



ENGAGING KIDS & FAMILIES IN *CF!* GROUPS ONLINE

NATIONAL WEBINAR



AGENDA

WELCOME, CENTERING & CHECK-IN

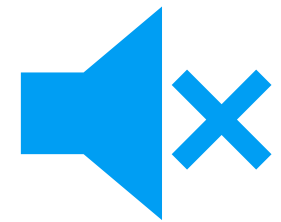
CHILDREN'S GROUPS & CONNECTING WITH MY FAMILY

ORIENTATION TO ESSENTIAL SKILLS FOR CAREGIVERS

SITE EXPERIENCE & QUESTIONS



WELCOME, LOGISTICS & CENTERING



PLEASE KEEP YOUR MICROPHONE MUTED UNLESS YOU ARE TALKING



PLEASE USE THE “RAISE HAND” BUTTON IF YOU WOULD LIKE TO SHARE



WE ENCOURAGE YOU TO ADD TO THE CHAT SECTION WHEN YOU HAVE QUESTIONS OR COMMENTS

LET'S GET CENTERED



CHECK-IN

WE WANT TO KNOW.....

HOW ARE GROUPS GOING?



CHILDREN'S GROUPS & CONNECTING WITH MY FAMILY

HOT OFF THE PRESS!

RECOMMENDATIONS FOR PROVIDING
ONLINE GROUPS FOR CHILDREN AGES 4-7
Corresponds to *Celebrating Families!*™ Volume 5



IN PARTNERSHIP
WITH



FUNDING PROVIDED
BY
WE CARE FOR
CHEMICALLY DEPENDENT
HEALTH PROFESSIONALS

TIPS FOR LEADING ONLINE GROUPS FOR 4-7 YEAR OLDS
RECOGNIZING CHILD ABUSE & NEGLECT
RECOMMENDED SESSION AGENDAS
MATRIX OF RECOMMENDED ACTIVITIES
INSTRUCTIONS FOR WEEKLY CONNECTING WITH MY FAMILY *AT-HOME*
ESSENTIAL SKILLS BOOKLET



CHILDREN'S GROUPS & CONNECTING WITH MY FAMILY



***CELEBRATING FAMILIES!™* IS A FAMILY PROGRAM**

- RELATIONSHIPS MATTER — CONNECT WITH PARENTS & CAREGIVERS AS THEY ARE BECOMING YOUR IN-HOME CO-LEADERS
 - ATTEND SESSION 1 OF THE PARENT GROUP SO THAT THEY CAN BE INTRODUCED TO YOU AND UNDERSTAND PURPOSE OF GROUPS
 - PARENTS JOIN THE BEGINNING OF CHILDREN'S GROUP FOR A BRIEF GATHERING TIME — *CREATE A RITUAL*
 - PARENTS JOIN AT THE END OF GROUP FOR WRAP-UP



CHILDREN'S GROUPS 4-7 YEAR OLD'S

PRE-SESSION GATHERING: 5 MINUTES

CHECK-IN WITH PARENTS CHILDREN WHILE WAITING
FOR ALL TO JOIN GROUP

OPENING: 5 MINUTES

CENTERING
GROUP AGREEMENTS & AGENDA
SHORT INTRO TO SESSION THEME
TRANSITION RITUAL WITH PARENTS

ACTIVITIES (CHILDREN ONLY): 15 MINUTES

INTRODUCTION OF TOPIC: CONNECT TO HEALTHY
LIVING CIRCLE
SESSION ACTIVITIES

CLOSING: 5 MINUTES

PARENTS RETURN FOR CLOSING
CLOSING AFFIRMATION



30-MINUTE ONLINE SESSION AGENDA



CHILDREN'S GROUPS & CONNECTING WITH MY FAMILY

RECOMMENDED CONNECTING WITH MY FAMILY – AT HOME ACTIVITIES

Family Dinner – at least one each week

All household members attend

Before eating, parents/caregivers lead everyone in a centering activity

During the meal, parents/caregivers use the suggested Conversation Starters.

