as a miracle for the mothers of Lyari



Mid-Year Report 2019-2020

Duration: 6 months



Interventions used

Evidence-based curriculum framed to develop positive habits in children from a young age, with the aim to nurture them into more kinder, more mindful individuals.

●
October

●
November

●
December



Theme:
Settling Period



Theme:
All About Me



Theme:
Senses & Hygiene



This month was focused on the settling of the kids. Most kids settled down in their classes in the first week only and played freely without their mothers being around.

Teaching tools included free play, introducing their symbols, making them play with animals as well as hand painting, drawing and playdough for the older kids



Activities on All About Me and Hygiene began. Children were taught more about their bodies and cleanliness through sensory activities like manicure, handwashing, sponge squeezing, hand painting as well as swimming. We also celebrated International Children's Day and the kids really enjoyed it.



We did activities on oral hygiene and learning about family. Interventions included smelling different food items, Family tree. making me puppets. We also practiced sitting in the circle and taught names of winter clothes. Most kids learnt how to use magic words such as please, thank you and sorry. They also learnt that hands are for loving and not hitting



Studies reveal that students' comfort level has critical impact on information transmission and storage in the brain (Ashby, 1999). Before you actually begin to teach anything, it's important to develop a safe and a happy environment for the children. Some children take longer to settle and require different strategies. Observation and patience is key in the first few weeks.



Research shows that aggressive and disruptive behavior can be controlled by sensory activities for example directing children to a quiet space and talking to them one on one - or making them sit separately with a bucket of water and sponge to release the tension in the body.



Following a structured plan of daily activities through out the year helps inculcating the sense of time in children. The repetition of certain tasks lead to habit development. Fine motor skills were also established by activities like pea peeling.



Mental Health & Wellbeing Perspective

All of our themes and activities are planned keeping in mind the mental health perspective. One of the key feature is to educate the mothers alongside.



January

February

March



Theme:
Winter



Theme:
Farm Animals



Theme:
Individual Sessions
(COVID-19)



Kids came after holidays and took some time to settle. We did some really fun activities like card making for new years. Treasure box making with mothers, orange juice squeezing, started days of the week and weather in circle time. We also took the kids for Free play in DCTO, made Carrot Juice, made snow-man using cotton balls and Ice play painting.



This month we covered several different activities involving cats, ducks and cows. Apart from that we taught them Allah song and reinforced reading through story telling sessions. Movie watching and puppets were also incorporated and slowly emotions were being introduced. We also tried to teach them concepts of big, small and the shape triangle.



Due to COVID-19 we stopped classes. In the mean time we identified students who required individual attention and worked with them one on one in the initial days of March. After lockdown we gave detailed instructions to the mothers to continue their efforts at home.



Parent Participation

Educated, aware, and empowered mothers are the key to success for the generations ahead. This is why regular classes for mothers have been an integral part of our model, and perhaps, the most evident reason for success seen in children

Meet Your Teacher

Weekly parent meetings to teach them the same things and some more of what that their kids learnt so they can add on to their child's learning and be their role model.

Nafeesa Forum

An all encompassing class conducted by Sabina Khatri herself to enlighten the mothers on different topics like motherhood, self care, mental health, mindfulness, goal setting etc.

Health & Hygiene

Conducted by Dr. Meher, this class educated the mothers about the most prevalent diseases and ways of taking care of themselves and their kids in a better way.

World Vision

Conducted by Aneeqa Shaikh this was more of a discussion based class in which religion was the basis of talking about other things that happen around the world.

Positive Parenting

A virtual class conducted by a Columbia Professor, Ms. Dilshad Dayani who used experiential learning methods to teach positive parenting skills to our new mothers.

Grooming

This was left open for different instructors to work on the mothers' overall etiquette & grooming so they feel equipped to be a part of a mainstream school.



FUTURE PROSPECT

Following the footsteps of our other 145 Ambassadors, Ibtedai students will be prepared for the admission tests of reputed mainstream schools in Karachi. This is what will enable us to “Bridge the Gap” between the elites and the marginalized.

AMBASSADOR DIARIES



Sometimes God puts you through a trial because he has chosen you to do something incredible and bigger than life. I believe I have been chosen by Allah to play a transformational role in my society. It all started in 2007 when I got admission in Kiran Ibtedai.

Sherbano
Dawood Public School
10th Grade



PARTNER SCHOOLS

