

OCTF Parent Café Coordinator Training








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Day 1

Training Objectives

Participants will:


- Discover how protective factors impact the wellness and resilience of families.
- Connect protective factors to Parent Cafés.
- Experience a Parent Café.
- Develop an understanding of the café model and best practices.
- Increase knowledge of the benefits of Parent Cafés for families.






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Warm UP Exercise



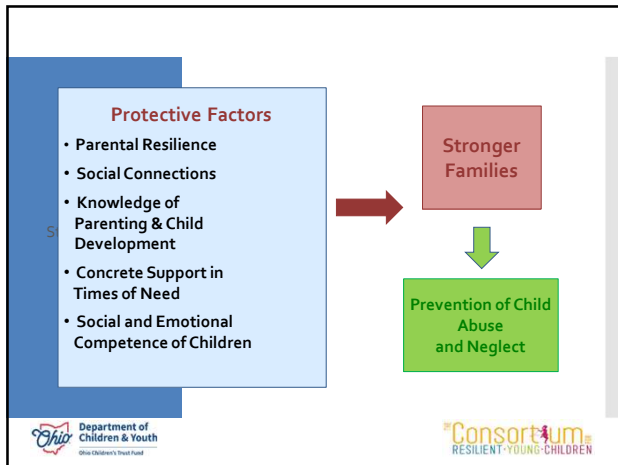
Perceptions of Parenting

- What do you believe is the primary role of parents?
- "Good" parents are parents who....
- "Bad" parents are parents who....
- Children deserve parents who....
- Name one thing parents do or don't do that pushes your button.





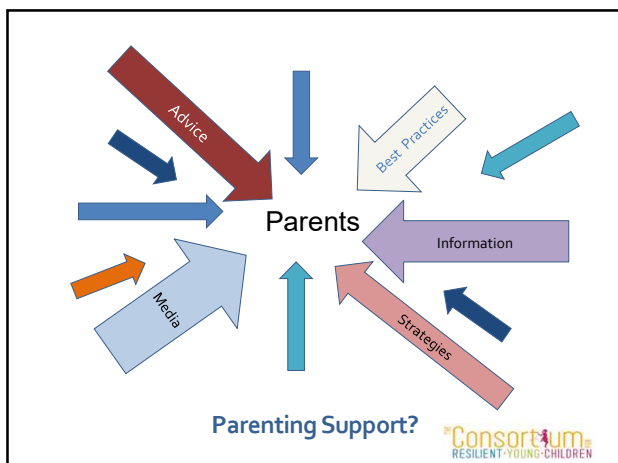
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Protective Factors Promote Family Wellness

Risks

Stressful or abusive conditions, event or circumstances



Protective Factors

The strengths that buffer risk to help families succeed

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Strengthening Families A Two-Generation Approach



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Social Emotional Competence of Children

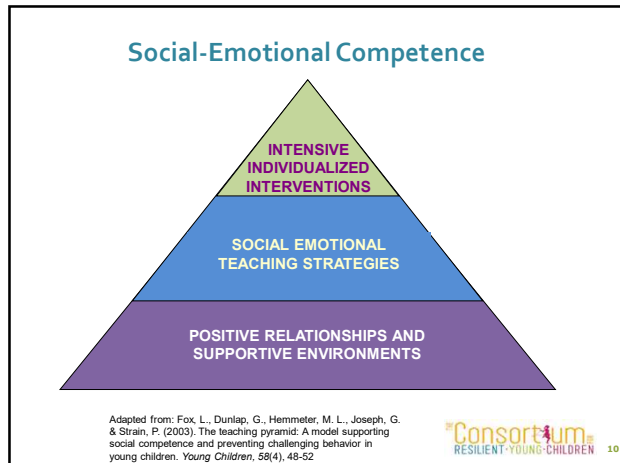
Children develop skills for developing relationships with adults and other children. They are able to identify and express a broad range of feelings.



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Parents play a critical role in helping their children learn to express and manage their emotions. Sometimes parents mistake a child's actions and fail to recognize that a child's feelings are often connected to these actions. A parent's understanding of these feelings can influence their response and help identify skills to teach their child.