Family Night Agenda: 30 Minutes

Gathering and Centering – 5 minutes

One or two simple activities – 20 minutes **

Parent Affirmations – 5 minutes.

Parents tell children something they like or appreciate about them, preferably something positive they observed during the activities.

OPTIONAL: Enjoy a snack together!



CHILDREN'S GROUPS & CONNECTING WITH MY FAMILY

Weekly: Copies of the *Dear Caregiver... Page* and the *Parent Handout with the At-Home Activities*

Session 1. A medium to large size ball.

Session 2. None.

Session 3. Book: *The Kissing Hand* (families can also access it online).

Items for a Tea Party: Pot for juice, milk or water; small plates, napkins, cups.

Session 4. Songs for dancing together from a CD or played from YouTube

Session 5. A children's book that illustrates characters expressing lots of feelings.

Session 6. None.

Session 7. Pictures of healthy foods.

Session 8. None.

Session 9. None.

Session 10. One copy of the Traffic Light Mosaic for each family member.

Session 11. One or two puzzles (optional).

Session 12. None.

Session 13. Colored paper cut into strips (to make paper chains).

Session 14. A children's book in which the characters are good friends.

Session 15. A ball of yarn

Session 16. None



CHILDREN’S GROUPS & CONNECTING WITH MY FAMILY



MATRIX OF SUGGESTED ACTIVITIES – CHILDREN’S GROUP

SESSION 1: ORIENTATION & GETTING STARTED			
Session Focus: Establishing trust in the Group <i>(Corresponds to CF! Session 1)</i> Essential Parenting Skills for this Session: Centering Parting/Returning Affirmations Reading to children	Opening Introduce Centering Agenda Group Rules Introductions: Welcome to <i>CF!</i> Parents and children answer questions: 1. Who do you live with? <i>(parents, brothers, sisters, grandparents, children, or foster parents)</i> 2. What is your favorite flavor of ice cream? Parents offer Parting Affirmation and leave	Activities <i>Nothing from Activity Time</i> Story Time: #1: Read a book about being Kind #2: Activity: Introduce Acts of Kindness	Closing <i>Parents return and offer a Returning Affirmation</i> Homework Assignments: Act of Kindness <u>Optional:</u> Choose a stuffed animal to bring to group. <u>IF TIME ALLOWS:</u> Closing Activity: Review names Closing Affirmation <i>(with parents)</i>



CHILDREN’S GROUPS & CONNECTING WITH MY FAMILY



During The Parents/Caregivers Group

GROUP LEADERS PREPARE PARENTS TO LEAD AT-HOME ACTIVITIES

Teach Essential Parenting Skills: Centering & Affirmations

Centering: Emphasize the importance of Centering with children. Have them practice the children’s centering (see Parent Handout).

Affirmations: Point out that they will be asked to give their children an affirmation at the end of Connecting With My Family (CWMF) each week. Discuss how they could affirm something they noticed about their child during the activity time, such as: *“I love how you laughed so hard when we ____!”* Or *“You did a great job helping me get everything ready for our activity. Thank you!”*

Distribute Parent Handouts

- 1. Dear Caregiver... Page.**
Emphasize two goals for this session: 1) **Learn how to center themselves, and 2) Be introduced to Acts of Kindness.** Then briefly review the main concepts, suggesting some ways they might reinforce these concepts throughout the week.
- 2. At-Home Parent Handout.**
Review carefully to be sure everyone is clear about what they will be doing. If time allows, discuss the Family Meal Conversation Starters to model how they can talk about them with their children.



CONNECTING WITH MY FAMILY – AT HOME

PARENT HANDOUT SESSION 1: AT-HOME ACTIVITIES



Essential Parenting Skill Introduced this week:

CENTERING: Centering is an important stress reduction skill for all ages. It has been shown to reduce anxiety and feelings of stress; increase feelings of calm and aid in thinking clearly.

