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Appendix 1: Example of a written consent form signed by mothers

Participant's name: _____ **Date:** _____

Researcher: Calitz, Maria-Lina L., D.Phil. (Social work) student at the University of Pretoria, South Africa.

Promoter: Dr. J.M.C. Joubert, Department of Social Work, University of Pretoria, 0002, South Africa.

Informed consent

- 1. Title of study:** A Social Work training program for the caregiver of an infant in San Bernardino County, California.
- 2. Purpose of the study:** The purpose of this study is to develop a training program for the caregiver of an infant in order to provide in the infant's primary developmental needs while caring for him at home.
- 3. Procedures:** I will be a participant in a group meeting with six mothers-to-be and mothers with infants. The researcher will ask me to share my opinion about a caregiver caring for my infant at home in opposition to enrolling my infant in a day care centre. My active participation during group discussions will be valued. Topics of discussion will include my expectations for a caregiver, whether I think that formal training of a caregiver is necessary, and what aspects should be included in a training program for a caregiver. The duration of the meeting will be approximately 2 hours. The place and time for the meeting will be scheduled at the researcher's convenience.
- 4. Risks and discomforts:** There are no known medical risks or discomforts associated with this research, although I may experience fatigue and/or stress when participating in the group discussions and giving feedback to the researcher.
- 5. Benefits:** I understand that there are no direct benefits to me for participating in this research. However, results of the study may help social workers in training caregivers for optimal caretaking of an infant at his own home. The infant will gain from the developmental program, and the caregiver will gain from the theoretical knowledge and practical experience of participating in the training program.
- 6. Participant's rights:** Sharing my opinion is voluntary, and I am at liberty to withdraw from the research/meeting at any time.

7. Confidentiality: In order to record exactly what I say in the meeting, a tape recorder will be used. The tape will only be listened to by the promoter and authorized personnel of the University of Pretoria, South Africa. I understand that the results of the meeting be kept confidential unless I ask that they be released. The results of this study may be published in professional journals or presented at professional conferences, but my records or identity will not be revealed unless required by law.

I understand my rights as a research subject, and I voluntarily consent to participation in this study. I understand what the study is about and how and why it is being done. I will receive a signed copy of this consent form.

Subject's signature

Date

Researcher's signature

Appendix 2: Example of a written consent form signed by caregivers

Participant's name: _____ **Date:** _____

Researcher: Calitz, Maria-Lina L., D.Phil. (Social work) student at the University of Pretoria, South Africa.

Promoter: Dr. J.M.C. Joubert, Department of Social Work, University of Pretoria, 0002, South Africa.

Informed consent

- 1. Title of study:** A Social Work training program for the caregiver of an infant in San Bernardino County, California.
- 2. Purpose of the study:** The purpose of this study is to develop a training program for the caregiver of an infant in order to provide in the infant's primary developmental needs while caring for him at home.
- 3. Procedures:** I will be part of a group of five caregivers to participate in this research study. I will undergo theoretical and practical training in order to gain knowledge and skills that will enable me to care optimally for an infant at his own home. Preparation is essential for active and meaningful participation during training. In addition, there will be written tests as well as practical tests for which I will have to prepare. The tests will be composed of literature about the infant and his socio-emotional development, as well as safety in and around the house. During practical testing I will be expected to role play the techniques and skills necessary to optimally care for an infant. The tests will each take approximately one hour. The duration of the training will be a period of ten days, from 17:00 to 21:00.
- 4. Risks and discomforts:** There are no known medical risks or discomforts associated with this research, although I may experience fatigue and/or stress when stating my opinion during training and taking these tests.
- 5. Benefits:** I understand that there are no direct benefits to me for participating in this research. However, results of the study may help social workers in training caregivers for optimal caretaking of an infant at its own home. The infant will gain from the developmental program, and I will gain from the theoretical knowledge and practical experience of participating in the training program.
- 6. Participant's rights:** Sharing my opinion is voluntary, and I am at liberty to withdraw from the research/training at any time.

7. Confidentiality: My test results can be sent to the promoter and authorized personnel of the University of Pretoria, South Africa. I understand that the results of the training program will be kept confidential unless I ask that they be released. The results of this study may be published in professional journals or presented at professional conferences, but my records or identity will not be revealed unless required by law.

I understand my rights as a research subject, and I voluntarily consent to participation in this study. I understand what the study is about and how and why it is being done. I will receive a signed copy of this consent form.

Subject's signature

Date

Researcher's signature

Appendix 3: Flubber recipe

"Flubber" recipe

In bowl one, mix together:

One cup hot water

Two teaspoons borax

In bowl two, mix together:

Two cups white wood glue

One and a half cups hot water

Add bowl one all at once to bowl two, and stir together. Enjoy.

Appendix 4: Play dough recipe

Play dough recipe

Two cups of flour

One cup salt

Six teaspoons cream or tarter

Two cups water

Six teaspoons oil

Three teaspoons vanilla essence

Two teaspoons food colouring (let the infant choose the colour)

Mix the ingredients together in a pot. Stir the mixture over low heat, until the dough forms a ball and all the moisture has dissolved. Let the dough cool off before use. Store the dough in an airtight container for future use.