Parents Can:

- Nurture Attachment
- Role Model ways to Express Feelings
- Listen
- Give Encouragement
- Give Choices, Set Limits
- Teach: Feel What You Want, Control What You Do

Social-Emotional competence

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Parent Cafés Promote Social and Emotional Competence By:

- Encouraging parents to reflect on their relationship with their children
- Providing themes and questions that pertain to children's social and emotional development
- Discussing how social and emotional skills and needs change as children grow
- Supporting parents to think about how their own social and emotional skills impact their children

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Knowledge of Parenting and Child Development

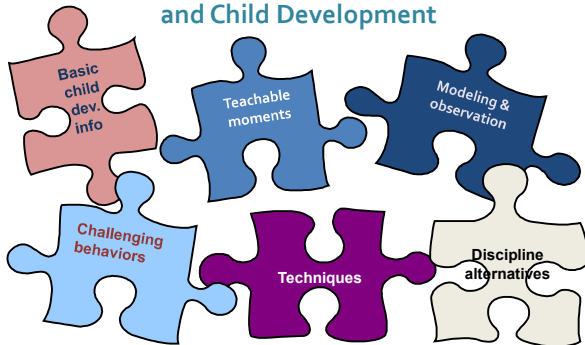


Parents gain access to child development information and alternative parenting strategies that support each parent-child relationship.



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Knowledge of Parenting and Child Development



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An understanding of child development is an important part of good parenting as it helps parents to have realistic expectations, understand the developmental issues their child faces and identify when assistance is needed so that they can respond positively during each stage of their child's development

Parents can:

- Gain more knowledge of child development.
- Set realistic expectations.
- Learn as they go.
- Recognize there is no one right way to be a parent.
- Read, talk, listen for ideas to draw from.

Knowledge of Parenting And Child Development



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Parent Cafés Promote Knowledge of Parenting and Child Development By:

- Encouraging parents to share their parenting dilemmas and successes
- Providing themes and questions that pertain to children's development
- Promoting there is no one right way to parent – so what works for one family may not work for another
- Supporting parents to think about how they were parented impacts their own parenting



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Social Connections

Parents benefit from social networks of support. These connections relieve stress and create a reliable safety net.



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Social Connections



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Parents often spend time focusing on the needs of their children first and often do not prioritize the importance of having their own supportive group of friends. When parents have their own social network they will have a support system for meeting both their day-to-day and emotional needs.

Parents can:

- Reach out to other parents who are alone/isolated.
- Look for other parents who share your interests.
- Invite a new parent to join your social, church or community group.
- Take time to stay in contact with your friends.
- Share your joys and challenges of parenting

Social Connections



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Parent Cafés Promote Social Connections By:

- Offering Parent Cafés in the communities where families live
- Having parents from the community engage other parents in conversations
- Giving all parents the opportunity to share their thoughts or feelings
- Asking parents to move around during the Parent Café so they meet new people



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Concrete Support in Times of Need




Parents are better able to meet the immediate and critical needs of their family when they are connected to services and supports.



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Concrete Support in Times of Need

MENTAL HEALTH	HEALTH CARE	FOOD
SUBSTANCE ABUSE	SPECIALIZED SERVICES FOR CHILDREN	SHELTER
DOMESTIC VIOLENCE		CLOTHING
		JOB TRAINING



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Parents often are not aware of the resources available to them or how to access these resources. Connections to an actual person and a plan for what is needed from the resources can help to eliminate barriers parents may have in accessing what they need for their family

Parents can:

- Build knowledge and connections to community resources.
- Share community resources with other parents.
- Help parents overcome barriers to getting services they need



Concrete Support in Times of Need

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Parent Cafés Provide Concrete Support in Times of Need By:

- Encouraging parents to reflect on why it is hard to ask for help
- Asking parents to share community resources with each other
- Listening to the needs of families during the Parent Café
- Following up the next day and connecting parents to existing resources

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Parental Resilience



Parents remain hopeful, they take on and bounce back from challenges. They believe they are capable to handle whatever life brings.

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Parental Resilience



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Parents need to be strong and flexible in order to deal with the stresses and challenges of life. They need to be able to shore up their resources and have the resiliency to bounce back when adversity hits. Often parents can become overwhelmed with life's challenges, feel hopeless about the future and become helpless in their efforts to make it through.

Parents can:

- Value your experiences and your wisdom.
- Get and give help.
- Brainstorm for possibilities.
- Believe, believe, believe.
- Make a plan and follow through.
- Respond don't react.

