

MODULE 1: ONE-ON-ONE TIME WITH YOUR CHILD

GUIDE FOR THE FACILITATOR

MODULE SUMMARY: ONE-ON-ONE TIME WITH YOUR CHILD

Module 1 sets the tone for the entire program. It is important to create a space that is inviting and safe for parents to feel comfortable.

With your co-facilitator, begin the program by welcoming and thanking the parents for their participation in the program and their commitment to building positive relationships with their families. Introduce the program to the families so they know what to expect from this experience.

Also allow parents to express their reasons and goals for participating in the program. This gives participants a sense of ownership in their program development process and helps us get to know each parent better.

In Module 1, as a facilitator, you need to achieve four things:

1. Introduce the MaPaChat program to families.
2. Establish rules.
3. Help parents think about and describe their goals for the family.
4. Discuss and practice One-on-One Time with participants.

INTRODUCTION TO HAPPY FAMILY

Usually, programs for parents are full of lessons and just listening. The MaPa program is different. Instead of just sitting and listening, there are many activities for participants.

Parents will learn the skills they need to strengthen their relationships with each other through fun group activities.

Parents will participate in practical exercises, learn stories and games, practice MaPa skills together, and also set aside time to practice at home.

Parents will expect our facilitators to have all the answers.

But this is not the case with the MaPaChat Hybrid system.

At MaPaChat, we are all partners with parents in developing plans and practicing solutions that will help them improve life at home.

Parents are experts in their own situations! Your job now, as a facilitator, is to help them learn how to achieve their own goals for the program.

You need to be aware of the different ages, beliefs, and circumstances of your parents. Be polite and always show respect for their opinions.

It's important for parents to feel comfortable expressing themselves, but it's also important that they know they don't have to share if they don't want to.

Parents can mean different things to different people!

When we refer to a “parent” on MaPaChat, we mean any person who is responsible for raising or caring for a child. A “parent” can be a biological mother or father—but the term also includes other caregivers such as grandparents, aunts, uncles, cousins, adoptive or foster parents, and neighbors.

Remember that parents themselves are the experts, and you are their guide!

FAMILY GOALS

In Module 1, you will help parents identify specific, realistic, and positive goals for the program.

This activity follows the discussion you and the parents had during the individual consultation before the program began. It is related to the changes they would like to see in the development of their relationships.

ONE-ON-ONE TIME WITH YOUR CHILD

The first step to building a healthier and happier relationship is to spend time together. When parents **can provide one-on-one time** with their child without doing anything else or being with other people, parents create **time** for their child to be more **a part** of their lives, and to **build trust and communication**.

A strong parent-child relationship requires giving time in this way.

FOUNDATIONS OF ONE-ON-ONE TIME

The foundations of One-on-One Time are **Day**, **Play**, and **Attention**:

DAY - Try to do this every day

Set aside 5 minutes (or more!) each day for One-on-One time with your child.

GAME - Let them choose what to do

Tell your child—child or teen—that you have time for One-on-One time with them, and they can choose what they want to do or what they want to talk about. They may be hesitant at first, but eventually they will look forward to spending time with you!

ATTENTION - Give your child your full attention

Turn off the TV and put away the cell phone. Look at your child. Nod or say “I see” to show that you are paying full attention. Accept what he or she is saying without judgment.

Here are some more foundations of One-on-One Time for parents with children ages 2-9:

- Use words to describe what your child is doing during One-on-one Time—this shows that you are giving your full attention and also helps expand your child's vocabulary.
- Let your child take the lead during One-on-one Time. • Let your child show his/her own interests by showing interest in what he/she is doing. • Accept and observe what your child is doing instead of asking and criticize it.
- Keep your child's age and ability level in mind when playing with them. • Find ways to play with your child without competing.

And additional foundations of One-on-One Time for parents with teenagers:

- Give your teenager your full attention. • Let your child take the lead in telling the story or doing the activity. • Look at your child while he or she is talking. • Show interest in his or her story and acknowledge his or her feelings.

ISSUES THAT NEED TO BE PREPARED FOR

In the first session, it is important to have a **safe and welcoming space** for everyone.

The **rules** are discussed at the beginning of the program and discussed by the group—so everyone needs to agree.

- Help parents provide specific policy.
- Make sure everyone understands the policy and what is group needs.
- Help parents create rules with positive actions! Instead of saying 'don't criticize', try 'give positive comments'.
- Let parents discuss and decide on rules as a group. This will help them feel like they are the ones who made the rules.
- Praise the suggestions!

Praise and building self-confidence

Remember that like speaking to a group for the first time, parents may still be shy. As much as you can, give them praise and gratitude for their sharing on the first day.

It's normal to have challenges in the family. Be

sure to remind parents that no home is perfect.

Everyone has problems and challenges—regularly praise parents for participating because they want to change something for the betterment of the family.

Confidentiality What is

discussed or shared in the group, stays in the group!

It's important to be clear from the start about what can and cannot be shared outside the group. For parents to feel comfortable sharing, they need to know that the group can be trusted with their stories—and that they won't be leaked. But good news can be shared with others!

If there is a need to suspend the confidentiality of any information shared with the facilitator or the group, it is because the parent has reported or shown evidence of abuse (physical, emotional or psychological). The facilitator should also suspend the confidentiality of the information if there is a possibility of harm to self or others. When this occurs, be sure to talk to the person involved in the issue (see the referral system in the Appendix).