

EQUAL PARENTING TRAINING METHODOLOGY



**Project Nr: 2021-2-PT02-KA220-YOU-
000050643**



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INTRODUCTION

In today's rapidly changing society, the concept of equal parenting plays a crucial role in shaping more inclusive, understanding, and flexible communities. Recognizing this, our training program is specifically designed for youth workers and young adults, aiming to equip them with the knowledge, skills, and attitudes necessary to promote and practice equal parenting. Through a comprehensive and interactive methodology, we prepare participants to become advocates of change, influencing future generations and contributing to the dismantling of traditional gender roles within families.

Our program employs a dynamic and participant-centered approach, focusing on experiential learning, critical thinking, and practical application. We believe in empowering our participants by providing them with the tools they need to facilitate discussions, workshops, and initiatives on equal parenting in their communities.

Module 1

Breaking stereotypes



Dear Trainer,

Join us for module 1, “breaking stereotypes”. This module focuses on the identification of common parenting stereotypes in society, outlines the consequences of them and explores the ways to break them. We’ll examine parenting stereotypes in the societies to see if every culture/country has the same stereotypes. We’ll realise how these parenting stereotypes influence children, and find out strategies to break and overcome them.

Our aim is to raise awareness of potential future parents that these parenting stereotypes are not strict rules and that can be changed by the change of the perspectives of the people so that they can break gender roles in society as well as create their parenting values.

The module consists of 4 sessions for which a detailed plan has been developed. Each session plan consists of four essential elements:

- introduction to the topic,
- case study
- exercises,
- consolidation of knowledge as a form of debriefing.

The module also includes a theoretical background and additional information to get inspired and expand your knowledge.

Each session element has an important function, so act step by step. Take advantage of our suggestions and be attentive to any tips.

Looking forward to your participation.

Best Regards,

Equal Parenting Partner consortium

Introduction

Parenting stereotypes based on gender are the beliefs and expectations of parents and society about how mothers and fathers should behave and what roles they should play in their families. These stereotypes are often influenced by the culture, religion, and history of the place where parents live, and can vary from region to region.

This educational content will help us discover what these stereotypes are, why/how they are changing in time, and how they differ from country to country and culture to culture. Also, we will learn how these stereotypes are passed from generation to generation and their impact on children and parenting. Lastly, we will explore ways to challenge parenting stereotypes to help parents gain fresh insights on creating opportunities for shared parenting responsibilities and equally dividing household tasks and childcare. This shift will foster healthier, happier families, reduce the influence on children, and allow them to grow up without rigid gender-based expectations.

Goals: This module aims to help potential future parents understand the importance of breaking stereotypes and promoting equal parenting at home. If they release themselves from the chain of stereotypes of parenting roles and responsibilities and see how it generates itself with every generation again and again, they can find the power inside them to take action to break these stereotypes. Thus, if they notice that they can also become a part of this transformative process and form an equal way of parenting in their families regardless of gender, they can create much happier and healthier relationships and families. Therefore, recognizing and questioning the assumptions and biases that underlie the stereotypes and providing alternative or counter-stereotypical examples and models will help them break the stereotypes.

Context:

This module will empower future parents with the knowledge to foster a healthier and happier family life. Understanding parenting stereotypes linked to gender provides several vital benefits. Firstly, it heightens awareness, prompting self-reflection and a deeper understanding of the societal biases that shape our behaviour. This knowledge empowers individuals to make informed choices and embrace parenting roles that align with their values and desires, fostering a sense of autonomy.

Breaking away from these stereotypes leads to healthier family dynamics, reduced conflict, and a nurturing environment that benefits both parents and children. It also contributes to children's open-mindedness and inclusivity, preparing them to appreciate diversity. Additionally, it fosters personal fulfilment as parents can be true to themselves while nurturing their children. Moreover, collectively challenging these stereotypes promotes societal progress, shifting norms toward inclusivity, equity, and diversity, creating a more enriched and equitable society.

Ultimately, understanding and acting on these insights enriches personal growth, fosters healthy family relationships, promotes positive childhood development, and contributes to broader social change, creating a more inclusive and equitable society.

Session 1

Introduction to parenting stereotypes, what are they?

Keywords: stereotypes, pressure, gender roles, judgments, criticism, overgeneralization, caregiver, breadwinner, parenting roles, responsibility

Duration: 2-3 hours

Warm-up exercise: Two truths and a lie

Duration: 10 minutes

Divide into groups of 3 people and ask everyone to write three statements about them which two of these statements must be true and one must be false. Ask them to find the wrong statement of the people in their group. This game will help them become more comfortable in the group and warm up to the environment.

Case study & Discussion

Case study 1

Duration: 20 - 30 minutes in total (10 - 15 minutes before the theory and 10 - 15 minutes after the theory)

What to pay attention to: Let them think with open-ended questions and remember that none of the answers are wrong. It is important for participants to be respectful of everyone's opinion.

Questions:

After the case study:

- What emotions did this story evoke in you?
- Why do you think Priya faces pressure from her relatives, friends, and colleagues?
- What would you do if you were Rajesh and Priya?

After the theory part:

- How do stereotypes about mothers and fathers influence people's opinions about Priya's ability to raise her children while maintaining a successful career?
- Discuss the impact of societal pressure on Priya's feelings of frustration and guilt. How does it affect her?

How to implement the theory part

Duration: 20 minutes

Explanation of the implementation:

- Start by introducing the key theoretical concepts relevant to the training topic. Provide definitions, frameworks, and key principles.
- Use real-life examples or anecdotes to illustrate the theoretical concepts. This creates a bridge between abstract concepts and practical applications. Align the case study closely with the theoretical concepts you've introduced.
- You may provide background information about the characters or situations in the case study to help participants understand the context by imagining the life of the characters in the case study

Group Discussion:

Break participants into small groups to discuss the case study.

Encourage them to apply the theoretical concepts learned to analyse and solve the problems presented in the case.

Whole Group Debrief:

Bring the groups back together for a whole group discussion. Allow each group to share their analysis, solutions, and insights.

Facilitate a discussion that draws connections between the theoretical concepts and the practical solutions or decisions discussed in the case study.

Q&A and Reflection:

Open the floor for questions and encourage participants to reflect on their own experiences in relation to the theory and case study.

Highlighting Key Learnings:

Summarise the key learnings from both the theory and the case study. Emphasise how the theory informed the participants' understanding of the case and how real-world scenarios may deviate from theoretical ideals.

Plan for implementation of session

- Warm-up exercise: 10 minutes
- Case study & Discussion: 20 - 30 minutes
- Theory: 20 minutes
- Exercise 1: 20 - 30 minutes
- Exercise 2: 40 minutes
- Consolidation of Knowledge - 10 - 15 minutes

Images or videos to be used in the session

- [Module1_case study1..pdf](#)



Image 1.1



Image 1.2

Additional Resources

- King, Kathryn R. (1995). "Of Needles and Pens and Women's Work". Tulsa Studies in Women's Literature

Exercises

Exercise 1

Name of the exercise: Understanding the expectations and stereotypes attached

Duration: 20- 30 minutes

Materials needed: Image 1.3

In this exercise, our objective is to compare two images and assess how closely they represent reality. In the first picture, we observe a woman managing various tasks “in a dream world”. She appears attractive, well-groomed, and capable of tending to her baby while also cooking. The depiction of a clean and orderly house suggests an idealised scenario. However, in the second picture, we find ourselves in the real world. It seems the woman is too preoccupied with caring for her baby to even wash her hair. Any lapse in her attention to the baby could lead to immediate crying. Additionally, there are unwashed dishes scattered around her.

As a facilitator in this exercise, your role is to encourage group participants to contemplate and spark a discussion about the accuracy and fairness of stereotypes often associated with women. You should guide them in addressing the following questions. Also, ask them to give examples from their own families and to tell you how they feel.

