



OCTF Parent Café Coordinator Training

Ohio Department of Children & Youth
Ohio Children's Trust Fund

The Consortium
RESILIENT YOUNG CHILDREN

A man is carrying a young girl on his shoulders, both smiling.

1



Day 1

Training Objectives

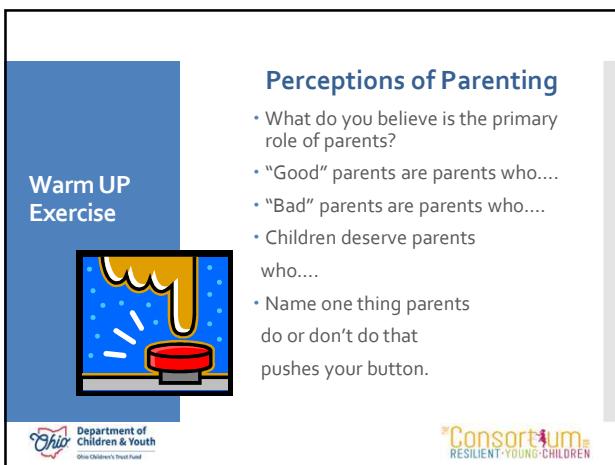
Participants will:

- 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.

Ohio Department of Children & Youth
Ohio Children's Trust Fund

The Consortium
RESILIENT YOUNG CHILDREN

2



Warm UP Exercise

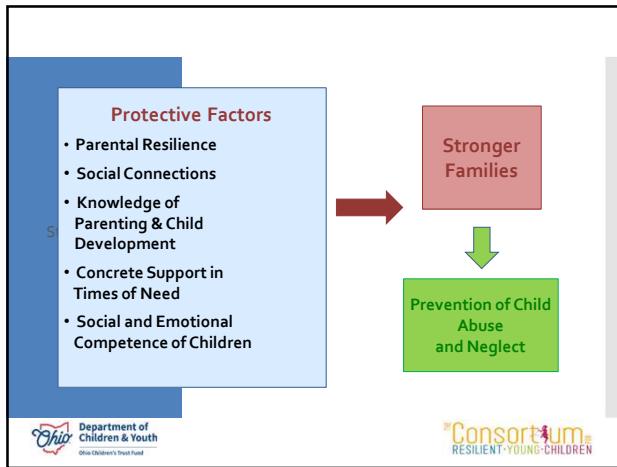
Perceptions of Parenting

- 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.

