

ACTIVITY 3

Parenting Manifesto



INTENT:

Identify and reflect on what is important to the participants for their children and families.

OUTCOMES:

Participants will read the Wholehearted Parenting Manifesto handout, identify their personal beliefs and hopes for their child(ren), use the information from the module to determine parenting practices that will support these hopes for their child(ren), and create their own personal parenting manifesto.

MATERIALS REQUIRED:

- Wholehearted Parenting Manifesto handout
- Parenting Manifesto Sample Template handout
- Blank white cardstock; colored pencils; and colored, fine-point pens

TIME:

- 20 minutes

PROCESS:

Prior to training:

- Place the Parenting Manifesto Sample Template handout and the cardstock, pencils, and pens on the tabletops for participants to utilize.
- Review the Wholehearted Parenting Manifesto handout and consider your own beliefs about parenting.

During the training:

- Follow the facilitator guide instructions:
 - Pause the module from advancing and invite parents to find the Wholehearted Parenting Manifesto handout.
 - Invite participants to read the manifesto individually or as a whole group.
 - Have participants use Parenting Manifesto Sample Template or blank paper and colorful pens and pencils to create their own parenting manifesto.
 - Invite participants to share with each other as they feel comfortable.

Debrief:

- Ask participants how they will share this with their families.