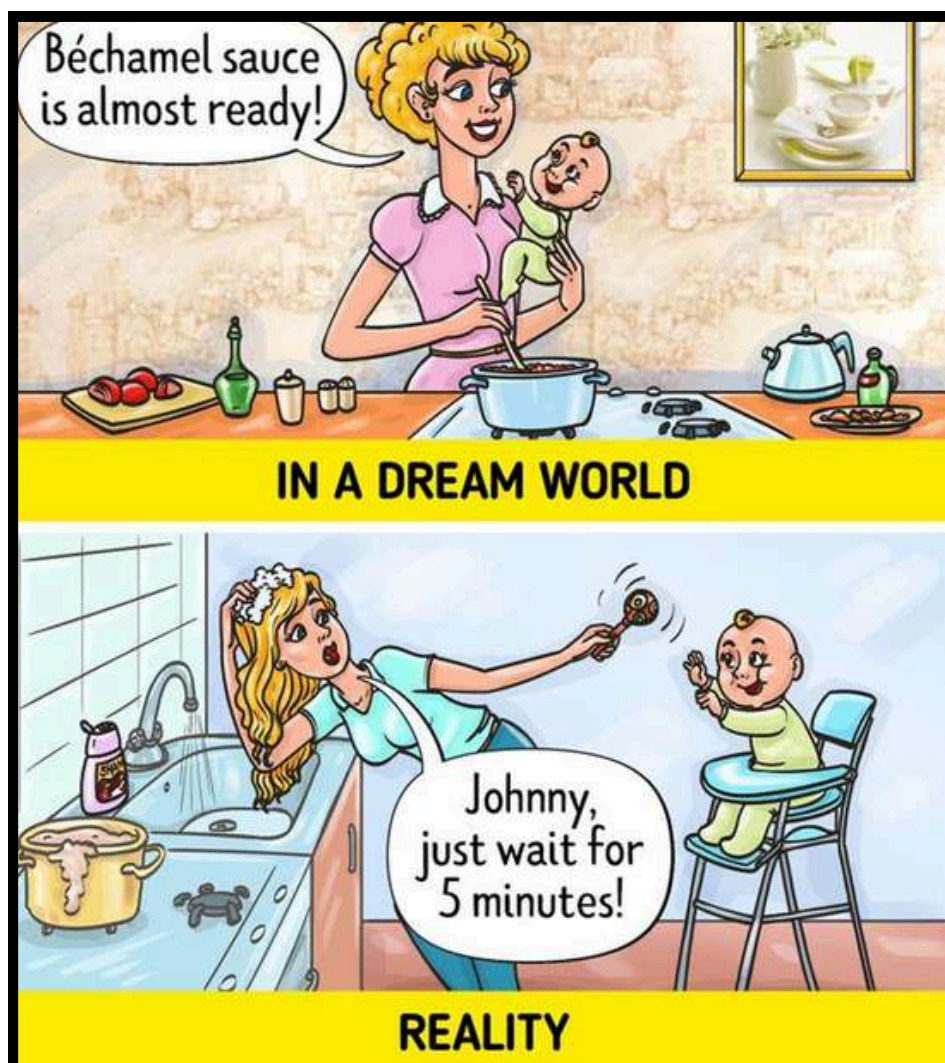


Image 1.3 by Bright Side

- How do you feel when you look at these pictures?
- Could you tell me what stereotypes there are in the picture?
- How accurate are these stereotypes in portraying the roles and responsibilities of women?
- Are these stereotypes fair or do they impose unrealistic expectations on women?
- What societal factors contribute to the perpetuation of such stereotypes?

Exercise 2

Name of exercise: Find a counter-example to stereotypes

Duration: 40 minutes

Explaining the Exercise: 5 minutes

Activity: 1 min choosing stereotype + 2 min choosing counter-example + 20 min sharing with the group = 23 minutes

Group Feedback: 10 minutes

Materials needed: Blank cards, pens

The purpose of this exercise is to get the participants to share information with each other on counter-examples and to see stereotyping with a new perspective.

As we deal with a complex world, we make assumptions. This is an inbuilt function of our brain that helps us quickly make sense of the world around us. The problem with this is that sometimes these assumptions turn out to be wrong and misleading to the point that they can actually hinder our judgement.

An area where this is most prevalent is stereotyping. For example, you may see a homeless person. The straight forward assumption is that this person is poor and is poor as a result of making bad decisions in life. In reality, it could just be that he has experienced misfortune—a simple back luck that can happen to anyone at any time. Holding him responsible for this misfortune can be unfair.

There are two stages in this exercise:

1. Identify a stereotype. First think of a stereotype that you know, are familiar with or tell yourself to be aware of.
2. Negate the stereotype. Consider the stereotype and negate it by providing counter examples that show that the stereotype is not always valid. The more vivid and more realistic the example the better because it would be easier to remember it.

Give one card to each participant.

Ask them to write a stereotype they know on the card. Here are some examples:

- Mom is the one who comforts but ultimately has the serious role of enforcing rules and routines
- Dad is the parent who is fun
- The “goofy” dad and “caring” mom are normal
- Dad is the “head-of-the-household”

Allocate one minute for this part.

Collect all cards and place them face down in a deck accessible to all.

Ask participants to pick one card each. If it is their own card, they should swap it with the person on their left. Ask each participant to think of a counter-example for the stereotype. They can write their answer on the back of the card. Allocate two minutes for this part.

Ask a volunteer to start the second stage of this exercise and present the stereotype on their card and the counter-example they have identified.

Encourage others to suggest other counter-examples or share real-world examples. Some of these counter-examples might be obvious. The aim in this exercise is to highlight them and make people more aware of them so the vivid examples remain in the conscious mind helping people not to make snap judgments based on stereotypes. This is why the more unusual and the more realistic the example, the more likely that it will be remembered.

Continue until everyone has discussed their stereotype.

Follow with a discussion.

Discussion questions:

- What did you think of the stereotypes identified?
- What did you think of the counter-example suggested by others?
- Which counter-examples were novel and most unusual?
- In what way has this exercise helped you to become more aware of making snap judgments?

<https://www.skillsconverged.com/blogs/free-training-materials/stereotypes-exercise>

Consolidation of Knowledge

Debriefing questions:

- What insights have you gained about stereotypes and parenting stereotypes from your discussions and exercises?
- What is your take-away from this unit?

Reflective session summary:

In today's session, we explored the impact of parenting stereotypes on individuals like Priya, a 32-year-old mother challenging traditional norms. Stereotypes, stemming from historical roles, media, and societal norms, historically confined women to nurturing roles and men as providers.

The historical segregation of parenting roles, with mothers in the private sphere and fathers in the public, has evolved. Priya, a working mother, exemplifies this change, facing criticism for her choice. Her situation sheds light on the persistent stereotypes despite progress.

As Priya balances work and family, her experience unveils the emotional toll of societal expectations. The case prompts reflection on the need to challenge and reshape parenting norms, fostering a more inclusive and supportive environment for those navigating both career and family. Today's insights provide a foundation for ongoing reflection and positive change.

Session 2

How parenting stereotypes are passed on from generation to generation?

Keywords: Generation, stereotypes, observation, childhood experiences, perspective, responsibility, gender roles, societal expectations, influence, social learning, socialisation, imitating

Duration: 2-3 hours

Warm-up exercise: Question Relay

Duration: 5-10 minutes

This is a fast-paced, very simple warm-up activity that is easily adapted for different topics. All you have to do is pick a topic and set yourself a time limit, maybe 60 seconds. Then start by asking a participant a question on that topic, for example, 'What's your favourite sport?'. The participant then answers your question, and then asks another question on the same topic to another one. The point of this game is to ask and answer questions fast. See how many you can get through in your allotted time, and make it into an ongoing competition as you cover different topics, challenging the group to beat the record. This works well with a small group of participants having less time to come up with new questions before it comes back round to them, making it more of a challenge.

Case study & Discussion

Case Study M1 S2

Duration: 20 - 30 minutes in total (10 - 15 minutes before the theory and 10 - 15 minutes after the theory)

What to pay attention to: Let them think with open-ended questions and remember that none of the answers are wrong. Participants need to be respectful of everyone's opinion.

Questions:

After the case study:

- What emotions did this story evoke in you?
- Why is Sara discontent with the situation?
- What is the reason behind Michael's attitude towards chores and children?
What do you think?

After the theory part:

- How do Michael's childhood experiences and his perception of his mother's role influence his attitude towards household responsibilities?
- How will this situation affect their children and the future of their parental roles?

How to implement the theory part

Duration: 30- 45 minutes

Explanation of the implementation:

- Start by introducing the key theoretical concepts relevant to the training topic. Provide definitions, frameworks, and key principles.
- Use real-life examples or anecdotes to illustrate the theoretical concepts. This creates a bridge between abstract concepts and practical applications. Align the case study closely with the theoretical concepts you've introduced.
- You may provide background information about the characters or situations in the case study to help participants understand the context by imagining the life of the characters in the case study.

Group Discussion:

Break participants into small groups to discuss the case study. Encourage them to apply the theoretical concepts learned to analyse and solve the problems presented in the case.

Whole Group Debrief:

Bring the groups back together for a whole group discussion. Allow each group to share their analysis, solutions, and insights.

Facilitate a discussion that draws connections between the theoretical concepts and the practical solutions or decisions discussed in the case study.

Q&A and Reflection:

Open the floor for questions and encourage participants to reflect on their own experiences in relation to the theory and case study.

Highlighting Key Learnings:

Summarise the key learnings from both the theory and the case study. Emphasise how the theory informed the participants' understanding of the case and how real-world scenarios may deviate from theoretical ideals.