Instructions for centering with young children:

Turn on quiet music. Say: *“Let’s all take a deep breath in through our noses.”* Everyone takes a deep breath together and lets it out. Say (in a quiet, soothing voice) *“Let’s all sit as quietly as we can for just a moment. You can close your eyes if you want to. Slowly take a deep breath in through your nose, hold it for just a moment (hold it) and then quietly let it out.”* Pause. Say: *“Let’s do that one more time.”* Repeat. Then say: *“Thank you for being quiet with me!”*

Family Meal

Begin with Centering. Everyone waits to ***begin eating*** until ***after centering***. (NOTE: If saying a Table Grace is part of your family’s tradition, it can be used as Centering).

Mealtime Conversations. During the meal, engage children in the following conversations.

- 1: ***What is an Act of Kindness?***
- 2: ***What Act of Kindness*** could you do this week? *Help your child(ren) choose something they can do before their next group session.*
- 3: ***If children were asked to bring a stuffed animal/puppet*** to group each week, ask them which animal/puppet they would like to bring.

Connecting With My Family

Agenda:

1. ***Begin with Centering.***
2. ***Game: Our Favorites.*** (See instructions below)
3. ***Parent/Caregiver Affirmations:*** Tell your children something you like or appreciate about them, preferably something positive you observed during this time.
4. ***Snack.*** A fun way to end this time is to enjoy a snack together. (OPTIONAL)

Instructions for Game: Our Favorites

NEEDED: A medium to large size ball.

1. ***Everyone sits in a circle on the floor.*** Spread your legs out and touch the toes of those sitting next to you so that the circle is closed.
2. ***Roll the ball to each other inside the circle you made with your legs.*** Roll it back and forth several times.
3. ***What are our favorites?*** Now roll the ball to each other again, but this time the person catching the ball answers this question: *My favorite _____ is _____.* Fill in the first blank with items such as: ice cream, color, holiday, toy, friend, etc. Keep going, naming as many favorites as you can think of.
4. ***Read a favorite book or play a favorite toy/game.*** Let children choose some favorite books or toys for all to enjoy.



ORIENTATION TO ESSENTIAL SKILLS FOR CAREGIVERS

“POSITIVE PARENTING PRACTICES DEMONSTRATE ROBUST PROTECTIVE EFFECTS, INDEPENDENT OF THE NUMBER OF ADVERSE CHILDHOOD EXPERIENCES. THIS EVIDENCE SUPPORTS PROMOTION OF POSITIVE PARENTING PRACTICES AT HOME, ESPECIALLY FOR CHILDREN EXPOSED TO HIGH LEVELS OF ADVERSITY.”

~American Journal of Preventive Medicine, 2019:56(4)530-



Maria Ramirez
Addiction Prevention Services ~ San Jose, CA

PPI Consultant & National CF! Trainer

Uplift Family Services 



ORIENTATION TO ESSENTIAL SKILLS FOR CAREGIVERS

***CELEBRATING FAMILIES!* HAS ALWAYS VALUED PARENTS AS EXPERTS AND PARTNERS
IN HELPING THEMSELVES AND THEIR FAMILIES CREATE A POSITIVE RECOVERY JOURNEY TOGETHER.**



**ONLINE FACILITATION PROVIDES US WITH THE OPPORTUNITY TO BE “GUIDES ON THE SIDE” IN COACHING PARENTS TO DEVELOP THE
ESSENTIAL SKILLS THAT WE UTILIZE AS GROUP LEADERS IN THE CF! MODEL**



ORIENTATION TO ESSENTIAL SKILLS FOR CAREGIVERS



ESSENTIAL SKILLS FOR CAREGIVERS — SELF-CARE



IT IS IMPORTANT TO DETERMINE THE MOST EFFECTIVE WAYS TO MEET YOUR OWN NEEDS.

Questions you can ask yourself include:

- *Can I recognize and acknowledge my own needs?*
- *Am I managing my needs effectively?*
- *Who can I turn to for my own support?*
- *Who can I ask to hold me accountable to follow-through?*

ESSENTIAL SKILLS FOR CAREGIVERS – SELF-CARE

Steps to Self-Awareness for Self-Care

1. IN THE MIDST OF A CONVERSATION, YOUR OWN FEELINGS START TO DOMINATE:

“I STARTED TO FEEL ANGRY”.

