

Independent Supervision & Counseling Report

August 2026

1. Basic Information

Location: Duhabi Children Home, Sunsari	Report To: Henk Hooghuis
Reporting Period: August, 2026	
Date of Supervision: August, 2026	
Supervisor/Counselor: Independent Supervisor & Counselor	Report Date: 09/09/2026

2. Purpose of Supervision

To monitor the overall care, hygiene, nutrition, positive parenting, discipline, environmental cleanliness, caregiver behavior, and child participation, and to provide necessary counseling and guidance.

3. Key Areas of Monitoring and Supervision

a. Living Environment & Care:

Reviewed cleanliness, safety, discipline, and the overall child-friendly environment. Children were encouraged to maintain cleanliness, follow house rules, and take responsibility for their surroundings.

b. Food Quality & Nutrition:

Reviewed meal quality, food hygiene, and general nutrition practices. Children were encouraged to develop healthy and balanced eating habits.

c. Education Regularity:

Monitored school attendance, participation, and study habits. Children were encouraged to attend school regularly and remain engaged in their learning.

d. Counseling & Psychosocial Support:

Reviewed children's emotional and behavioral needs through individual and group discussions. Attention was given to conflict, emotional expression, self-discipline, and behavioral concerns.

e. Safety & Risk Management:

Reviewed safety conditions within the Children's Home and identified areas requiring continued attention. Fire, kitchen, and access to hazardous materials remain important areas for regular monitoring.

f. Hygiene & Personal Care:

Promoted personal hygiene, cleanliness, healthy habits, and self-care through group counseling and daily behavioral guidance.

g. Child Participation & House Rules:

Encouraged children to express their views and participate in house-rule discussions. This promoted responsibility, discipline, teamwork, respect, and a sense of ownership.

4. Overview of Children

Category	Details
Total Children	17
Boys	7
Girls	10
Age Range	4–16 years
Children with Special Needs	1

Children with Special Needs: One child with special needs continues to require individualized care, educational support, and regular psychosocial follow-up.

5. Counseling Sessions

Aspect	Details
Type of Counseling	Group and individual counseling
Number of Sessions	2 individual counseling sessions and 2 group counseling sessions
Key Focus Areas	The sessions focused on emotional control, positive behavior, hygiene, daily life skills, communication, and conflict management.
Participation Level	Children and adolescents participated actively and engaged well in the sessions and activities.
Key Observations	Participants showed improved behavior, communication, emotional regulation, and decision-making skills.
Outcomes	The sessions supported positive behavior changes, stronger self-discipline, and improved everyday life skills.

Observation & Intervention:

Discussed positive parenting and non-violent discipline with mothers and staff. Guidance was also provided on maintaining hygiene, nutritious food, respectful behavior, and involving children in age-appropriate daily work.

Achievement:

Improved awareness among caregivers and children regarding hygiene, sanitation, positive discipline, healthy food, and shared responsibility.

6. Supervision Schedule Overview

Date	Activity	Remarks
02/08	Hygiene & sanitation monitoring	Cleanliness and personal hygiene reviewed
09/08	Food and nutrition monitoring	Nutritious food and food hygiene discussed
15/08	Positive Discipline & Child Behavior Review	Discussed non-violent discipline, behavior management, and children's emotional needs with mothers and staff.
16/08	Child participation	Children encouraged to participate in daily work
22/08	Environmental cleanliness	General surroundings reviewed
23/08	Safety & Daily Routine Monitoring	Reviewed children's daily routines, safety practices, study time, rest, and participation in household activities.
29/08	Child–Caregiver Interaction Monitoring	Reviewed caregiver behavior, communication, and respectful interaction with children.
30/08	Monthly Review and Planning	Monthly progress, challenges, follow-up needs, and priorities for the coming month were reviewed.

Achievement:

Regular supervision and counseling supported improved hygiene, positive caregiver-child interaction, and child participation.

7. Key Achievements

- Hygiene and sanitation practices were regularly monitored.
- Nutritious food and food hygiene were discussed with caregivers.
- Positive parenting and positive discipline were promoted.
- Caregiver behavior toward children was reviewed and discussed.

- Children participated in age-appropriate daily household activities.
- Environmental cleanliness and child-friendly practices were encouraged.

8. Challenges

- Continued attention is needed to maintain consistent hygiene and environmental cleanliness.
- Caregivers require regular reinforcement on positive discipline and communication.
- Child participation needs to remain age-appropriate and balanced with study and rest.

9. Risk Observation

No major immediate risk was observed during the supervision. Regular monitoring of hygiene, kitchen safety, environmental cleanliness, and caregiver-child interactions is recommended.

10. Recommendations

- Continue regular hygiene and sanitation monitoring.
- Maintain nutritious and balanced meals for children.
- Continue positive parenting and non-violent discipline practices.
- Strengthen respectful communication between caregivers and children.
- Encourage children's participation in age-appropriate daily activities.
- Continue regular supervision of the living environment and safety.

11. Key Observations

Overall, the Children's Home was functioning satisfactorily. Children were generally participating well, and staff and mothers were receptive to counseling. Continued follow-up is recommended to strengthen hygiene, positive discipline, nutritious food practices, environmental cleanliness, and positive caregiver-child relationships.

Name: Raj Narayan Chaudhary

Designation: Independent Supervisor & Counselor

Date: 09/09/2026