Plan for implementation of session

- Warm-up exercise: 5 - 10 minutes
- Case study & Discussion: 20 - 30 minutes
- Theory: 30-45 minutes
- Exercise 1: 20 minutes
- Exercise 2: 40 minutes
- Consolidation of Knowledge - 10 - 15 minutes

Images or videos to be used in the session

- [Module1_case_study2.pdf](#)

Additional Resources

- [Social Learning Theory: Bandura's Bobo Beatdown Experiments](#)
- [Social learning theory applied to gender development - Gender \[AQA ALevel Psychology\]](#)

Exercises

Exercise 1

Name of exercise : Generational Stereotype Mapping

Duration: 20 minutes

Materials needed: 3 Flipcharts, pens

The aim of this game is to explore and recognize prevailing stereotypes associated with different generations, including the expectations and preconceived notions they harbour. It seeks to highlight the dynamic nature of these stereotypes and how they evolve across generations, emphasising that they are not fixed beliefs. To facilitate this, three flipcharts labelled "Past Generation," "Current Generation," and "Next Generation" are required.

Guide participants to reflect on parenting stereotypes within their families. In the "Past Generation" section, encourage them to document stereotypes they perceive were embraced by their grandparents or earlier generations. In the "Current Generation" section, prompt participants to enumerate stereotypes they believe their parents or their own generation encounter or perpetuate. Finally, in the "Next Generation" section, encourage speculation about the stereotypes that may be inherited by the succeeding generation.

Discussion questions:

1. How do you think stereotypes about different generations influence our perceptions and interactions with people from those generations?
2. In your opinion, what are some common stereotypes associated with the past generations, and how have they evolved or changed over time?

3. Reflecting on the "Current Generation" flipchart, what stereotypes do you believe exist for your own generation, and in what ways do they impact individuals within your generation?
4. Can you share personal experiences or observations of how generational stereotypes have affected relationships or communication within your family or social circles?
5. How might the stereotypes documented in the "Next Generation" section impact the way individuals from that generation are perceived or treated in the future?

Exercise 2

Name of exercise: Identifying Parenting Stereotypes

Duration: 40 minutes

Materials needed: Pen or pencil, paper

Objective: To identify and challenge common parenting stereotypes.

Instructions:

- Think about your own parents or other caregivers who raised you. What parenting stereotypes do you remember being exposed to?
- Make a list of these stereotypes. For each stereotype, write down how it was communicated explicitly or implicitly to you
- Now, imagine your own parenting style. Will you find yourself perpetuating any of the stereotypes you identified in step 2? Why or why not?
- What can you do to challenge these stereotypes and raise your children in a more equitable and supportive environment?

Discussion:

- Share your lists of parenting stereotypes with the group. What are some common themes that emerge?
- How do these stereotypes affect children? What are the potential consequences of perpetuating these stereotypes?
- How can we challenge these stereotypes and create a more inclusive and supportive parenting culture?

Additional prompts:

- Consider the role of media and pop culture in reinforcing parenting stereotypes. How can we be more mindful of these influences?
- Discuss the importance of open communication with children about gender roles and parenting expectations.
- Share examples of how you would challenge parenting stereotypes in your own life.

Consolidation of Knowledge

Debriefing questions:

- What insights have you gained from today's session?
- What is your take-away from this unit?

Reflective session summary:

In this reflective session, we explored Albert Bandura's concept of "modelling" and its impact on social learning. Bandura emphasises that individuals, especially children, learn by imitating behaviours observed in their environment.

We discussed the critical role of modelling in shaping children's values and norms, with a focus on socialisation as the process through which they construct their identity. The example provided highlighted how children tend to emulate the behaviours of the parent of their own sex, influencing their interests and activities.

The discussion prompts reflection on the broader sources of influence on children, including family dynamics, friends, media, and societal expectations. The example of traditional gender roles in a household illustrates how these patterns can be internalised.

As we conclude, this reflection raises questions about the broader societal impact of modelling, the role of gender-specific influences, and the potential for breaking stereotypical patterns through conscious efforts. Overall, the session encourages a deeper understanding of the intricate interplay between social learning, modelling, and identity formation.

Session 3

The effects of parenting stereotypes on children

Keywords: Impact on the children, parenting stereotypes, child development, differential socialisation

Duration: 2-3 hours

Warm-up exercise: Photo sharing mingle

Duration: 10-20 minutes

Get your participants to get to know each other, by getting them to find a meaningful picture on their phones, and sharing it with the other participants. This should preferably be a photo they took, but an image from an online search is also ok. Participants are then told to mingle and ask and answer questions about each other's photos. Encourage students to ask lots of follow-up questions.

Case study & Discussion

Case Study M1 S3

Duration: 20 - 30 minutes in total (10 - 15 minutes before the theory and 10 - 15 minutes after the theory)

What to pay attention to: Let them think with open-ended questions and remember that none of the answers are wrong. It is important for participants to be respectful of everyone's opinion.

Questions:

After the case study:

- Why did Gemma's friend get surprised when they see her dad at home?
- What is the reason for them having these kinds of thoughts (parental stereotypes)?

After the theory part:

- What are the effects of parenting stereotypes on children?
- Why did Gemma think her friends' attitudes were strange?

How to implement the theory part

Duration: 30- 45 minutes

Explanation of the implementation:

- Start by introducing the key theoretical concepts relevant to the training topic. Provide definitions, frameworks, and key principles.
- Use real-life examples or anecdotes to illustrate the theoretical concepts. This creates a bridge between abstract concepts and practical applications. Align the case study closely with the theoretical concepts you've introduced.
- You may provide background information about the characters or situations in the case study to help participants understand the context by imagining the life of the characters in the case study.

Group Discussion:

Break participants into small groups to discuss the case study. Encourage them to apply the theoretical concepts learned to analyse and solve the problems presented in the case.

Whole Group Debrief:

Bring the groups back together for a whole group discussion. Allow each group to share their analysis, solutions, and insights.

Facilitate a discussion that draws connections between the theoretical concepts and the practical solutions or decisions discussed in the case study.

Q&A and Reflection:

Open the floor for questions and encourage participants to reflect on their own experiences in relation to the theory and case study.

Highlighting Key Learnings:

Summarise the key learnings from both the theory and the case study. Emphasise how the theory informed the participants' understanding of the case and how real-world scenarios may deviate from theoretical ideals.

Plan for implementation of session

- Warm-up exercise: 10-20 minutes
- Case study & Discussion: 20 - 30 minutes
- Theory: 30 - 45 minutes
- Exercise 1: 15 minutes
- Exercise 2: 40 minutes
- Consolidation of Knowledge - 10 - 15 minutes

Images or videos to be used in the session

- [Module1__case study3.pdf](#)

Additional Resources

- Lytton H, Romney DM. Parents' differential socialization of boys and girls: A meta-analysis. *Psychological Bulletin*. 1991;109:267-296.
- [How Parents Influence Kids' Gender Roles](#)
- [Girl toys vs boy toys: The experiment - BBC Stories](#)
- [Gender Roles and Stereotypes](#)

Exercises

Exercise 1

Name of exercise: Experience Exchange

Duration: 15 minutes

Form a circle of participants. Have everyone match with the person on their right. Ask the questions below and give 3 minutes to discuss the questions with their partners. At the end of 3 minutes, change the question.

Questions:

- Are there roles and responsibilities assigned to mothers and fathers based on their gender in your own family or environment? What are they?
- Do your parents tend to have gender-stereotypical expectations for you?
- Are a girl and a boy born in the same house raised by the mother and father in the same way?
- Relating to the 3rd question, how has this affected you?

Exercise 2

Name of exercise: Exploring the Effects of Parenting Stereotypes on Children

Duration: 40 minutes

Materials needed : Pen or pencil, paper, Index cards or sticky notes

Objective: To understand the impact of parenting stereotypes on children's development and well-being

Instructions:

Brainstorm parenting stereotypes: Divide into small groups and brainstorm a list of common parenting stereotypes. These stereotypes can relate to gender roles, parenting styles, or societal expectations.

Categorise stereotypes: Once you have a comprehensive list, categorise the stereotypes into different themes, such as gender-based stereotypes, traditional parenting roles, or societal expectations.

Discuss the effects: For each stereotype, discuss the potential consequences it may have on children's development, self-esteem, and life choices. Consider how these stereotypes can limit children's potential and reinforce gender-based inequalities.

Create visual representations: Use index cards or sticky notes to write down each stereotype and its corresponding effects. Arrange these cards on a wall or board to create a visual representation of the connections between parenting stereotypes and their impact on children.

Develop counter-stereotypes: For each stereotype, brainstorm counter-stereotypes that challenge the traditional norms and encourage more inclusive and equitable parenting practices. Write down these counter-stereotypes on separate cards and arrange them alongside the original stereotypes.

Group discussion:

Come together as a class and discuss the overall findings from the exercise. What are the most concerning parenting stereotypes and their effects on children? How can we as parents educators, and members of society challenge these stereotypes and promote more positive parenting practices?

Additional prompts:

Conduct research on specific parenting stereotypes and their documented effects on children's development. Share your findings with the class.