Parental Resilience

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Parent Cafés Promote Parental Resilience By:

- Encouraging parents to consider all possible solutions to a challenge
- Recognizing the strengths and tenacity of parents
- Connecting parents to other parents who have faced similar challenges
- Letting parents know they are not alone
- Encouraging positive self-talk



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Theory of Change

The
Strengthening
Families Parent
Cafés Model

Protective Factors

- Parental Resilience
- Social Connections
- Knowledge of Parenting & Child Development
- Concrete Support in Times of Need
- Social and Emotional Competence of Children

Stronger Families

Families are Well and Resilient



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Perceptions of Parenting

- What might you see as a strength of this parent?
- What protective factor(s) might benefit this parent or family?
- What might think about or you do differently in responding to this parent or family?

Follow-Up
Exercise



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Let's Experience a Parent Café !



A Parent Café is ...
a meeting of parents, for
parents and by parents...
designed to create
opportunities for parents
to connect, share and
learn from each other...
so that they are able to
meet the needs of their
families.


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Your Parent Café Experience

- 1) What are the benefits of participating in Parent Cafés?
- 2) What are the key elements or components of a Parent Cafés ?

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Foundation of Parent Cafés



Aligned with the
Community/World Café
Model:

Parent Cafés are driven by the knowledge that parents *can, must, and do* tap into their wisdom and resources in order to strengthen their own families

Parents are respected for their wisdom and experience and are treated as the experts.

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Why Come to a Parent Café?

Parent Cafés move parents beyond isolation to get and give the support they need to keep their families strong and help them to:

- Identify their strengths, needs and challenges.
- Gain confidence in their ability to meet your needs and the needs of their children.
- Recognize what they already know and ways that they can support others.
- Devise new ways and find resources to solve problems and fill family needs.

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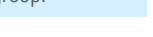
Parent Café Best Practices

Benefits:

- encourages connection through relevant and reflective conversation
- does not offer advice but seeks solutions from within the group


Model:

- consist of small group discussions within a larger group context
- are led and facilitated by parent hosts who pose parenting questions and scenarios to the group.
- capture parents responses to the conversations by recording at the table and as a larger group.






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Ohio's SF Parent Café Model




- Supports Protective Factors
- Respects and honors parents
- Benefits parents


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Core Value #1



Protective Factors are supported for families through the Parent Cafés.

- Themes and questions build Protective Factors.
- Process results in increased resiliency and social connections.
- Process encourages supporting and sharing of knowledge and resources.
- Parents report presence of Protective Factors.



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Core Value #2



Parents are respected for their wisdom and experience. They are supported as their child's first and best teacher.


- Parent hosts and facilitators are seen as reputable by participants.
- Parent hosts and facilitators are trained and supported in their role as experts.







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Core Value #3



Parents report a benefit from their participation in Parent Cafés. Sessions are relevant to parent population being served.

- Parent Café Coordinators are trained and experienced.
- Evaluations are collected and results used to ensure effectiveness.
- Barriers that limit parents from attending cafés are addressed.



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Reflections and Questions



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Day 2

Training Objectives

Participants will:

- Develop an understanding of the OCTF café model and best practices.
- Understand the roles within SF Parent Café and strategies to support parents in facilitating conversations.
- Develop and practice creating themes and questions for SF Parent Cafés.
- Learn strategies engaging parents and addressing barriers that interfere with parents participating in Parent Cafés.

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A Theory of Change

Building Adult Capabilities to Improve Child Outcomes

https://www.youtube.com/watch?v=urU-a_Fs5Y

Center on the Developing Child
Harvard University



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The "Pieces" of a Café




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Parent Café Format



Parent Cafés:


- consist of small group discussions within a larger group context. The room is set with tables that allow seating for only 4-5 parents per table.
- are led and facilitated by parent hosts who pose parenting questions and scenarios to the group.
- capture the wisdom and learnings of the entire parent group by recording feedback at each table and through large group reports.
- encourage parents to continue their involvement on issues of their choice once the café has ended.