Appendix 5: Suggested nursery rhymes: Little Miss Muffet, Hickory-dickory-dock, Round-and-round and Itsy-bitsy Spider

Little Miss Muffet

*Little Miss Muffet sat on a tuffet
 (caregiver sets the infant on her lap)
 eating her curds and whey.
 (pretend to feed him from a bowl)
 Along came a spider
 (caregiver crawls her hand toward the infant like a spider)
 and sat down beside her
 (caregiver sat her "spider" hand on his lap)
 and frightened Miss Muffet away!
 (holding the infant, caregiver jumps off her seat).*

Hickory-dickory-dock

*Hickory-dickory-dock,
 (caregiver moves her index finger from
 side to side, mimicking a ticking clock)
 the mouse ran up the clock.
 (run two fingers up the infant's arm)
 The clock struck one,
 (caregiver holds up one finger)
 the mouse ran down.
 (run fingers down the infant's arm)
 Hickory-dickory-dock!
 (mimic the ticking clock).*

Round-and-round

*Round and round the garden
 goes the little bear.
 (caregiver sets the infant in front of her and
 runs her finger in a circle around his tummy)
 One, two, three, four,
 (caregiver gently squeezes each hand
 and foot, one on each count)
 tickle under there!
 (caregiver tickles the infant under his chin).*

Itsy-bitsy spider

*The itsy-bitsy spider went up the waterspout,
(caregiver walks her fingers up in the air)
down came the rain and washed the spider out.
(caregiver wiggles her fingers downward to make rain)
Out came the sun and dried up all the rain,
(caregiver forms a circle with her hands above her head)
and the itsy-bitsy spider went up the spout again.
(caregiver walks her fingers up again).*

Appendix 6: Program evaluation: Questionnaire for the caregiver: Pre-test/Post-test

A QUESTIONNAIRE FOR THE CAREGIVER TO EVALUATE THE PROGRAM

Name of respondent Date

All information will be confidential. The fact that identification is required is for administration use only and will not be used in the research report.

Instructions: Mark your choice of option, "Yes" or "No" with an "X", in the space provided for your response. In the case where you are given options to choose from, please circle the letter(s) next to your chosen response(s). Circle your choice of rating "1 to 5" on the "success scale". Study each question thoroughly and feel free to ask if you have any uncertainty. Thank you for willingly cooperating in this research.

A: THE CAREGIVER.

1. Do you have **previous training in childcare**?

Yes	No
1	2

2. **How long** have you been a **caregiver**? Please mark your choice of response with an "X" in the space provided.

6 to 12 months	12 to 18 months	18 to 24 months	Longer than 2 years

3. According to your opinion, do you think that **theoretical and practical training** about the **growth and development of an infant** is necessary in order to be a good caregiver?

Yes	No
1	2

B: PROGRAM FOR THE PHYSICAL DEVELOPMENT OF THE INFANT.

1. Which of the following activities (mediums) do you think can **stimulate the infant physically**? Please circle the letter(s) next to your chosen response(s).
- a Looking at **pictures** and listening to **cassettes**.
 - b Listening to **music** and **moving your body** to the beat of the music.
 - c Playing with **clay and dough**.
 - d Eating **snacks**.
 - e Smelling **flowers and coffee**.

C: PROGRAM FOR THE COGNITIVE DEVELOPMENT OF THE INFANT.

1. On a success scale of 1 to 5 (with 1 as very unsuccessful and 5 as highly successful), to what extent do you think that the following mediums can contribute to and enhance the infant's **cognitive development**?
- Reading **books** with the infant. 1 2 3 4 5
 - Building **puzzles** with the infant. 1 2 3 4 5
 - **Preparing food** with the infant. 1 2 3 4 5
 - Reading or saying **rhymes** with the infant. 1 2 3 4 5
2. According to your opinion, do you think that playing a game of "**peekaboo**" and **hide-and-seek** with the infant can stimulated his cognitive development?

Yes	No
1	2

D: PROGRAM FOR THE EMOTIONAL DEVELOPMENT OF THE INFANT.

1. According to your opinion, to what extent do you have the knowledge and skills to apply the following activities (technique and mediums) with the infant in order to stimulate his **emotional development**? Evaluate your knowledge and skills of applying the following technique and mediums by using the success scale, 1 to 5 (with 1 as very unsuccessful and 5 as highly successful).
- **Making a book** about himself and the people that cares about him. 1 2 3 4 5
 - **Painting and drawing**. 1 2 3 4 5

- Playing with **handpuppets**. 1 2 3 4 5
- Playing with **clay**. 1 2 3 4 5
- Making a **chart/poster with drawings of faces expressing different emotions**. 1 2 3 4 5

E: PROGRAM FOR THE SOCIAL DEVELOPMENT OF THE INFANT.

1. According to your opinion, do you think that it is **healthy or appropriate for an infant to fantasize?**

Yes	No
1	2

2. On a success scale of 1 to 5 (with 1 as very unsuccessful and 5 as highly successful), to what extend do you think that the following mediums can contribute to and enhance the infant's **social development?**

- Playing pretend play with a toy **telephone**. 1 2 3 4 5
- Playing **boardgames** with the infant. 1 2 3 4 5

F: PROGRAM FOR THE DEVELOPMENT OF THE INFANT'S SELF-IMAGE.

1. On a success scale of 1 to 5 (with 1 as very unsuccessful and 5 as highly successful), to what extend do you think that the following activities (mediums) can contribute to and enhance the infant's **self-image?**

- Looking at himself in a **mirror**. 1 2 3 4 5
- **Drawing** pictures of himself. 1 2 3 4 5
- Making **music**. 1 2 3 4 5
- Playing with **sand**. 1 2 3 4 5

2. According to your opinion, do you think that it is healthy or appropriate for an infant to have a "security blanket" or a favorite toy that he carries around with him?

Yes	No
1	2

3. If the infant tries to **do something by himself** (for instance, put away his toys), will you:

Do it for him to get it done quicker.	Tell him to leave it, because he is still too young to be doing it.	Praise him for his effort, and encourage him to keep on trying.