Create a poster or presentation that summarises the key takeaways from the exercise and highlights the importance of challenging parenting stereotypes.

Develop a pledge or commitment statement that encourages individuals to reflect on their own parenting practices and strive to minimise the impact of stereotypes on their interactions with children.

Consolidation of Knowledge

Debriefing questions:

- What insights have you gained from today's session?
- What is your take-away from this unit?

Reflective session summary:

In today's session, we explored the persistence of gender stereotypes, passed down through generations via differential socialisation. Traditional roles, like "mother and housewife" for women and "father and provider" for men, continue unconsciously.

Parenting stereotypes influence how children are treated, the values taught, and their development. Choices of stereotyped toys link a child's sex to gender roles, shaping self-perception and future aspirations.

Household organisation models gender-specific behaviour, with children mimicking the parent of their own sex. "Differential socialisation" leads to distinct behaviours, impacting thinking, identities, and future roles.

This reflection urges consideration of societal impacts, the need to break stereotypical patterns, and fostering equitable environments. It prompts contemplation on the consequences of differential socialisation for individual development and societal norms.

Session 4

Strategies to break parenting stereotypes

Keywords: Breaking stereotypes, strategies, transformative education system, equal parenting approach, awareness, strengthening and informative training programs.

Duration: 2-3 hours

Warm-up exercise: Connecting Eyes

Duration: 10 minutes

Materials: fun, energetic background music and a place to make a circle

1. Participants stand in a circle
2. Each person makes eye contact with another person across the circle
3. Participants with eyes connected walk across the circle and exchange positions, while maintaining eye contact
4. Several pairs can exchange at the same time, and the group should try to make sure that everyone in the circle is included in the exchange
5. While exchanging, it is not allowed to get in touch with each other
6. Begin by trying this in silence and then exchange greetings or compliments in the middle of the circle

Case study & Discussion

Case Study M1 S4

Duration: 20 - 30 minutes in total (10 - 15 minutes before the theory and 10 - 15 minutes after the theory)

Let them think with open-ended questions and remember that none of the answers are wrong. It is important for participants to be respectful of everyone's opinion.

Questions:

After the case study:

- What are the key parenting stereotypes evident in this case study?
- How do they influence Sarah and David's roles as parents?

After the theory part:

- What strategies or support systems can parents like Sarah and David utilise to help them navigate and overcome traditional parenting stereotypes?

How to implement the theory part

Duration: 30- 45 minutes

Explanation of the implementation:

Start by introducing the key theoretical concepts relevant to the training topic. Provide definitions, frameworks, and key principles.

Use real-life examples or anecdotes to illustrate the theoretical concepts. This creates a bridge between abstract concepts and practical applications. Align the case study closely with the theoretical concepts you've introduced.

You may provide background information about the characters or situations in the case study to help participants understand the context by imagining the life of the characters in the case study.

Group Discussion:

Break participants into small groups to discuss the case study. Encourage them to apply the theoretical concepts learned to analyse and solve the problems presented in the case.

Whole Group Debrief:

Bring the groups back together for a whole group discussion. Allow each group to share their analysis, solutions, and insights.

Facilitate a discussion that draws connections between the theoretical concepts and the practical solutions or decisions discussed in the case study.

Q&A and Reflection:

Open the floor for questions and encourage participants to reflect on their own experiences in relation to the theory and case study.

Highlighting Key Learnings:

Summarise the key learnings from both the theory and the case study. Emphasise how the theory informed the participants' understanding of the case and how real-world scenarios may deviate from theoretical ideals.

Plan for implementation of session

- Warm-up exercise: 10 minutes
- Case study & Discussion: 20 - 30 minutes
- Theory: 30 - 45minutes
- Exercise 1: 20 minutes
- Exercise 2: 30 minutes
- Consolidation of Knowledge - 10 - 15 minutes

Images or videos to be used in the session

- [Module1_case_study4.pdf](#)
- <https://www.youtube.com/watch?v=KtvUZ64vuao> Dove Men+Care / #DearFutureDads

Exercises

Exercise 1

Name of exercise: Role-playing

Duration: 20 minutes

Materials needed: Paper sheets and pens

Tell the participants that you will form small groups for this activity. Groups can be 2-3 or 4 people. It is important to have both men and women in each group. Ask each group to write down the 24 hours of a pair given to them. After giving the instructions, distribute the small papers that you have prepared before the activity, indicating the roles of the couples, to the groups, one for each group, and start the work. Couples have 15 minutes to write their 24 hours. If needed, an additional 5 minutes can be added.

Couples Roles:

- 46 year old company executive | 38 years old not working
- 30 year old unemployed | 25 years old goes to the cleaning
- 30 year old tradesman | 25 years old tailor
- 27 year old civil servant | 25 years old teacher
- 38 years old paediatrician | 37 years old brain surgeon

Discussion questions:

- Which of the jobs do you attribute to a woman and which to a man? Are there any jobs that you think are better done by men or women?
- When we look at the working hours of the same couple, are their wages equal? If it's different, why?
- Can you compare the couples in terms of sociability?
- Who might be responsible for maintaining the house?

Exercise 2

Name of exercise: Breaking Stereotypes

Duration: 30 minutes

Materials needed: Pen or pencil, Paper, Index cards or sticky notes

Objective: To identify and implement strategies for breaking parenting stereotypes and fostering a more equitable and supportive parenting environment.

Instructions:

Reflect on personal experiences: Individually, reflect on your own observations of parenting practices. Identify instances where you have witnessed or experienced parenting stereotypes in action.

Categorise stereotypes: Divide into small groups and categorise the identified stereotypes into themes, such as gender-based stereotypes, traditional parenting roles, or societal expectations.

Brainstorm counterstrategies: For each stereotype, brainstorm strategies to challenge and break free from its influence. Consider how to reframe expectations, encourage diverse role models, and promote open communication with children.

Create action plans: Using index cards or sticky notes, write down specific action steps for implementing the identified counterstrategies. These action plans should be tailored to individual parenting styles and family dynamics.

Share strategies: Come together as a class and share the developed action plans. Discuss the feasibility and potential impact of each strategy, providing constructive feedback and suggestions.

Identify support systems: Explore and discuss available resources and support systems that can aid in breaking parenting stereotypes. This may include workshops, parenting groups, online resources, and community organizations.

Additional prompts:

Develop a role-playing scenario that demonstrates how to challenge parenting stereotypes in everyday parenting situations.

Create a social media campaign or public awareness initiative to raise awareness about the negative effects of parenting stereotypes and promote positive parenting practices.

Design a parenting manifesto or pledge that outlines a commitment to breaking parenting stereotypes and fostering a more equitable and inclusive parenting environment.

Remember, breaking parenting stereotypes is an ongoing process that requires continuous reflection, self-awareness, and a willingness to challenge societal norms.

Consolidation of Knowledge

Debriefing questions:

- What insights have you gained from today's session?
- What is your take-away from this unit?

Reflective session summary:

In today's session, we examined the pervasive impact of gender roles on society, particularly within families. Gender inequality influences areas like the economy, health, and education, perpetuating stereotypes through generations.

Research findings showed accepted and internalised gender roles in family responsibilities. Education was highlighted as crucial to combat gender discrimination, advocating for transformative and egalitarian systems.

The session emphasised the need for informative training programs for women to break free from traditional roles. Inclusive awareness-raising efforts for men were considered vital for accelerating the shift to equal parenting, challenging societal stereotypes.

Media's role in reinforcing gender norms, especially on parenting websites, was noted. Changing the narrative and design to promote equal parenting was suggested. Additionally, advocating for increased paternity leave was seen as key to involving fathers more actively in child-rearing.

In summary, embracing equal parenting emerged as crucial for balanced family dynamics, challenging stereotypes and promoting shared responsibilities between both parents.

SUMMARY OF MODULE

The norms and stereotypes in our lives are changing and transforming day by day. Considering that we, as human beings, change and develop with each passing day, it could not be expected that these thought patterns, which are human products, will remain the same. One of them is the parenting roles in society.

The parenting roles that existed 100 years ago and the parenting roles that exist now are not the same. Also, parenting roles 100 years from now will not be the same as they are now. Therefore, we should not forget that these stereotypes in society are concepts that can change and transform, and that they are also products of the time we live in. We know that the father's job is not just to support the family financially. At the same time, the father is a figure who can take care of the family members, show his love, see the needs and wishes of the family members and take action accordingly. The time has changed and fathers are also involved in household chores and taking care of children.

These stereotypes and norms in society pass from generation to generation so that next generations learn these patterns from their parents and grandparents. For example, Children learn how to act from an early age by observing what their parents and their immediate surroundings do and how they behave and then start imitating what they see. In order to break this flow of information and to see a more equitable and sharing role in the roles of mother and father in the future generations, young adults who are already parents or who are on the way to becoming a parent have a great responsibility because the power to initiate this change is in their hands.

