

ACTIVITY 4

Talking Every Day



INTENT:

Identify conversation starters that can be used in daily life to support positive parenting interactions.

OUTCOMES:

Participants will review their parenting style, their child's temperament, and their personal parenting manifesto. Using this information, participants will list conversation starters they can use in their daily life to support the actions and behaviors they listed in their manifesto.

MATERIALS REQUIRED:

- Family Resource Packet handout (parenting and temperament descriptions)
- Parenting Style Questionnaire handout (completed)
- Temperament Self-Assessment handout (completed)
- Wholehearted Parenting Manifesto handout
- Conversation Starters for Daily Life handout
- White 3" x 5" index cards or cardstock cut into squares (The Conversation Starters for Daily Life handout can be used as a template.)
- Colored markers and/or pencils

TIME:

- 15 minutes

PROCESS:

Prior to training:

- Print the Conversation Starters for Daily Life handout for each participant.
- Prepare the cardstock cards (by cutting them) or have index cards ready.
- Fill out the chart for your personal life so that you can provide personal examples as needed. This will make participants feel safe to share.

During the training:

- Follow the facilitator guide instructions:
 - Pause the module from advancing and invite participants to use the Conversation Starters for Daily Life handout.
 - Wait for participants to complete and example in the chart. Then have them create a card (or cards) with a conversation starter on it. These cards will be taken home.

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- Invite participants to share with each other as they feel comfortable.

Debrief:

- Ask participants how they might use these cards when they get home.
- Ask participants to make note of how using the cards works at home so that they can share at the next meeting.