Ohio Department of Children & Youth
Ohio Children's Trust Fund

The Consortium
RESILIENT YOUNG CHILDREN

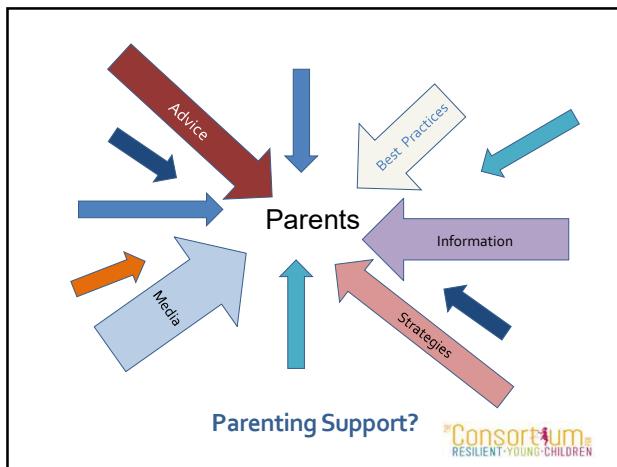
3



4



5



6

Protective Factors Promote Family Wellness

Risks
Stressful or abusive conditions, event or circumstances

Protective Factors
The strengths that buffer risk to help families succeed



7

7

Strengthening Families A Two-Generation Approach



SM

Ohio Department of Children & Youth
Ohio Children's Trust Fund

The Consortium for Resilient Young Children

8

Social Emotional Competence of Children

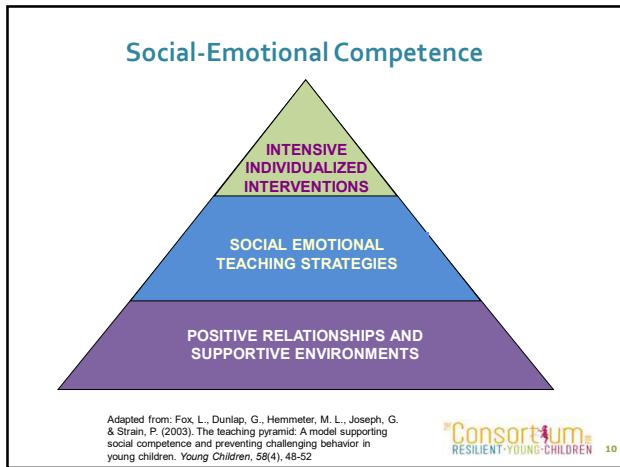
Children develop skills for developing relationships with adults and other children. They are able to identify and express a broad range of feelings.



Ohio Department of Children & Youth
Ohio Children's Trust Fund

The Consortium for Resilient Young Children

9



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

Ohio Department of Children & Youth
Ohio Children's Trust Fund

11

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

Ohio Department of Children & Youth
Ohio Children's Trust Fund

10

12

Knowledge of Parenting and Child Development



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

Ohio Department of Children & Youth
Ohio Children's Trust Fund

The Consortium RESILIENT YOUNG CHILDREN

13

Knowledge of Parenting and Child Development



Ohio Department of Children & Youth
Ohio Children's Trust Fund

The Consortium RESILIENT YOUNG CHILDREN

14

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

Ohio Department of Children & Youth
Ohio Children's Trust Fund

15

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



16

Social Connections

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



17

Social Connections



18

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



Ohio
Department of
Children & Youth
Ohio Children's Trust Fund

19

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



Ohio
Department of
Children & Youth
Ohio Children's Trust Fund



The Consortium
RESILIENT YOUNG CHILDREN

20

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.