Module 2

Division of responsibilities



Dear Trainer,

Join us for Module 2, "Division of Responsibilities." This session demystifies equal parenting, exploring how to fairly share child-rearing and household duties. We'll examine effective communication techniques, contrasting parenting styles, and practical strategies for achieving a balanced division of labour. Together, we'll debunk misconceptions about parenting roles and focus on fostering team efforts over individualistic approaches.

Our ultimate aim is to equip you with knowledge and tools that strengthen familial bonds, enhance mutual understanding, and provide effective problem-solving strategies. Let's join hands to promote rewarding shared parenting experiences.

The module consists of 4 sessions for which a detailed plan has been developed. Each session plan consists of four essential elements:

- introduction to the topic,
- case study
- exercises,
- consolidation of knowledge as a form of debriefing.

Each session element has an important function, so act step by step. Take advantage of our suggestions and be attentive to any tips.

Looking forward to your participation.

Best Regards,
Equal Parenting Partner Consortium

Introduction

Parenting is one of the most important and demanding roles in life. While it often brings immense joy, it can also be stressful and difficult to manage at times. One way to support parents is by encouraging equal parenting within a family unit – this means both parents working together to share the responsibilities of raising children or managing the household so that each partner feels appreciated and respected for their contribution.

This educational content will explore what equal parenting entails, provide suggestions on how to create a fair balance between partners, and offer strategies for implementing this concept successfully.

Goals: This module aims to help parents understand the concept of equal parenting and how it could benefit their family life. It will focus on fairly dividing responsibilities between both partners so that each parent feels supported and valued for their role.

The goals are to help couples learn effective communication techniques, gain insight into how different parenting styles can complement one another, develop practical strategies for achieving a balanced division of labour, and ultimately foster healthier relationships between mothers and fathers.

Additionally, this module will provide participants with an overview of relevant research findings to better inform their decisions regarding equal parenting practices.

The module will also address misconceptions associated with unequal parenting – such as the myth that one parent “does all the work” or that one parent is responsible for all childcare-related tasks. At the same time, the other one has no duties whatsoever. By exploring these types of issues, this module will give participants an understanding of why it is so important to create an equitable environment when caring for children. Furthermore, participants should come away with strategies to divide parental responsibilities between themselves while still meeting each partner's needs and expectations regarding child-rearing.

Context

This module ultimately empowers couples with knowledge and skills pertinent to fostering a successful family life; focusing on collaboration instead of competition between spouses when it comes time to carry out their parental duties towards children. Through strengthening communication within families and creating healthy boundaries, this course encourages couples to approach parenting with joint responsibility rather than individualistic efforts; setting fair expectations for each partner while developing more effective ways for working together on common goals as parents.

Ultimately, by taking part in this educational content series participants should not only be able to successfully manage their individual roles within their respective families but also be able to foster better understanding towards each other – leading the way towards more constructive problem-solving when dealing with future challenges regarding parenting roles within their households.

Session 1

How to establish an equal parenting division of responsibilities in the household

Keywords: Equal Parenting Division of Responsibilities, Full-time Jobs, Childcare, Communication, Fairness, Accountability, Monthly Review Process, Adequate Care, Quality Time, Advocacy, Rebuttal

Duration: 2 hours

Warm-up exercise: Balloon Pass

Duration: 15 minutes

Divide the group into pairs and give each pair a balloon. Participants must keep the balloon in the air using any part of their body except their hands. This exercise encourages teamwork, communication, and focus. Run this activity for about 5-10 minutes.

Case study & Discussion

Case Study M2 S1

Duration: 30 - 40 minutes

Discussion:

- What are the benefits of establishing an equal parenting division of responsibilities in a household?
- What are the challenges that may arise in implementing this system?
- How can the use of verbal and written agreements help in ensuring fairness and accountability in the shared parental responsibilities?
- What are some other ways in which parents can ensure that they provide adequate care and attention to their children despite demanding, full-time jobs?

Role-Playing Activity:

Divide the participants into pairs and assign each pair a different scenario that may arise when implementing an equal parenting division of responsibilities, such as one parent not fulfilling their responsibilities, a disagreement about how to complete a task, or a child becoming upset about the change in routine. Each pair should then role-play the scenario and come up with a solution that adheres to the established parameters of the system.

How to implement the theory part

To implement the theory part, the trainer should use the case study of John and Jill to explain the concept of equal parenting division of responsibilities. The trainer should highlight the parameters John and Jill set for their arrangement and explain how this contributed to their success in managing their parental duties more efficiently and equitably. The trainer should also emphasize the importance of communication in this process, both in terms of clarifying expectations and in addressing disputes or disagreements.

Next, the trainer should facilitate a discussion on the potential benefits and challenges of implementing such a system, encouraging participants to consider this in the context of their own lives. The trainer should encourage the participants to think critically about the questions provided and to discuss these in depth.

Finally, the trainer should guide the participants through the role-playing activity, providing different scenarios and encouraging them to come up with creative and practical solutions that adhere to the established parameters of the system. The trainer should ensure that each pair and group gets an opportunity to present their arguments and solutions, facilitating a respectful and constructive debate on the subject.

In conclusion, the trainer should summarize the key points discussed and underscore the importance of equal parenting division of responsibilities for ensuring adequate care and attention to children, especially when both parents are working full-time.

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 30 - 40 minutes
- Theory: 30 - 45minutes
- Exercise 1: 1 hour
- Exercise 2: 1 hour
- Consolidation of Knowledge - 10 - 15 minutes

Divide the participants into two groups, one advocating for the implementation of an equal parenting division of responsibilities and the other against it. Each group should take turns presenting their arguments, followed by a rebuttal from the other group. This can help participants understand the potential benefits and challenges of this system and may lead to a more nuanced discussion about how it can be implemented effectively.

Images or videos to be used in the session

- [Case Study M2 S1](#)



Image 2.1



Image 2.2

Additional Resources

- Role of Fathers <https://assembly.coe.int/nw/xml/XRef/Xref-XML2HTML-en.asp?fileid=22022&lang=en>

Division of responsibilities when it comes to equal parenting is an essential component of a successful and healthy relationship between parents. This can be achieved by establishing clear roles for both parties, understanding the special needs of each family member, and recognizing the unique contributions each partner makes towards the growth and development of their children.

The division of parental responsibilities begins with understanding the fundamental differences between custodial and non-custodial roles as defined in a court order. A custodial parent is typically responsible for providing care, supervision, financial support, education, medical care and other services related to a child's overall well-being. On the other hand, a non-custodial parent should provide financial support, including child support payments. Parenting time may also be allocated between the two parents under certain circumstances.

Exercises

Exercise 1

Name of exercise: Navigating Equal Parenting: Responsibilities, Communication, and Social Context

Duration: 1 hour

Materials needed: Paper and pens for note-taking, a flip chart or whiteboard with markers for group discussions, handouts with key concepts if available.

Discuss in a group of participants:

This module aims to educate participants about their parental responsibilities and what they mean. The module focuses on topics such as sharing household chores, financial contributions and decision-making authority among both parents. It will also look at how communication skills and problem-solving techniques can help couples navigate difficult conversations related to parenting.

- What are some effective methods for assessing each partner's strengths, preferences, and availability when determining specific parenting tasks and responsibilities?
- How important is flexibility and adaptability in maintaining an equitable division of household responsibilities? What strategies can parents employ to adjust responsibilities as children grow and family dynamics evolve?
- How can couples establish feedback mechanisms to address challenges, assess effectiveness, and make necessary adjustments in their shared parenting approach?

Try to explore more:

Participants will explore the issues surrounding equal parenting from a theoretical point of view, looking at the historical context of gender roles in childcare as well as current trends in society.

Exercise 2

Name of exercise: Understanding and Implementing Division of Responsibilities

Duration: 1 hour

Materials needed: Paper and pens for each participant, a whiteboard or large paper for group notes, markers.

In this exercise, participants will learn about parental responsibilities as they relate to equal parenting. We will discuss the concept of “division of responsibilities” in the context of equal parenting, and identify the various tasks and roles parents must take on to make it a reality.

The first step is to define the term “division of responsibilities” in equal parenting. This means that both parents are equally responsible for making decisions about their children, such as their educational, health, and emotional needs. It also means that both parents should share the workload at home; this might involve one parent handling some chores while the other takes care of another set of tasks. Ideally, these duties should be split fairly between both partners.

Next, we can look at specific examples of how an equal division of parental duties can be implemented. One way is through shared decision-making; this entails discussing important issues involving your children and making joint decisions regarding them. In addition, each parent should divide up household tasks such as cooking meals, cleaning up after meals, doing laundry, etc., so no single person is solely responsible for all the work necessary to keep the house running smoothly. Furthermore, both parents need to plan regular family activities and outings so that everyone has something enjoyable to look forward to from time to time.

Finally, we should consider how these roles can be changed if needed; life changes over time, and sometimes one partner may need more help than another due to increased commitments or different interests. Both partners need to remain flexible and open-minded about adjusting their roles accordingly. Hence, everyone involved has a sense of balance and fairness in the relationship.

