

Weekly Schedule of Training

Scheduled week	Module Title	Learning Units
Week 1	Introduction	<ul style="list-style-type: none"> • Course Introduction • Motivational Lecture
Week 2	Professional Behaviour and Etiquette	<ul style="list-style-type: none"> • Following Instructions • Dressing neatly and Punctuality • Polite communication
Week 3	Child-Care Basics	<ul style="list-style-type: none"> • Child safety at home • Feeding and hygiene routines • Play techniques for toddler
Week 4	Elderly Care	<ul style="list-style-type: none"> • Assist with mobility and hygiene • Communication, Empathy, Patience • Assistance with Medical Issues
Week 5	Cleaning and Household Management	<ul style="list-style-type: none"> • Sweeping, Organizing • Cleaning Products • Time-saving Routines