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Parent Café Session Layout



Welcome and expectations.
Introduction of topic - each Parent Café has its own.
Ice Breaker
Reflection on 3 questions related to the session topic.
Parents join in a conversation at one table relative to the specific question at that table. Once answered, the parents will move to another table to join in a conversation about another question and so on.
Parents responses to the conversations at each table are recorded and reported out.
Wrap-up
Evaluations

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Parent Café Structure : Space




- Community space with rooms to accommodate the café and child care.
- Café space must have tables and adult chairs – maximum of eight chairs per table.
- Child care space needs to accommodate children birth to age 12.
- Additional space considerations:
 - Well lit parking
 - Easy access to building
 - Accommodations to serve food






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Parent Café Structure: Set-Up




- Questions selected for the café are printed on cards – one card per table.
- Chart paper hung on walls to capture responses during large group discussions.
- Piece of chart paper and markers placed on each table for capturing ideas or doodles during conversations.
- Table cloths, treats or flowers placed on each table.
- Name tags are available for all parents and hosts.






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Parent Café Roles or Team Members



- Facilitator (time keeper)
- Host (one per table)
- Recorder
- Family Support or Social Worker (recorder)
- Logistics Manager (could be any of the above)

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Characteristics of the Café Team

Each member of the team needs be someone who:

- has intimate knowledge of the community
- connects the Protective Factors to their own life
- understands the Parent Café process
- has dealt with difficulties and is stronger
- shares personal experiences from the heart
- is energetic, positive
- honors the contributions of everyone in the room –does not take on the role of expert
- is non-judgmental
- is able to trust the parent café process – no one right way to parent

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Promoted by the Café Team

- Support the concept that there is no one right way to parent
- Value that each child-parent relationship is different and
- Recognize that most parents figure out what works for their family through trial and error.



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Parent Café Facilitator

The Facilitator's job is to set the tone, manage the time, hold the space and intervene only as much as necessary to keep the momentum going and maximize parents' experience of the process.



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Parent Café Host

The role of the Host is to help lead the café process by ensuring all parent voices at the table are heard. Respect the wisdom of the group and help parents to share experiences and resources with each other.



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Host/Hostess LEADS THE PROCESS

- Uses active listening skills.
- Knows when to be quiet.
- Shares own experiences only to model to other parents how to share.
- Encourages others to share.
- Acknowledges strengths.
- Keeps the conversation on track and moving.





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Host Characteristics

- A parent/caregiver who has been trained in protective factors, attended at least one full café series and completed the host training.
- Capable of facilitating a conversation, striking a balance between talking and listening.
- Be good at relating to people.
- Understands their own relationship to each of the questions discussed in the café, both intellectually and emotionally.

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Host and Facilitator KEY RESPONSIBILITY

Notices when a parent is going through crises and take action to make sure that parent gets support after the café.



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Parent Café Recorder



The recorder documents what parents say during the opening and closing reflection activities and captures comments in the language parents are using.

Recording what everyone says in their own words is extremely important.



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Social/Family Worker



The social/family worker is aware of the ways parents are responding and provides connections to parents who are in crisis. The social worker is also available to help parent or café team members deal with difficult issues that came up during the café.



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Logistics Manager

The Logistics Manager coordinates the events by securing the location, arranging for child care, transportation assistance, refreshments and all café materials. Also supports Parent Café volunteers.






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Parent Café Themes and ?s




- Each Parent Café has its own topic or theme which are relevant to the targeted parent population.
- Parent Cafés involve parents responding to 3 questions related to the session topic.
- Parents join in a conversation at one table relative to the specific question at that table. Once answered, the parents will move to another table to join in a conversation about another question and so on.
- Parents responses to the conversations at each table are recorded at the table and as a larger group.






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Parent Café Themes and ?s




- New groups begin with the introductory series of three topics/themes:
 - Taking Care of Yourself, Being a Strong Parent and Building Strong Relationships with Your Children.
- For continuing groups - topics/themes and questions can be developed, however they must:
 - Support the protective factors
 - Be open ended – no one right way to answer
 - Be reflective – intentionally seek wisdom of parents






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Parent Host Selection and Training




- Parent Cafés are facilitated by Parent Hosts and a Facilitator trained in the delivery of Parent Cafés.
- Prior to any host or facilitator participating in a café – he or she must participate in the host training. For those who are planning to become certificated coordinators we will cover training of hosts in the next session.
- When selecting parents to serve in these roles consider:
 - Who would serve as an effective host?
 - How would you recruit hosts?






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Parent Host Training



- Offer a minimum of 3 hours of training to parent volunteers. Training to consist of:
 - Overview of Strengthening Families and Protective Factors
 - Train on Parent Café model and best practices
 - Conduct role plays of Parent Cafés
 - Review strategies for facilitating group discussions
 - Provide opportunities to practice hosting a café.
 - Meet one-on-one with facilitator to practice script.