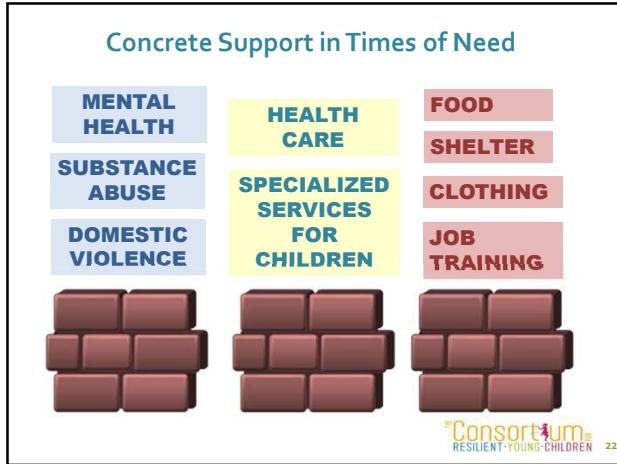


Ohio
Department of
Children & Youth
Ohio Children's Trust Fund

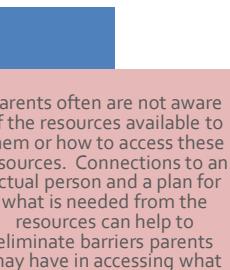


The Consortium
RESILIENT YOUNG CHILDREN

21



22



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

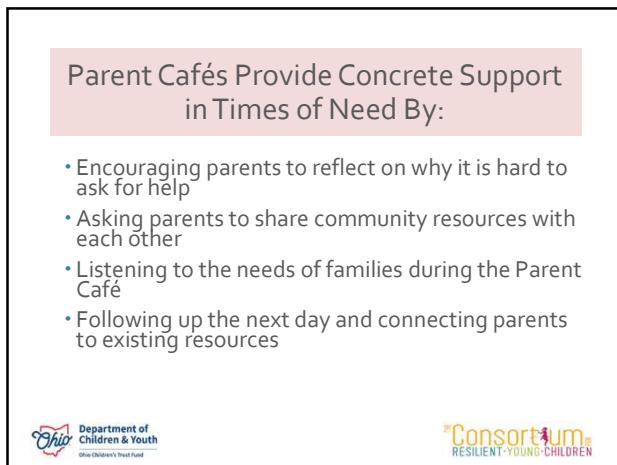
Concrete Support in Times of Need



Ohio Department of
Children & Youth
Ohio Children's Trust Fund



23



24

Parental Resilience



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

25

The diagram illustrates the components of Parental Resilience as a stack of nine interconnected blocks. The top block is labeled "Parental Resilience". Below it is a light blue block labeled "Take action". To the right is a grey block labeled "Make good choices". The fourth block from the bottom is a dark blue block labeled "Problem-solve". The fifth block from the bottom is a purple block labeled "Acknowledge feelings". The sixth block from the bottom is a blue block labeled "Gather resources". The seventh block from the bottom is a light blue block labeled "Recognize challenges". The eighth block from the bottom is a blue block labeled "Coping strategies". The bottom-most block is a grey block labeled "Communication skills". The blocks are arranged in a stepped, pyramid-like structure, with some blocks overlapping others to show their interconnectedness.

26



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

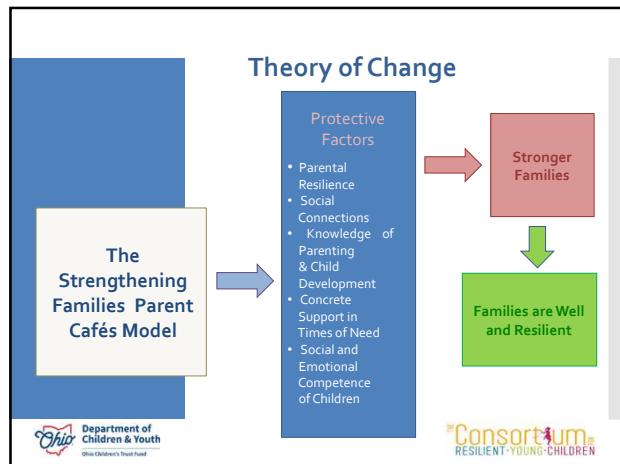
27

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



28



29

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?



30



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.

 Ohio Department of Children & Youth
Ohio Children's Trust Fund

 The Consortium
RESILIENT YOUNG CHILDREN

31

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 ?

 Ohio Department of Children & Youth
Ohio Children's Trust Fund

 The Consortium
RESILIENT YOUNG CHILDREN

32

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.

 Ohio Department of Children & Youth
Ohio Children's Trust Fund

 The Consortium
RESILIENT YOUNG CHILDREN 33

33

**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.


Ohio Department of
Children & Youth
Ohio Children's Trust Fund
34

34

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.

35
35

35

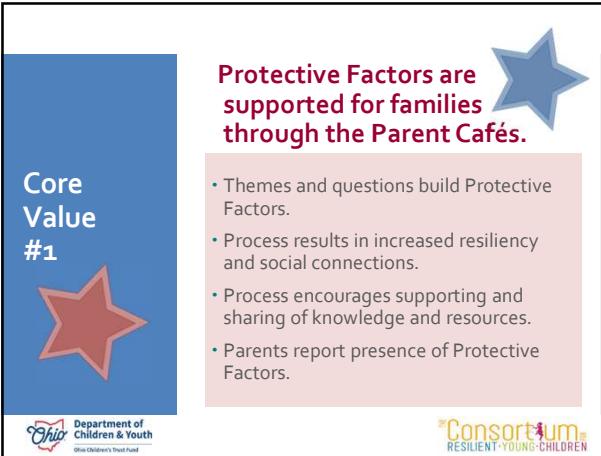
Ohio's SF Parent Café Model



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


Ohio Department of
Children & Youth
Ohio Children's Trust Fund
36

36



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.

 Department of Children & Youth
Ohio Children's Trust Fund

 Consortium
RESILIENT YOUNG CHILDREN

37



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.



Department of
Children & Youth
Ohio Children's Trust Fund



38



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.



Ohio Department of
Children & Youth
Ohio Children's Trust Fund



Consortium
of Resilient Young Children

39

Reflections and Questions



Ohio Department of Children & Youth
Ohio Children's Trust Fund
The Consortium
RESILIENT YOUNG CHILDREN

40

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.

Ohio Department of Children & Youth
Ohio Children's Trust Fund
The Consortium
RESILIENT YOUNG CHILDREN

41

A Theory of Change

Building Adult Capabilities to Improve Child Outcomes

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

Center on the Developing Child
Harvard University

Ohio Department of Children & Youth
Ohio Children's Trust Fund
The Consortium
RESILIENT YOUNG CHILDREN

42

43



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.

44



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 our.