2. YOUR FOCUS SHIFTS FROM SOMEONE ELSE’S SHARING TO YOUR OWN FEELINGS AND EXPERIENCES:

“I WAS GETTING LOST IN MY OWN FEELINGS AND I WAS NOT LISTENING ANYMORE...”.

3. YOU REALIZE YOU NEED TO RETURN YOUR FOCUS TO WHAT IS HAPPENING IN THE CONVERSATION:

“I KNEW I HAD TO SET ‘ME’ ASIDE AND RETURN MY FOCUS TO THE CONVERSATION”.

4. WHEN IT IS SAFE, YOU REVISIT WHAT HAPPENED.

“WHAT HAPPENED TO ME DURING THAT CONVERSATION?”

5. YOU DECIDE HOW TO DEAL WITH THE ISSUE NOW IF NEEDED, OR IF/WHEN IT HAPPENS AGAIN:

“ NEXT TIME THIS HAPPENS I’LL REMEMBER TO TAKE A DEEP BREATH AND CENTER MYSELF. AFTERWARDS, I’LL TALK WITH SOMEONE ABOUT WHAT HAPPENED.”



ESSENTIAL SKILLS FOR CAREGIVERS — CUES



AN IMPORTANT PART OF HEALTHY ATTACHMENT IS THE ABILITY TO BE RESPONSIVE TO A CHILD'S NEEDS.

- CAREGIVERS CAN BECOME FRUSTRATED BECAUSE THEY DON'T UNDERSTAND WHY THEIR CHILD IS BEHAVING A CERTAIN WAY.
- THEY MAY MISS THE CHILD'S INVITATIONS FOR INTERACTIONS.
- THE ABILITY TO RECOGNIZE CUES HELPS ALL ADULTS WORKING WITH YOUNG CHILDREN UNDERSTAND WHAT CHILDREN ARE TRYING TO TELL THEM AND RESPOND APPROPRIATELY.



ESSENTIAL SKILLS FOR CAREGIVERS — CUES

CUES FROM TYPICALLY DEVELOPING 4-7 YEAR OLD CHILDREN COME BOTH FROM VERBAL COMMUNICATION *AND* BEHAVIOR.

- UNDERSTANDING DEVELOPMENTAL NORMS FOR A CHILD'S AGE CAN TAKE RELIEVE MYSTERY & FRUSTRATION
- AWARENESS OF YOUR AND YOUR CHILD'S TEMPERAMENT CAN AID IN UNDERSTANDING BEHAVIOR
- MINDFULNESS OF WHAT MEANING YOU MAY BE MAKING OF CHILD'S CUES OR BEHAVIOR BASED ON YOUR PAST EXPERIENCES



ESSENTIAL SKILLS FOR CAREGIVERS – CUES



READY OR DOES
NOT WANT TO
STOP



SLOW DOWN OR
TAKE A BREAK
FROM AN
ACTIVITY



STOP AND DO
SOMETHING
ELSE



ESSENTIAL SKILLS FOR CAREGIVERS – CUES

REFLECTING WITH PARENTS

- SO WHAT ARE SOME CUES A 5-YEAR OLD MAY SHOW US TO TELL US THAT THEY ARE READY TO ENGAGE?
- WHAT ARE BEHAVIORS WE MIGHT SEE FROM A 6 YEAR OLD THAT TELLS US THEY NEED A BREAK?
- WHAT DOES AN INVITATION FOR ENGAGEMENT LOOK OR SOUND LIKE FROM THIS AGE GROUP?

CUES FROM 4-7 YEAR OLD
CHILDREN CAN BE
THROUGH WORDS OR
BEHAVIORS



ESSENTIAL SKILLS FOR CAREGIVERS – FOLLOWING CHILDREN’S LEAD

HELP CAREGIVERS LEARN THIS SKILL BY COACHING THEM TO:

- FOLLOWING CHILDREN’S LEAD DURING OPENING AND CLOSING OF GROUP AND FAMILY ACTIVITIES.
- REMEMBERING TO WAIT FOR THE CHILD TO RESPOND.
- SETTING AN EXAMPLE: NARRATE WHAT YOU SEE: *“YOU THREW THE RED BALL.”*
- AVOIDING DIRECTING THE CHILD: *HERE IS A RED TRUCK. HOW DO YOU WANT TO PLAY WITH IT?*
- SITTING QUIETLY AND WAITING UNTIL A CHILD BRINGS YOU A TOY OR BOOK.
- BEING A GUIDE ON THE SIDE: COMING ALONGSIDE AND MAKING SUGGESTIONS OR AFFIRMING PARENTS’ ACTIONS: *YOU MIGHT TRY ASKING TOMMY WHAT HE WOULD LIKE TO DO WITH THE BALL. OR: IT’S GREAT HOW YOU WAITED FOR SARA TO HAND YOU A BLOCK. SHE HAS INVITED YOU INTO HER PLAY.*



ESSENTIAL SKILLS FOR CAREGIVERS – FOLLOWING CHILDREN’S LEAD

STEPS TO FOLLOW CHILDREN’S LEAD IN PLAY

THEY DO

YOU SAY

YOU WAIT ...10 SECONDS

BENEFITS:

- KIDS ARE ENCOURAGED AND TRUST THEIR PLAY
- KIDS ARE MOTIVATED TO CONTINUE EXPLORING THROUGH FREE PLAY
- REINFORCES ATTACHMENT WITH YOUR CHILD
- BUILDS THEIR SELF-ESTEEM



ESSENTIAL SKILLS FOR CAREGIVERS – FOLLOWING CHILDREN’S LEAD

SESSION 2: FAMILIES HELP US LEARN HOW TO TAKE CARE OF OURSELVES

During The Parents/Caregivers Group GROUP LEADERS PREPARE PARENTS TO LEAD AT-HOME ACTIVITIES	
<p>Teach New Essential Parenting Skill: Following Children’s Lead</p> <p>Read, or have a volunteer read, the information about Following Children’s Lead from this week’s At-Home Parent Handout.</p> <p><u>Other Essential Parenting Skills used:</u></p> <p>Review with parents the other skills they will need: Centering and Affirming Children</p>	<p><u>Distribute Parent Handouts</u></p> <p>1. Dear Caregiver... Page.</p> <p>Emphasize the key concept their children are learning this week: Families are made up of the people who love us and take care of us. There are many different kinds of families. Then <u>briefly</u> review the main concepts and the suggestions for how they might reinforce these concepts throughout the week.</p> <p>2. At-Home Parent Handout.</p> <p>Review carefully to be sure everyone is clear about what they will be doing. <u>If time allows</u>, discuss the Family Meal Conversation Starters to <u>model</u> how they can talk about them with their children.</p>

TRANSFER OF SKILLS FOR
PARENT’S SUCCESSFUL
FACILITATION OF
CONNECTING WITH MY
FAMILY AT-HOME



SITE IMPLEMENTATION EXPERIENCE



KAYLA ECHEVARRIA-URES, CADC-CAS
SUPERVISING INTAKE COORDINATOR
BRIDGES INC., THE STARS PROGRAM
SACRAMENTO, CALIFORNIA



VERONICA HERNANDEZ, PARENTING COORDINATOR
CHAMPIONS RECOVERY ALTERNATIVE PROGRAMS
HANFORD, CALIFORNIA



QUESTIONS & NEXT STEPS

- ALL PARTICIPANT'S IN TODAY'S WEBINAR WILL BE SENT OUR GUIDE AND PRESENTATION SLIDES
- VIRTUAL *CF!* SITE DISCUSSION SESSION ~ OCTOBER 26TH 4PM ET ~ EXECUTING THE VIRTUAL ROLE PLAY
LINK TO REGISTER WILL BE IN FOLLOW-UP EMAIL



www.preventionpartnership.us



MELISSA.SANTOS@COMMUNITYSOLUTIONS.ORG



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Facebook



STAY IN TOUCH WITH US!

MELISSA SANTOS, COMMUNITY SOLUTIONS
PROJECT DIRECTOR ~ *CELEBRATING FAMILIES!* OF CALIFORNIA EXPANSION PROJECT