This exercise provides an overview of what parental responsibilities mean concerning equal parenting and what steps you can take to ensure you work together as a team when raising your children. By understanding the concept of “division of responsibilities” and making sure that each partner contributes equally (or as close as possible) when it comes time for decision-making and household duties, you can create a strong foundation upon which all other aspects of your children's upbringing will be built upon successfully!

Consolidation of Knowledge

After these exercises and discussions, it's important for participants to reflect on what they've learned and consider how they might apply these concepts in their own lives. Here are a few debriefing questions to help guide their reflections:

- How do you feel about the concept of equal division of responsibilities in parenting?
- Can you identify areas in your own life where you can improve in terms of equally dividing parenting responsibilities? What steps can you take to implement these changes?
- How can you communicate your needs and expectations regarding parenting responsibilities with your partner effectively?
- How would you handle a situation where you feel your partner is not fulfilling their parenting responsibilities?

Games or Activities:

- "Who Does What?": In this activity, provide each participant with a list of typical household tasks and responsibilities related to childcare (like cooking, cleaning, helping with homework, picking up from school, etc.). Ask them to identify who in their household currently takes on each responsibility and then consider how these tasks could be more equally distributed.
- "Role Reversal": Participants get into pairs and are given different scenarios where they are required to take on the role of their partner in the given situation. This activity allows the participants to understand the responsibilities, difficulties, and potential misunderstandings from their partner's perspective.

Reflective Session Summary:

In our session today, we tackled the critical and often complex issue of equally dividing parenting responsibilities. We explored the case of John and Jill, whose approach to managing their childcare duties more equitably provided an inspiring and practical example for us all. Through group discussions, we addressed key benefits and challenges of implementing such a system, and we role-played various scenarios to prepare for potential roadblocks on this journey.

We also dived into the concept of shared parenting responsibilities from a theoretical perspective and how it fits into our modern, busy lives. Two engaging exercises - "Navigating Equal Parenting: Responsibilities, Communication, and Social Context" and "Equal Parenting: Understanding and Implementing Division of Responsibilities" helped us grasp these concepts more concretely and inspired us to take steps towards a more balanced division of labor in our own homes.

The essence of this session is that communication, fairness, and adaptability are vital when seeking to divide parenting responsibilities equally. This is not just about dividing tasks; it's about fostering a supportive, harmonious, and effective parenting team that benefits both parents and, more importantly, the children. By carrying forward these lessons into our daily lives, we can foster a more equitable and harmonious environment at home, where everyone thrives.

Session 2

How to take the initiative to work out an equal parenting strategy

Keywords: Equal Parenting Approach, Shared Responsibilities, Discipline, Reward System, Suburban Family, Children Involvement

Duration: 2hours

Warm-up exercise: Family Role Charades

Duration: 15 minutes

Divide participants into groups of four and have each group act out a typical family scene without speaking. This physical warm-up should take about 10 minutes. It's fun and helps get everyone in the mindset of family roles and dynamics.

Case study & Discussion

Case study M2_S2

Duration: 20-30 minutes

Make a discussion:

The first step was for each member of the family to think about what kind of things they might be interested in doing or taking responsibility for as part of their equal parenting approach. Both Sarah and David were keen on involving their children in this discussion so they asked them both what kinds of tasks they would like to help with around the house. Matt liked cooking, while Ella liked cleaning – so it became clear that those were roles they could assume as part of their parental duties.

Sarah and David then split up other tasks based on their strengths – such as grocery shopping (David) or organizing family events (Sarah). This way all members of the family were contributing equally while still focusing on activities they enjoyed doing.

Aside from sharing responsibilities, Sarah and David also discussed setting boundaries around certain tasks and issues such as discipline. They agreed that any disciplinary measures should be taken jointly by both parents so that there is no confusion between them when dealing with difficult situations at home. They also decided on a reward system for when their children went above and beyond when completing household chores or meeting other expectations set by them as parents.

Overall, by discussing their equal parenting strategy ahead of time, Sarah and David gave themselves a strong foundation to work from when problems arise or if changes need to be made later down the line. All members of the Smith family are now happier with this new arrangement since it allows them all to contribute equally to maintaining order within their home while still having plenty of opportunities for fun along the way!

How to implement the theory part

In the theory part, the trainer will present the case study of the Smith Family. They should highlight how each member of the family got involved in the decision-making process and took responsibility for specific tasks according to their interests and strengths.

After presenting the case study, the trainer can facilitate a discussion about the pros and cons of equal parenting. Encourage participants to share their views and experiences, ask probing questions, and address any misconceptions.

The role-playing part is important for the participants to visualize the case study. The trainer will need to guide the participants to adopt the roles of the family members. This will allow them to understand how the equal parenting strategy works in practice and identify any potential challenges or issues that may arise. It will also help them empathize with the different roles and perspectives within a family, fostering a deeper understanding of the topic.

Lastly, the trainer could design small games related to equal parenting to reinforce the key concepts and principles discussed during the session. For example, a game could involve dividing participants into teams and assigning them different household tasks to complete within a certain time frame, promoting the values of teamwork, communication, and shared responsibility. The trainer should debrief after each game to draw lessons and insights and relate them back to the theory part.

Always remember to maintain an engaging and inclusive environment to facilitate learning and open conversation. This will ensure that the participants get the most out of the session.

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 20 - 30 minutes
- Theory: 30 - 45minutes
- Exercise 1: 70 minutes
- Consolidation of Knowledge - 10 - 15 minutes

Role-playing may be used to visualise the case study

Discussions, pros & cons debates, small games ,etc.

One suggestion for using role-playing to visualize the case study is to divide a group of participants into different roles, such as Sarah, David, Matt, and Ella, and have them act out the equal parenting strategy that was developed in the case study. This can help participants better understand how the strategy works in practice and allow them to identify any potential challenges or issues that may arise.

Another suggestion is to have discussions or debates about the pros and cons of equal parenting. This can help participants explore different perspectives and ideas related to the topic and facilitate a deeper understanding of the benefits and drawbacks of equal parenting.

Small games can also be used to reinforce the key concepts and principles of equal parenting, such as teamwork, communication, and shared responsibility. For example, a game could involve dividing participants into teams and assigning them different household tasks to complete within a certain time frame. This can help participants understand the importance of working together and sharing responsibilities to achieve common goals.

Images or videos to be used in the session

- [Case study M2_S2](#)



Image 2.3



Image 2.4

Additional resources

- Bonnell, K. B., & Little, K. L. (n.d.). “The Co-Parenting Handbook: Raising Well-Adjusted and Resilient Kids from Little Ones to Young Adults through Divorce or Separation.”
- The concept of equal parenting has been around since the 1920s, but it wasn't until the 1960s that it became mainstream. At that time, many traditional beliefs about gender roles were challenged and replaced with new ideas about relationships between men and women. In the decades since then, more families have adopted equal parenting as an ideal model for raising children. Equal parenting involves both parents being equally engaged in all aspects of childrearing – from setting rules and providing discipline to participating in sports or education.

Exercises

Exercise 1

Name of exercise: Family Chore Division Workshop: Balancing Tasks and Time

Duration: 70 minutes

Materials needed: Paper and pens for each participant, a large chart or board, markers, a set of pictures depicting various household tasks, role-play props (optional).

Instructions :

To ensure that your strategy works for everyone, it is important to establish a clear plan on who will do what and when.

1. To help you decide, create a list of all the tasks involved with parenting that need to be done. This could include things like grocery shopping, cooking meals, helping with homework, disciplining children, cleaning the house, etc.
2. Once you have created this list, sit down together as a family and discuss each item on it.
3. Talk through which tasks each parent would feel most comfortable taking on, and don't forget to involve the children in the discussion too! When coming up with solutions together as a family, think about how much time you each have available and whether or not certain tasks might require more time or energy from one parent than another.
4. It's also important to assign some responsibilities to the children themselves where appropriate. This can help foster responsibility and independence within them while lightening the load for both parents.

Role-playing, games, or analysing a picture about what is right/what is wrong or what changes could be done.

Once you have established a division of labour that works for everyone in the family, it is important to ensure that everyone sticks to their part of the plan. Establishing regular check-ins with each other can help make sure that everyone is staying on track with their responsibilities. At these check-ins make sure and give positive reinforcement when people are completing their tasks correctly! Finally, remember not to expect perfection from anyone involved – life is unpredictable so there may be times when someone needs extra help or assistance with their responsibilities – and that's ok

In situations where there are no pairs or groups available, individuals can still try the exercise by creating a list of tasks they personally have to manage as a parent or guardian, and then assigning priorities and responsibilities to each task. They can also involve their children or other family members in the discussion if possible, even if it's just a casual conversation. Additionally, they can practice setting regular check-ins with themselves to ensure they are staying on track with their responsibilities and giving themselves positive reinforcement for completing tasks successfully.