Wrap-up

Evaluations

45

Parent Café Structure : Space



Ohio Department of Children & Youth

- 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

The Consortium
RESILIENT YOUNG CHILDREN

46

Parent Café Structure: Set-Up



Ohio Department of Children & Youth

- 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.

THE Consortium
DESCHEN-YOUNG-DEBUDDEN

47

Parent Café Roles or Team Members



Ohio Department of Children & Youth

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

THE Consortium
FOR
RESILIENT YOUNG CHILDREN

48

Characteristics of the Café Team

Each member of the team needs to 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

49

Promoted by the Café Team



 Department of
Children & Youth
Ohio Children's Trust Fund

- 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.

THE Consortium RESILIENT YOUNG CHILDREN

50

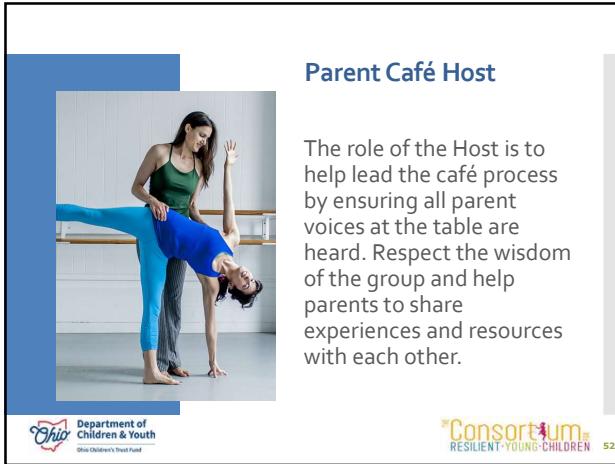
Parent Café Facilitator



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.

RESILIENT YOUNG CHILDREN 51

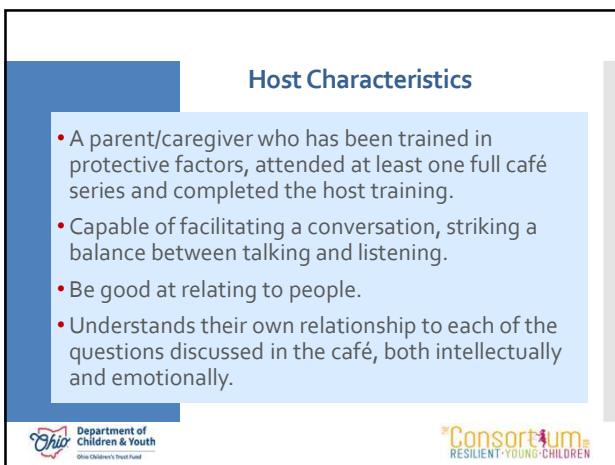
51



52



53



54

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.



55

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.



56

Social/Family Worker

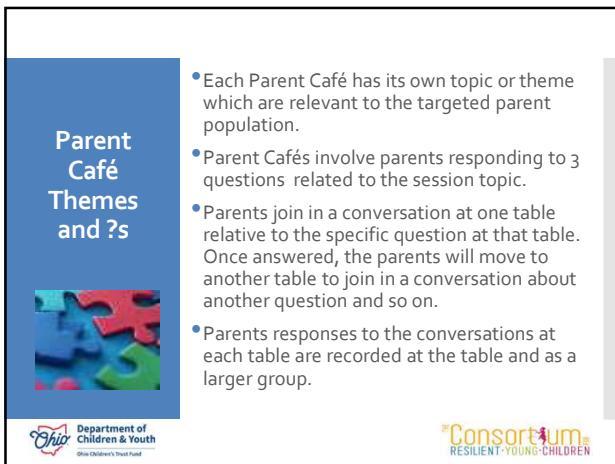
The social/family worker is aware of the ways parents are responding and provides connections to parents who are in crisis. The social worker is also available to help parent or café team members deal with difficult issues that came up during the café.



