

HOW TO USE *PARENT CAFÉ* TO EMPOWER CAREGIVERS

What Is On The Menu?



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WHAT IS PARENT CAFÉ?

A forum for caregivers to have personal conversations regarding areas of concerns in a safe, confidential and informing environment.

What Connects Us All?



THINGS WE CAN RELATE TO AS PARENTS OR AS ADULT CHILDREN

What makes your child special?

What is a special moment that you
remember with your parents?





The Six Messages That Are Tied To the Protective Factors

- ▣ Be strong and flexible
- ▣ We all need help sometimes
- ▣ Parents need to help their children communicate
- ▣ Parents need friends
- ▣ Being a great parent is part natural and part learned
- ▣ Give your children the love and respect they need

Why Have A Parent Cafe

- ▣ Creates a forum for parents to share personal experiences
- ▣ Creates a knowledge database for resources
- ▣ Creates a learning community for parents
- ▣ Creates natural supports
- ▣ Creates an opportunity for parents to become leaders

How To Plan A Parent Cafe

- ▣ Find out what topics are interesting to the parents
 1. Through one on one contact (FP/ICC)
 2. Surveys
 3. Looking at trends through the notes i.e. housing, school, self-care

Things To Consider When Planning A Parent Café

- ▣ Providing food
- ▣ Childcare
- ▣ How will parents get to the café
- ▣ Support for after the discussion

After Deciding What To Present, Who Will Present?

- ▣ Does anyone from the staff have an expertise on a practical topic/subject?
- ▣ Is there a relationship with an expert in the community?
- ▣ Is there a parent or staff willing to research and prepare a workshop on a subject?

How To Invite Parents To The Café?

- ▣ Send flyers to the staff to present to the families
- ▣ Personal phone calls to parents (former parents that received services are included)
- ▣ Partner with other departments that services other parents/families (daycare, IHT etc)

How To Keep Parents Involved?

- ▣ Invite parents to be involved in the planning process of future parent cafes
- ▣ Encourage leadership/volunteer opportunities within the CSA (SOC, Statewide meetings, focus groups)
- ▣ Plan opportunities to celebrate the individual successes (graduations, mothers and fathers day brunch, end of the school year breakfast)

Questions? Please Contact :

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Thank you for your participation!



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