

**A SOCIAL WORK TRAINING PROGRAMME FOR CAREGIVERS OF  
INFANTS IN SAN BERNARDINO COUNTY, CALIFORNIA**

**by**

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“... anyone who will not receive the kingdom of God  
like a little child will never enter it.”

(Mark 10:15)

Dedicated to my two children,  
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Oppedra aan my twee kinders,  
Nikita en D'Artagnan.

## ABSTRACT

### A SOCIAL WORK TRAINING PROGRAMME FOR CAREGIVERS OF INFANTS IN SAN BERNARDINO COUNTY, CALIFORNIA

by

**MARIA-LINA LUSITANO CALITZ**

**Promoter: Dr J.M.C. Joubert**

**Degree: D Phil (Social Work)**

This research concentrates on the developing, implementing, and evaluating of a practical training program for the caregiver of an infant in order to provide in the infant's primary needs and development. The research problem of quality care for the infant during the time that his mother is working was identified and discussed in chapter 1.

Intervention research was used as research methodology. This methodology implies a combined quantitative and qualitative approach. The first part of this research (chapters 2 & 3) addresses the problem analysis and information gathering linked to the development of a theoretical basis for the intervention model.

Infancy as developmental stage is discussed as well as the developmental tasks that the infant must achieve during this phase in order to grow and develop as a self-actualized individual (chapter 2). It is essential for the caregiver to gain knowledge and skills about infancy, the needs and the developmental tasks of this phase. The tasks, roles, and responsibilities of the caregiver were discussed in chapter 3.

The second part of this research (chapter 4) is related to the design of the intervention program, the conducting of a pilot test and the refining of the intervention. This in-home care program is theoretically funded, and it is divided practically into the five workdays of the week, in accordance with the five developmental tasks that the infant must achieve in this developmental phase. Ten caregivers willingly participated in this intervention program.

In chapter 5, the empirical findings with the development and implementation of the training program for in-home care of an infant are discussed. From the information gathered during the focus groups with the mothers of infants and caregivers as well as the results from the questionnaires from pre-tests and post-tests, the researcher came to the conclusion that the research problem of quality caretaking of an infant for the time his mother is working is addressed. Through

internalizing theoretical knowledge and practical skills during the training program, the caregivers are able to care optimally for an infant at home. They are equipped with play techniques and mediums which are adapted within the gestalt approach and supported by relevant aids. The caregiver is able to stimulate the infant's developmental needs and tasks in this developmental phase.

Conclusions and recommendations (chapter 6) of this study are put forward in accordance with the process that was followed in developing and implementing the training program for optimal caretaking of the infant in the safe and familiar environment of his own home.

**Key words:**

Training program  
Infant  
Caregiver  
Quality in-home care  
Developmental phases  
Developmental tasks  
Optimal caretaking  
Self-actualized individual  
Knowledge and skills  
Intervention program  
Intervention research  
Qualitative and quantitative research  
Applied research  
Exploratory design

## **OPSOMMING**

### **'n MAATSKAPLIKEWERK OPLEIDINGSPROGRAM VIR VERSORGERS VAN BABAS IN DIE DISTRIK VAN SAN BERNARDINO, KALIFORNIË**

deur

**MARIA-LINA LUSITANO CALITZ**

**Promotor: Dr J.M.C. Joubert**

**Graad: D Phil (Maatskaplike Werk)**

Hierdie navorsing fokus op die ontwikkeling, implementering en evaluering van 'n praktiese opleidingsprogram vir die versorger van die baba, ten einde te voorsien in sy primêre behoeftes en ontwikkeling. Die navorsingsprobleem van kwaliteitsorg vir die baba gedurende die tyd dat sy moeder werk, is geïdentifiseer en bespreek in hoofstuk 1.

Intervensienavorsing is as metodologie gebruik. Hierdie metode behels dat daar van 'n kwalitatiewe en kwantitatiewe benadering gebruik gemaak word. In die eerste gedeelte van hierdie studie (hoofstukke 2 & 3) is daar gefokus op die probleem-analisering en data-insameling, waardeur daar 'n teoretiese onderbou vir die ontwikkeling van die intervensiemodel geskep is.

Die babajare as ontwikkelingsfase is bespreek met meegaande ontwikkelingstake wat tydens hierdie fase bereik moet word, ten einde as 'n self-geaktualiseerde individu te groei en te ontwikkel (hoofstuk 2). Dit is noodsaaklik vir die versorger om kennis en vaardighede op te doen rakende die baba, sy behoeftes, en die ontwikkelingstake van hierdie fase. Die take, rolle en verantwoordelikhede van die versorger is bespreek in hoofstuk 3.

Die tweede gedeelte van hierdie navorsing (hoofstuk 4) hou verband met die ontwikkeling van die intervensieprogram, die uitvoer van die vooronderzoek, en die verfyning van intervensie. Die tuisversorgingsprogram is teoreties gefundeer en dit is prakties ingedeel in die vyf werksdae van die week, volgens die vyf ontwikkelingstake wat die baba moet bereik in hierdie ontwikkelingsfase. Tien versorgers het vrywilliglik deelgeneem aan die intervensieprogram.

In hoofstuk 5 is die empiriese bevindings met die ontwikkeling en implementering van die opleidingsprogram vir tuisversorging van die baba bespreek. Uit die inligting wat ingesamel is gedurende die fokusgroepe met die moeders van die babas en die versorgers, asook die resultate van die vraelyste van die vooronderzoek en na-toetse, kom die navorser tot die gevolgtrekking dat die



navorsingsprobleem aangespreek is van kwaliteitsorg vir 'n baba vir die tydperk wat sy moeder werk. Deur die teoretiese kennis en praktiese vaardighede te internaliseer gedurende die opleidingsprogram, is die versorgers bevoeg om die baba optimaal tuis te versorg. Hulle is toegerus met speltegnieke en mediums binne die gestaltbenadering, en met relevante hulpmiddels. Die versorger is daartoe in staat om die baba se ontwikkelingsbehoefte en -take in hierdie ontwikkelingsfase te stimuleer.

Gevolgtrekkings en aanbevelings (hoofstuk 6) vir hierdie studie is gedoen volgens die proses wat gevolg is in die ontwikkeling en implementering van die opleidingsprogram vir optimale tuisversorging van die baba in die veilige en bekende omgewing van sy huis.

**Sleutelsterme:**

Opleidingsprogram

Baba

Versorger

Kwaliteit tuisversorging

Ontwikkelingsfases

Ontwikkelingstake

Optimale versorging

Self-geaktualiseerde individu

Kennis en vaardighede

Intervensieprogram

Intervensienavorsing

Kwalitatiewe en kwantitatiewe navorsing

Toegepaste navorsing

Verkennde ontwerp

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