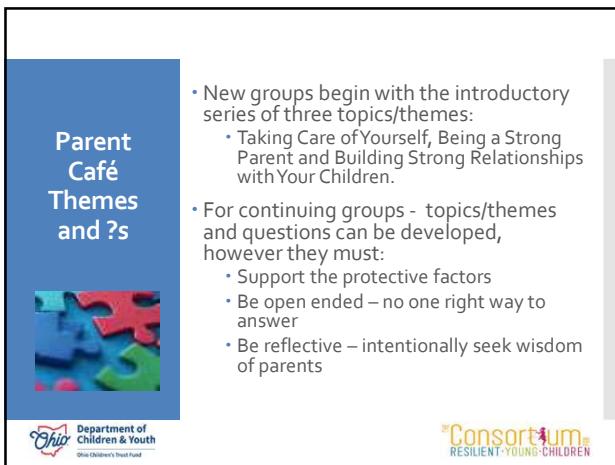
57



58



59



60

Parent Host Selection and Training



Ohio Department of Children & Youth

- 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?



61

Parent Host Training



Ohio Department of Children & Youth

- 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.



62

Parent Host Training: Part 1



Ohio Department of Children & Youth

Protective Factors Overview



THE Consortium
FOR RESILIENT YOUNG CHILDREN

63

Parent Host Training: Part 2



OCTF Parent Café Components and Best Practices



Ohio Department of Children & Youth Ohio Children's Trust Fund

Consortium RESILIENT-YOUNG-CHILDREN

64

Parent Host Training: Part 3



Parent Host Role Plays



Ohio Department of Children & Youth Ohio Children's Trust Fund

Consortium RESILIENT-YOUNG-CHILDREN

65

Parent Host Training: Part 4



Facilitating Parent Cafés



Ohio Department of Children & Youth Ohio Children's Trust Fund

Consortium RESILIENT-YOUNG-CHILDREN

66

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.



Ohio Department of Children & Youth
Ohio Children's Trust Fund

Consortium RESILIENT YOUNG CHILDREN 67

67

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.

Ohio Department of Children & Youth
Ohio Children's Trust Fund

Consortium RESILIENT YOUNG CHILDREN 68

68

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

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

Ohio Department of Children & Youth
Ohio Children's Trust Fund

Consortium RESILIENT YOUNG CHILDREN 69

69

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.



70

Responding to an Observer

Observers:

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



71

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.



72

Responding to 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

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

 Department of
Children & Youth
One Children & Youth Fund

 Consortium
RESILIENT YOUNG CHILDREN

73

73

Strategies for Handling a Disagreement

74

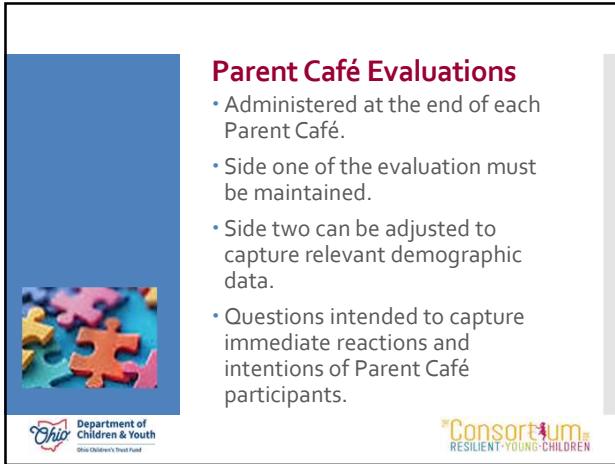
Parent Café Outcomes

Impact on Your Audience

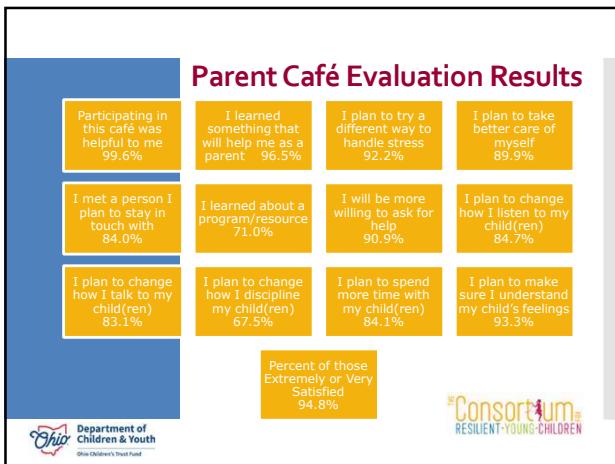
Department of Children & Youth
Ohio Children's Trust Fund

