

Parent and Family Education 2012 Summer Retreat

Passion for Parent and Family Education

(Thursday PM Circle)

Heather's group

- Fear of inadequacy (as a parent)
- Help people make connections between parent and child
- From our own sense of fear, repeating mistakes; having to learn new ways of being; gain passion about learning about parenting; forming connections with other parents through our own experiences; realizing that there was a place to go with those questions and with those fears; that we can help with normalizing and giving resources
- What is normal?
- Being more intentional as a parent
- Constant learning and growth as a parent ourselves with the families we work with
- Have forgiveness for myself and others, learn from mistakes
- Walk the talk
- Temperament aha became real with child. Realizing, through parenting, that temperament isn't something that parents can control made things go easier as a parent. Began to see a person who was developing.
- Research on behavior and expulsion from preschool & daycare--temperament plays a role--certain characteristics linked with temperamental risk factors--prevention methods
- Importance of job as a support piece for the parents--raise parents' self esteem with resulting impact on children
- Temperament--if the parent can understand the child's temperament how much stronger that connection can be.
- It's ok that parenting can be really different for everybody.
- Shame in society...fear of inadequacy, making mistakes, public--regardless of risk ALL parents can benefit in a substantial way through sharing, getting information, or whatever way it is. As a society we can really shame parents--high standards are not reality and doesn't allow for complex issues. Can be overwhelming.

Lynn's group

- If we don't have passion as educators, it's reflected in our work. Make parenting something deeper for parents. Push parents to be more self-reflective-driven.
- How we present information to parents: include a variety of options; this info might not work with every child. Lots of factors go into families and children's lives. Some methods are not always easy to do.

- You don't know what you don't know. How to give families experiences that they haven't had before. How can we provide experiences of healthy interactions and situations that are difficult to create on one's own if you haven't had them modeled? Have the learning be implicit and indirect through experiences! Help create family work balance, have a place that meets many needs in many ways.
- Taking children "out of the river" is good, but thinking upstream and asking "why are the children in the river" is necessary to get at root cause of problem. Realization that "we" as parents can try many different things and do it "right" and it still may not work. We are NOT the only influence in our kids' lives! Not everything you do as a parent is so big. We are all doing the best we can.
- Parenting can be riddled with guilt. Keeping this mindset as a PE can impact delivery of a topic. Popular culture and community have large influence on kids and families. We treat symptoms of problems instead of looking into root causes and underlying issues. Prevention needed over intervention. Quick fix answers instead of whole picture are what society focuses on.
- Parent Ed should be mandatory! More of a village mentality, parents who didn't have good parenting being mentored or helped by parents who are good parents. A lot of people feel alone. Not everyone has good role models.
- Recognize deeper experience, other forces, culture and community. Democracy is the purpose of education. Why do some families struggle more than others? Not always their fault? Social justice, infusion of the idea of empowerment, questioning, changing a system so it works for every family. How do we bring these broader questions to the table? Become stronger advocates for families.
- How do we help the kids stay out of the river? Reflection on her Hippie parents and social justice values. How to be a parent and still have a job, even with lots of resources this is a huge challenge, so what about families with fewer resources? How can we change as a society to support all parents?
- What are parents' values, goals and approaches to parenting? If you are aware of your values you can make goals; if you have goals it is easier to see where you are going. We can all have different goals. Quick fix methods are popular in Iceland, it sounds so much easier :). We all have to come at it in a different way, WALKING WITH PARENTS, not telling them what to do. How do we bring parents to a higher level? Supporting other parents in their group, community and larger society.
- Asks, Am I doing any good? Am I helping parents feel better if I give them techniques and they don't work? We aren't in control of what they take and use. Accept where you and your child are at. Be gentle with yourself. Don't accept the guilt. No *shoulds* or *should nots*. Give the best that you can.
- We as educators want quick fixes too.
 - it is working, we just aren't seeing it at the moment, be patient!! It takes a lifetime!
 - Change takes time. Learning occurs from both sides, while we are adjusting to a change we make, children or families we work with are also processing that change and adjusting. We might have to be at different places to absorb information.
 - Family mission statements, clarifying values and goals.
 - Challenging because parents are in the day to day.

- Hierarchy of needs
- You are setting foundations now. Weave it in through the year. Contextualize the questions in a way that causes the parents to reflect. The beauty of ECFE is that time to stop and be able to be reflective.
- positivediscipline.com
- Our stories convey that we are driven by our constant learning and growth as parents ourselves and our parent connectedness with the families we work with
- Fear of inadequacy (as a parent)
- Help people make connections between parent and child
- appreciate and build on their own systems of support and help to facilitate not lead learning; parenting as a self-discovery process that is reinforced by more informal and personal sources of support. What is our role as 'experts'?
- From our own sense of fear, repeating mistakes; having to learn new ways of being; gain passion about learning about parenting; realizing that there was a place to go with those questions and with those fears; that we can help with normalizing and giving resources
- Being more intentional as a parent
- to have forgiveness for ourselves as parents and other parents, and learn from mistakes
- Temperament aha became real with child. Realizing, through parenting, that temperament isn't something that parents can control made things go easier as a parent. Began to see a person who was developing. Temperament--if the parent can understand the child's temperament how much stronger that connection can be.

Passion comes from what we've learned as being necessary as parenting education professional:

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- Research on behavior and expulsion from preschool & daycare--temperament plays a role--certain characteristics linked with temperamental risk factors--prevention methods
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