

Parent Workshop 1
Identifying and Utilizing Family Strengths to Create a Positive Learning Environment
and Create Goals

- I. Introduction
 - a. Presenter's position/credentials
 - b. Why are we offering Parent Workshops? Explaining the importance of family involvement in education.
 - c. Brief introduction of today's topic.
- II. What are Family Strengths? Use posters to brainstorm what the various strengths consist of.
Handout: Promoting Family Strengths (University of Missouri)
 - a. Caring and appreciation
 - i. Showing compassion when your child has a conflict with a friend, fails an exam, etc.
 - ii. Offering a heartfelt thank you when they behave respectfully, help with housework
 - iii. Provide physical affections – whatever you are comfortable with (pat on the back, hug, words)
 - b. Time Together
 - i. Without distraction of technology
 - ii. **Creating learning opportunities** (nature, museum, library, baking, board games, etc)
 - c. Encouragement
 - i. Give it in writing – “I know you can do it”
 - ii. Remind them of their strengths, help set goals, **recognize successes**
 - iii. **Applying it to learning environment** – improve math and writing by applying the practical uses (leaving notes, making lists, baking, balancing checkbook)
 - d. Commitment
 - i. Remind them you love them “no matter what”
 - ii. Show it in your actions – hold your temper and use their mistakes as a learning opportunity
 - iii. **Applying it to learning environment** – Check student progress at least weekly, hopefully daily
 - e. Communication
 - i. Make your home a safe place for sharing feelings – “I Feel” statements, family meetings
 - ii. Avoid criticism, blaming, defensiveness...
 - iii. Remember that non-verbal makes up the majority – teach kids how to read non-verbal cues so they will be prepared for future relationships
 - iv. Remember, kids learn primarily through IMITATION
 - f. Coping with Change
 - i. Teach flexibility by incorporating into daily activities
 - ii. Find appropriate supports and skills
 - iii. Take care of basic needs – try to protect kids from adult worries and responsibilities and instead teach coping through childhood experiences
 - g. Spirituality

- i. Separate from religion in contemporary definitions, aimed at personal well-being and personal development, leads to finding purpose and meaning in life
 - ii. Defining the family unit, beliefs, purpose – “Remember your higher purpose”
 - h. Community/Family Ties
 - i. Social Services, Churches, Community Centers, Family, Friends, School
 - ii. Make use of available resources**
 - i. Clear Roles
 - i. Family responsibilities
 - ii. Consider level of child development
- III. Activity – Self-Assessment of Family Strengths (1st 2 columns of **Building Strong Families Handout #1**)
- IV. Goal Setting
 - a. General Guidelines
 - i. Make it positive (what WILL be done instead of what WON'T)
 - ii. Be specific (dates, times, measurements)
 - iii. Set priorities
 - iv. Keep it small (general goal and small steps)
 - b. Applied to Family Strengths Handout
 - i. Create goals for improving areas needing strengthening (**on handout #1 columns 3 and 4**)
 - 1. Building strong families Handout #2 gives suggestions for every area
 - 2. Working together packet provides additional suggestions for improving family roles
 - 3. Break into groups to work together on goal setting
 - ii. Example Study Plan - discuss information about schedule, place, nutrition
 - iii. NDA Goal sheet – explain process of setting student goals, provide handouts as requested
- V. Wrap-up/Evaluations/Door Prizes