Consortium for Resilient Young Children

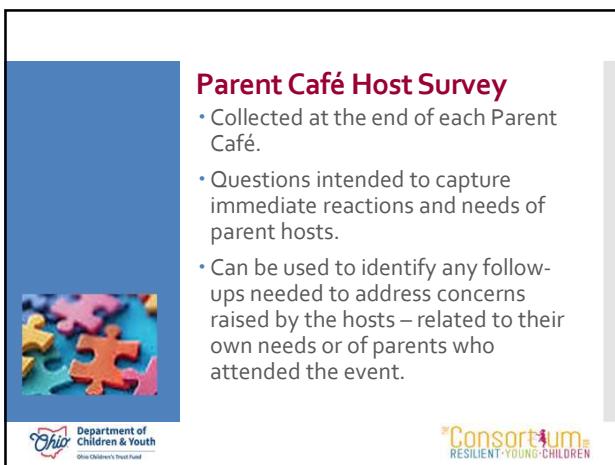
75



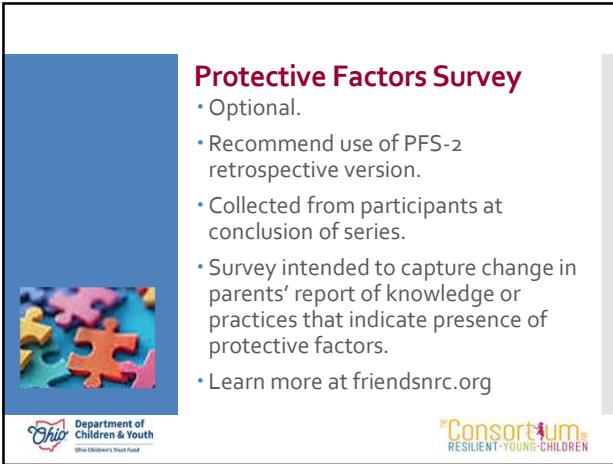
76



77



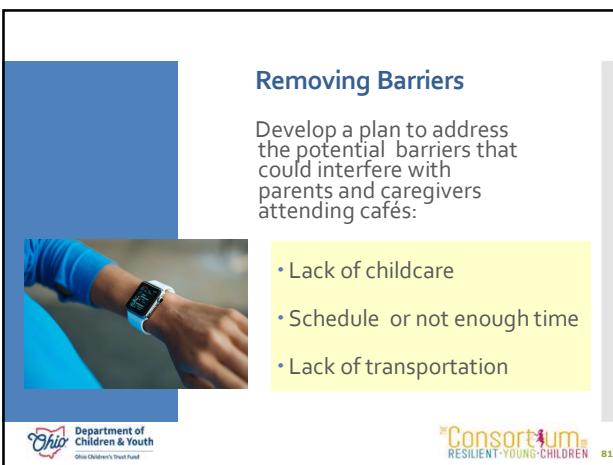
78



79



80



81

Parent Café

Come Join us!

Causes for children can be connected to Parent Cafés after an opportunity for **any member** of children to have fun with each other, share stories, and come up with new parenting ideas. This opportunity is especially important for parents who are **absolutely-almost** important to our **OUR CHILDREN**.



October 29th "Creating your style of Effective Disciplines"
 November 12th "Nurturing Resilience"
 November 26th "Play Connected in a Plugged in World!"

6:00 p.m. - 7:30 p.m.
 Batavia Christian
 Childrens
 2555 Old St. Rd. 32, Batavia, Ohio 45103

Dinner and childcare included!
 (Please register online for childcare)

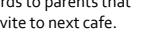
<https://bataviacountyparentcafe.org/parent-cafe/>

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 cafe.



82

A photograph of a man with a beard carrying a young girl on his shoulders, both smiling. Above the photo is a blue rectangular banner with white text and logos. The banner contains the text "Questions and Reflections" and "Ohio Department of Children & Youth Ohio Children's Trust Fund".

83

The image shows a young girl with dark hair, wearing a white long-sleeved shirt, blue leggings, and yellow rain boots. She is jumping in a puddle of water, holding a large, open umbrella that has multiple colors (pink, yellow, orange, red, blue, green) radiating from the center. The background is a soft-focus outdoor scene, possibly a park or garden. The overall mood is joyful and energetic. To the right of the image, there is text about CRYC and its mission, and at the bottom right, there is a website address.

84