BUTTE Parent Café

Strengthening Families, Growing Communities

Parent Café Coordinators

Justin Margolis

Shauna Gowdy

The Main Ingredients.

The Protective Factors are like ingredients to a recipe. There may be a time that you have almost all the ingredients or substitute one for another when cooking. The final product may look the same but may not taste the same. When working all the protective factors in your life you are working to strengthen your family and strengthen the foundation of your family.

5 PROTECTIVE FACTORS

Parental Resilience—Be both strong and flexible. Handle life's challenging situations and bounce back when you get knocked down.

Positive Social Connections — Parents need friends that have their back. Friends that add to the relationship and not bring you down.

Concrete Support in Times of Need — Everybody needs help sometimes. This is both in good times and when there are times of need. No one can do it all alone.

Knowledge of Parenting and Child Development — Part of being a great parent is natural and part is learned. We need to have tools in our Parent toolbox

Social and Emotional Competence of Children — We need to help our kids communicate, deal with conflict, make friends and expressing emotions in a positive way.

FIRST 5 BUTTE COUNTY CHILDREN & FAMILIES COMMISSION

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Valley Oak Children's Services

Making a Safe Space

The Parent Café agreements are there to set the tone for the evening and at the tables during the conversations. The Parent Café is there fro the participants to focus on themselves during the process. The agreements are in place to allow for open and honest reflection and conversation between table participants.

Parent Café Talk Cards.

These are the Parent Café in a box cards that are used at each table for the conversations prompts During the Café.

Parent Café Talk Card

The Cards also have a reverse side that is in Spanish.

parent café in a box

CONVERSACIÓNES PARA MANTENER A SU FAMILIA FUERTE

FACTORES PROTECTORES

1. resiliencia CAPACIDAD DE LOS PADRES DE RECUPERARSE

¿Cómo superas los desafíos en tu vida?

2. relaciones RELACIONES POSITIVAS

¿Qué significa para ti el 'ser un buen amigo'?

3. conocimiento CONOCIMIENTO SOBRE CRIANZA DE NIÑOS Y DESARROLLO INFANTIL

¿De que manera sabrías si tu hijo está bien en cuanto a su desarrollo? ¿Qué harías al respecto?

4. apoyo APOYO CONCRETO EN TIEMPO DE NECESIDAD

¿Hasta dónde tiene que llegar una situación para que pidas ayuda?

5. comunicación DESARROLLO SOCIO-EMOCIONAL DE LOS NIÑOS

Además de hablar, ¿de que otra manera sabrías lo que tu hijo está sintiendo?

be STRONG families

ALASKA strengthening families

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Oroville Parent Café at the YMCA

Oroville High School Parent Café.

Wide view of Chico Junior High set up for our Parent Café event

Conversation Prompt.

The Parent Café conversation prompt is a way to get everyone talking around the same topic. The strength in this process is not everyone will necessarily have the same feelings experiences and views to share. Take time to reflect and answer the prompt in whatever way feels comfortable to you. Please remember the Café Agreements when you are sharing or listening to others at the table share.

CAPPA CAFE

Conversations to keep you strong

Parental Resilience ~
How do you keep from getting overwhelmed?

Positive Social Connections ~
What is your best experience being a part of a community?

Concrete Support in Times of Need ~
How can you help families from feeling small and powerless?

Knowledge of Parenting and Child Development ~ Have your experiences in life affected your position working with families ?

Social and Emotional Competence of Children ~How can you help parents better communicate and understand their children ?

SIERRA HEALTH FOUNDATION

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Conversation Prompt

Take time to reflect and answer the prompt in whatever way feels comfortable to you. Please remember the Café Agreements when you are sharing or listening to others at the table share.

CAPPA CAFE

Conversations to keep you strong

Parental Resilience ~ How do you overcome challenges working with families.

Positive Social Connections ~ How can I help clients build a network of support they can depend on?

Concrete Support in Times of Need ~ What gets in the way of clients asking for and getting all they help that they need?

Knowledge of Parenting and Child Development ~ What would you like to know more about?

Social and Emotional Competence of Children ~ What are the signs of trouble in a child's emotional life and how can you help ?

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