Consolidation of Knowledge

Reflect on the equal parenting strategies discussed during the session. Encourage participants to share their thoughts about what they learned. Ask open-ended questions such as:

- What stood out to you the most from the Smith family's strategy?
- How would you involve children in such decision-making processes?
- What challenges do you foresee in implementing an equal parenting approach?
- How can the reward system motivate children to take up responsibilities?
- How do you feel about the impact of equal parenting on the family dynamic?

Reflection:

The discussion and activities in today's session provided insights into equal parenting and shared responsibilities. We looked at how a suburban family, the Smiths, managed to effectively distribute tasks and responsibilities amongst family members, incorporating a discipline and reward system. The goal of our session was not only to understand the importance of equal parenting but also to visualize its practical implementation through role-plays and discussions.

Our 'Family Chore Division Workshop' further helped us realize how to distribute chores while considering individual strengths, interests, and available time. Overall, we learned that open communication, empathy, and shared decision-making are vital in ensuring successful equal parenting, contributing to a healthier and happier family life.

As a final take-away, it's crucial to remember that while perfection is not the goal, teamwork and understanding are. The journey towards equal parenting is indeed a rewarding one with its fair share of adjustments and learning curves.

Remember, the tools and strategies we discussed are flexible and can be adapted according to your family's unique needs and circumstances. What matters most is a balanced home where everyone contributes and feels valued.

For our next session, it would be useful to reflect on today's discussion and exercises, identify any areas you'd like to explore more, and think about how the lessons learned could apply to your own experiences.

Suggestions for future activities:

- 'Role Swap Day': You can try implementing a day where everyone in the family swaps their tasks with someone else. This will help each member understand the efforts and responsibilities of others.
- 'Family Meeting': Hold regular family meetings to discuss how the system is working, address any concerns, and adapt the strategy as required.
- 'Reward Jar': Implement the reward system discussed today at your home. Fill a jar with tokens or slips of paper each time a family member completes a task efficiently or helps another member. Once the jar is full, the family can celebrate with a special event or treat.
- 'What If' Scenarios Game: Play a game where you discuss different scenarios or challenges that could arise in an equal parenting approach. This helps in preparedness and problem-solving as a team.

By consistently applying these strategies and activities, you'll be fostering a nurturing environment that enhances mutual respect, shared responsibilities, and a sense of unity.

Session 3

How to divide responsibility in family

Keywords: Equal Parenting Division, Shared Responsibilities, Unmarried Young Couple, Parenting Challenges, Task Division, Open Communication, Family Unity, Regular Check-Ins, Verbal Feedback.

Duration: 2 hours

Warm-up exercise: Human Knot

Duration: 15-20 minutes

Have participants stand in a circle. Everyone reaches across the circle with their right hand to grab another participant's right hand, and then do the same with their left hands. The aim is to untangle the knot without letting go of each other's hands. This activity promotes teamwork, communication, and physical engagement.

Case study & discussion

[case Study M2_S3](#)

Duration: 20-30 minutes

Make a discussion:

Once the primary duties were sorted out, the couple agreed that neither one would take total responsibility for any one task. Instead, both would stay involved with everything related to their daughter's care. This meant that when Sarah needed help with something like preparing dinner while getting their daughter ready for bed, John could assist so that she wouldn't have to do it all alone.

They also ensured that both parents were present during activities like playtime or story-reading so that each parent could take turns or participate together if desired. This helped create positive bonds between father and daughter as well as engender a sense of family unity from an early age. Finally, the couple established clear expectations about how each partner would show respect for the other's role—for example, providing support instead of criticism whenever possible or praising each other's efforts rather than picking apart mistakes.

By working together to create an equal parenting division of responsibilities from day one, John and Sarah ensured that no one was burdened by the overwhelming tasks of raising a baby alone. Through open communication about shared goals and clear plans for dividing up responsibilities among themselves, they managed to achieve balance in parenting while setting a strong foundation of mutual respect within their family unit going forward into the future.

How to implement the theory part

Present the case study of John and Sarah, highlighting their journey towards the equal division of parenting responsibilities. Explain how they identified, divided, and shared tasks based on their competencies and ensured mutual involvement in all activities related to their child. Discuss their approach towards open communication, mutual respect, and accountability in achieving balance in parenting.

Initiate a group discussion using the questions provided. Ask participants to reflect on their thoughts, encouraging them to share personal experiences and insights. This will facilitate a deeper understanding of the subject and help them identify practical applications of the principles of equal parenting division in their own lives.

For role-playing, participants can take up the roles of John and Sarah, simulating their circumstances and the strategies they adopted for equal parenting. This will allow participants to explore the practical aspects of the theory discussed and identify potential challenges they might face and ways to overcome them.

Finally, reinforce the importance of regular check-ins and providing constructive feedback in maintaining harmony and balance in parenting responsibilities. Link these principles back to the case study, and encourage participants to consider how they can incorporate these strategies into their lives.

Ensure the session is interactive and engaging, and create an environment conducive for open discussions and sharing of personal experiences, which will make the learning experience more relatable and enriching..

Plan for implementation of the session

- Warm-up exercise: 15-20 minutes
- Case study & Discussion: 20 - 30 minutes
- Theory: 30 - 45minutes
- Exercise 1: 45 minutes
- Exercise 2: 30 minutes
- Consolidation of Knowledge: 10 - 15 minutes

- **Role-playing - Try to visualize the case study**

Visualizing the case study can help learners understand the scenario better and put themselves in the shoes of John and Sarah to see how they can implement equal parenting division of responsibilities in their own lives. To make the most of the exercise, learners could imagine themselves as John or Sarah and think about how they would feel in their situation. They could also try to visualize the different scenarios that might arise and think about how they would handle them using the strategies outlined in the case study. After visualizing the case study, learners could discuss their thoughts and ideas with the group to gain more insights and perspectives.

To ensure accountability with their new agreement on dividing parental duties, John and Sarah commit themselves to scheduling monthly check-ins where they can evaluate how things are going for each other and review their goals for parenting harmony.

They also agree to provide each other with verbal feedback so any problems or issues can be discussed early on rather than let resentment build over time due to miscommunication or lack of understanding about who is responsible for what task.

By role-playing through this content on equal parenting division of responsibilities, John and Sarah learn effective strategies for achieving balance in parenting; strategies such as clear communication about expectations; mutually agreed upon division of regular weekly tasks; regular check-ins; setting clear goals; providing verbal feedback; etc...

With this newfound knowledge, John and Sara are now better prepared than ever before when it comes time for them both to share in parenting duties!

- What are some of the advantages of implementing an equal parenting division of responsibilities
- How can open communication and clear expectations help to create a more harmonious family environment?
- Are there any potential downsides to dividing parenting responsibilities equally between partners? If so, what are they?
- What are some strategies that John and Sarah used to ensure that both partners felt included in the process of raising their child?
- How can other couples who are struggling to balance work and parenting responsibilities apply the principles of equal parenting division of responsibilities to their own lives?
- How can regular check-ins and verbal feedback help to address any issues or problems that arise in the process of dividing parenting responsibilities?
- These questions can be used as a starting point for group discussions or debates related to the case study. Participants can share their own experiences and insights on the topic, and explore different perspectives on how to achieve balance in parenting responsibilities.

Images or videos to be used in the session

- [case Study M2_S3](#)



Image 2.5



Image 2.6

Additional resources

- Vachon, A. V., & Vachon. (n.d.). “Equally Shared Parenting: Rewriting the Rules for a New Generation of Parents.”
- One important aspect of equal parenting is understanding how both parents should divide tasks. These can include day-to-day tasks such as feeding or bathing the child or larger issues such as financial decisions or discipline strategies. Both parents must come together to agree on how tasks will be divided so that each parent feels equally supported and involved in caring for their child(ren). It’s also beneficial for communication between couples—ensuring that they discuss potential conflicts or disagreements regularly. Finally, once an agreement has been made on task division, it’s important to regularly reassess this agreement to reflect any changes or new needs that have developed over time with the maturity of the child(ren).

Exercises

Exercise 1

Name of exercise: Balancing the Parenting Scales: Action Plan Workshop

Duration: 45 minutes

Materials needed: Paper and pens for each participant, a whiteboard or large sheets of paper, markers

It begins by having participants examine the traditional roles of parents and the expectations associated with them. Participants should consider the types of duties each parent typically performs, such as cleaning, cooking, grocery shopping, disciplining children, etc., and what expectations are placed on each parent.

The second step involves discussing challenges to balancing parenting responsibilities. This may include time constraints due to work or school commitments; different parenting styles; abilities or lack thereof; financial resources available; familial support structures; etc. Through this discussion, participants can identify potential sources of tension that may arise in attempting to achieve balance in parenting.