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Parent Host Training: Part 1



Protective Factors Overview






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Parent Host Training: Part 2



OCTF Parent Café Components and Best Practices





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Parent Host Training: Part 3




Parent Host Role Plays








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Parent Host Training: Part 4




Facilitating Parent Cafés







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Issues that May Arise During Parent Cafés

- Parents may become emotional during the café process.
- Parents may share stresses, crisis or needs of their family.
- Parents may “take over” the café which prevents others from sharing.
- Parents may “refrain” from sharing during the café.

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Processing Emotions or Needs of Parents

- Use active listening skills.
- Show empathy and support.
- Do not try to fix or “give advice”.
- Encourage others to share.
- Connect to Social/Family Worker for support.






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Responding to an Over-Talker

Over-talkers:

- have a lot to share and seem have something to say about everything.
- may get stuck on one topic.
- Often talk over others and do not listen to what others have to share

As a parent host, how might you handle an over-talker?






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Strategies for Over-Talkers

- Affirm their knowledge.
- Ask another participant to give their thought or opinion on what was shared.
- Ask a direct question to a parent who has had a chance to respond.

Remember it is helpful for the over-talker to listen to others as ideas or solutions may be at the table.

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Responding to an Observer

As a parent host, how might you handle an observer?


Observers:

- Sit quietly and observe the process.
- seem cautious to share their ideas with others.
- may avoid eye contact and seem disinterested.



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Strategies for Observers



- Share one of your own stories and then ask others to share a story of their own
- Encourage the parent to participate.
- Ask the parent his/her opinion on what the group has been discussing.
- Ask another question that will take the conversation deeper.

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Responding to a Disagreement

As a parent host, how might you handle a disagreement?

Disagreements occur when:

- there are strong conflicting ideas or beliefs.
- one person is not willing to listen to another point of view.
- Competition arises – someone has to be right

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Strategies for Handling a Disagreement

- Avoid being drawn into the argument.
- Ask other participants what they think about the opposing position.
- Say: "There really is no one right way to parent."
- Say "It's ok if we disagree as this encourages us to consider other solutions."




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Parent Café Outcomes

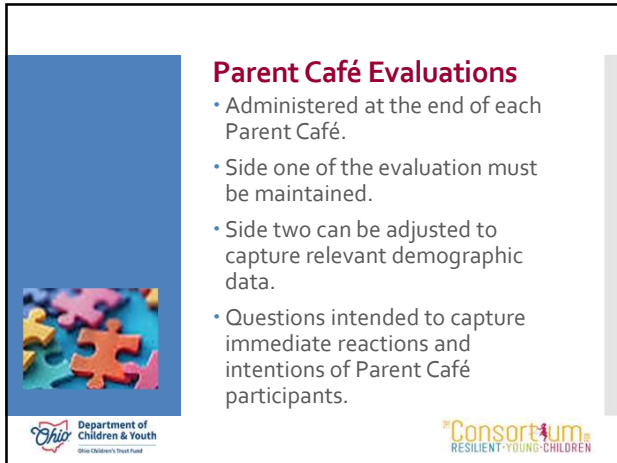
Impact on Your Audience







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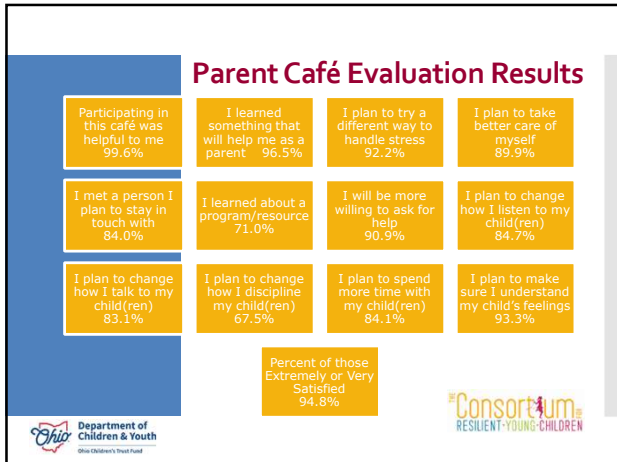
Parent Café Evaluations

- Administered at the end of each Parent Café.
- Side one of the evaluation must be maintained.
- Side two can be adjusted to capture relevant demographic data.
- Questions intended to capture immediate reactions and intentions of Parent Café participants.

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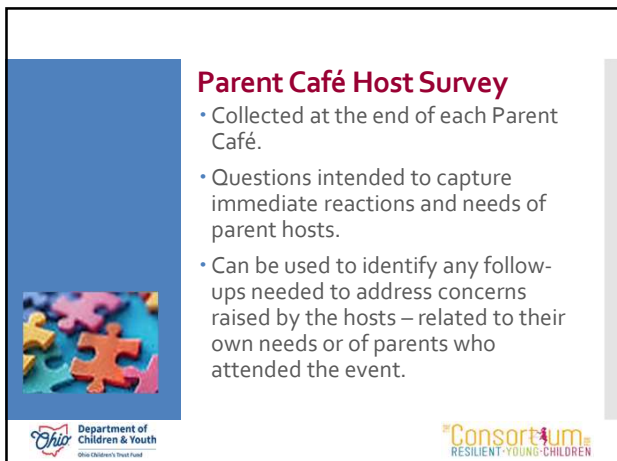
Parent Café Evaluation Results

Participating in this café was helpful to me 99.6%	I learned something that will help me as a parent 96.5%	I plan to try a different way to handle stress 92.2%	I plan to take better care of myself 89.9%
I met a person I plan to stay in touch with 84.0%	I learned about a program/resource 71.0%	I will be more willing to ask for help 90.9%	I plan to change how I listen to my child(ren) 84.7%
I plan to change how I talk to my child(ren) 83.1%	I plan to change how I discipline my child(ren) 67.5%	I plan to spend more time with my child(ren) 84.1%	I plan to make sure I understand my child's feelings 93.3%
Percent of those Extremely or Very Satisfied 94.8%			

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Parent Café Host Survey

- Collected at the end of each Parent Café.
- Questions intended to capture immediate reactions and needs of parent hosts.
- Can be used to identify any follow-ups needed to address concerns raised by the hosts – related to their own needs or of parents who attended the event.

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Protective Factors Survey

- Optional.
- Recommend use of PFS-2 retrospective version.
- Collected from participants at conclusion of series.
- Survey intended to capture change in parents' report of knowledge or practices that indicate presence of protective factors.
- Learn more at friendsnrc.org

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Creating Your Plan

- Identify target population or community.
- Select location and dates.
- Determine themes.
- Recruit parent hosts.
- Obtain funding to address barriers and provide food, stipends etc.
- Develop marketing plan.






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Removing Barriers

Develop a plan to address the potential barriers that could interfere with parents and caregivers attending cafés:

- Lack of childcare
- Schedule or not enough time
- Lack of transportation

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Parent Café
Come Join us!

Calling for children's care to be re-evaluated, Parent Café offers an opportunity for any caregiver of children to learn from each other, share worries, and voice up with your parenting ideas. It's an evening of coming along with other adults in our community about the challenges you face as a parent.

October 29th "Creating your style of Effective Discipline"
November 6th "Returning the Favor"
November 13th "Staying Connected in a Plugged in World"

Free p.m. 7:30 p.m.
Batavia YMCA Christian Childcare
 2555 Old St. Rt. 52, Batavia, Ohio 45103

Dinner and childcare included!
(Pre-registered caregivers receive a discount)

CRYSIS EARLY CHILDHOOD SERVICES
 Department of Children & Youth

\$10 Kroger Gift Card
for each session you attend!

Gain Support
from other Parents

Food Hand & Connected

Questions? Contact Christina Little
913.470.2413

Pre-registration required for childcare
SCAN TO REGISTER!

<https://bataviaymca.org/parent-cafe/>

Marketing Your Café

Marketing goal is to recruit 7-9 parents who agree to attend the first café – this group will serve as the core for future cafés.


TIPS:


- Identify community partners.
- Select themes that will entice parents to attend.
- Encouraging staff to accompany parents to first café.
- At end of café send postcards or commitment cards to parents that attended and invite to next café.




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Questions and Reflections



Developed by: 

Promoting Resilient Children and Families



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CRYC promotes the social and emotional development and well-being of young children, strengthens the capacity of all adults who care for them, and advocates for coordinated, aligned systems.

Resilientchildren.org

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