Next, participants should identify their strengths and weaknesses when it comes to parenting responsibilities. Then they should discuss the strategies they believe will be most effective in creating a fair division of responsibilities between both parents. This might include setting goals for how much time each parent will spend with their kids per week (for example one hour every day), creating a regular schedule for chores and other family tasks, establishing clear rules and boundaries around discipline, finding ways to support each other financially or emotionally depending on the individual's needs, and so forth.

Finally, the exercise ends with each participant creating an action plan based on all the information gathered during the discussion process. This includes writing down specific objectives that need to be achieved to create greater balance within their family unit as well as strategies they can implement to reach those objectives. Each participant can then discuss their action plans with facilitators or peers as needed to refine their goals and make adjustments if necessary

Exercise 2

Name of exercise: Exploring Parenting: Brainstorming Roles and Responsibilities

Duration: 30 minutes

Materials needed: Large sheets of paper or a whiteboard, markers, notepads for each participant.

Brainstorm a list of possible roles and responsibilities for different types of parents. In this exercise, consider situations such as single-parent households, co-parenting families, same-sex couples raising children, foster parents, stepparents, adoptive parents and more. Assign different roles and responsibilities to each family composition to illustrate the various ways that equal parenting can be carried out within a home setting. Make sure to include qualities such as protection, nurturance, instruction/guidance, discipline/structure, modelling behaviour and ensuring safety in your list.

Consolidation of Knowledge

Reflecting on the topics of equal parenting, task division, open communication, and shared responsibilities, consider the following debriefing questions:

- Can you recall a time when you observed or were part of a family where tasks were not evenly divided? How did this impact the family dynamics?
- What are some main challenges unmarried young couples might face when trying to equally divide parenting responsibilities? How can they overcome these challenges?
- How can open communication and regular check-ins contribute to a more harmonious family environment?
- Reflect on the case of John and Sarah. Do you think their approach of equal involvement in all tasks related to their child's care would be practical in most situations? Why or why not?
- How can you incorporate the principles of equal parenting division of responsibilities into your own life?
- These questions aim to foster reflective thought and facilitate discussions that deepen understanding and provide avenues for personal growth. Remember to listen actively and validate each individual's input.

Game or Activity Suggestions:

- Parenting Challenge Game: Break the group into pairs and provide each pair with parenting tasks (changing diapers, preparing a meal, calming a fussy baby, etc.). The goal of the game is to divide these tasks equally between each member of the pair within a set time frame (like 3-5 minutes). After the time is up, each pair will present their division of tasks and discuss their thought process behind it. This will give participants a practical understanding of shared responsibilities and task division.

- **Family Unit Role-Play:** Divide the group into 'family units' of 3-4 people. Assign each family a specific scenario (e.g., preparing for a day at the park, making dinner while caring for a baby, etc.). Within their family unit, participants should act out their scenarios while practising open communication, regular check-ins, and equal division of tasks. After the role-play, participants can reflect on what worked well and what was challenging.
- **Parenting Obstacle Course:** Set up a simple obstacle course with different 'stations' representing different parenting tasks (changing diapers, feeding the baby, etc.). Teams must divide the tasks evenly and complete the course quickly. This exercise encourages teamwork, communication, and problem-solving, similar to what parents face in real life.

Session Summary:

In today's session, we explored the theme of equal parenting and the division of responsibilities in a family setting. We started with a warm-up exercise, the Human Knot, which served as a metaphor for the complexities and interconnectedness of family life. We then discussed a case study about John and Sarah, a young couple implementing an equal division of parenting responsibilities.

Participants were encouraged to engage with the material actively, asking questions, and sharing personal experiences. We discussed potential challenges and strategies for overcoming them. Additionally, through practical games and role-plays, participants gained a hands-on understanding of task division, open communication, and family unity.

As we reflect on the lessons learned today, we are reminded that while equal parenting and shared responsibilities can be challenging, they can also be rewarding and beneficial to all family members. By using open communication, regular check-ins, and verbal feedback, we can foster stronger relationships and a harmonious family environment.

For further exploration of these topics, we recommend reading the book “Equally Shared Parenting: Rewriting the Rules for a New Generation of Parents” by Vachon and Vachon. Until our next session, keep practising the principles we've discussed and observe how they can positively influence your family dynamics.

Session 4

How to make equal parenting family structure

Keywords: Parenting styles, Division of labor, Financial decisions, Emotional support, Physical punishment, Moral compass, Work ethic, Respect for authority, Resilience, Equal parenting, Individual strengths, Family unit

Duration: 2 hours

Warm-up exercise: Scenario shuffle

Duration: 15-20 minutes.

Write several different scenarios related to parenting and the division of labor on pieces of paper. Mix the papers in a bowl. Participants then take turns drawing a scenario and acting it out, while the others guess what scenario is being enacted. This physically engaging activity prompts participants to think about the topic at hand and gets them moving.

Scenario 1: "You're a parent who has just come home from a long day of work. Your partner is cooking dinner and the kids are clamoring for your attention. How do you manage this situation?"

Scenario 2: "One of the children has just made a mess in the living room. Both parents are busy with different tasks. Who takes responsibility and why?"

Scenario 3: "The parents disagree on a disciplinary action for their child. One believes in a time-out, the other in explaining the child's mistake and discussing it. How do they come to a mutual agreement?"

Scenario 4: "The parents need to make a major financial decision for the family, but they have differing opinions. How do they reach a consensus?"

Scenario 5: "Both parents have tasks they enjoy and tasks they dislike in their list of responsibilities. How might they negotiate and divide these chores?"

Scenario 6: "The family has an opportunity for a vacation, but only one parent can take time off work. How do they decide who goes and how do they explain this to the kids?"

Case study & Discussion

Case Study M2_S4

Duration: 20-30 minutes

Make a discussion: (what's happening, what is the effect of it...)

When it comes to the division of labour, Jim takes on more of the outside responsibilities such as mowing lawns, taking out the garbage, and light repairs around the home. He also makes most of the financial decisions for their household as well as manages any investments or savings plans that they may have.

Mary's primary focus is on ensuring that their children are safe, healthy, happy and well-educated by spending time with them reading books, playing games or outdoor activities helping with homework when needed and generally providing emotional support to make sure they grow into confident adults. When it comes to discipline both parents agree that respect should be earned through responsible behaviour but there are discrepancies in how this is carried out; Mary favours less harsh punishments while Jim believes in using physical punishment whenever necessary.

Despite these differences in parenting styles, there are some areas in which they do agree namely providing a strong moral compass for their children so that they can make informed decisions on their own later in life; they both believe firmly that teaching work ethic from an early age will help form important values later on such as respect for authority figures, discipline to stick at tasks until completion and resilience when things don't go according to plan.

In conclusion, it appears that although this couple has different views on how best to raise their children they have been able to come together and create an environment where each parent plays an integral role in making sure their children turn into successful adults who can cope with life's challenges head-on whilst still having fun along the way.

This case study demonstrates that equal parenting does not necessarily mean equal roles but rather an understanding that certain duties can be delegated between two people depending upon individual strengths without undermining either's contribution towards creating a healthy family unit.

How to implement the theory part

The trainer needs to ensure they set the stage right for a discussion that encompasses varying viewpoints. They can initiate the discussion by highlighting the key differences between Jim and Mary's parenting styles and asking participants to discuss their views on the pros and cons of each. The trainer can further stimulate the discussion by asking questions about the effects of these different parenting styles on children and the family as a whole. The goal is not to determine who is right or wrong, but to explore different perspectives and facilitate understanding.

For the role-playing part, the trainer should assign different roles to the participants. The trainer can further guide the role-play by pausing at key moments to question the participants about their character's feelings and motivations. This will help them to empathize more with the characters they are portraying and to gain a deeper understanding of the dynamics at play. The role-play should be followed by a debriefing session where participants can reflect on their experience and what they have learned.

Plan for implementation of the session

- Warm-up exercise: 15-20 minutes
- Case study & Discussion: 20 - 30 minutes
- Theory: 30 - 45minutes
- Exercise 1: 45 minutes
- Exercise 2: 40 minutes
- Consolidation of Knowledge: 10 - 15 minutes

Role-playing: Try to visualize the case study

Scene: A young family of four is gathered in the living room discussing their roles and responsibilities.

Father: So, we all agree that equal parenting is the best way to raise our children?

Mother: Absolutely. We need to make sure that both of us are equally involved in raising and taking care of them.

Daughter (age 9): What does it mean?

Father: It means that both Mommy and Daddy will take on different roles in parenting and share the responsibilities. For example, Daddy might take care of getting you dressed for school in the morning while Mommy helps with homework in the evening.

Son (age 10): But what if there's something only one of you can do? Like when I needed a dad to come to help me build a Lego car?

Father: That's okay too! It doesn't mean that one parent has to do everything; it just means that we'll both be equally involved. We can also ask for help from other people when needed, like Grandma or Grandpa or even your friends' parents if necessary!

Mother: And don't forget that we'll also need to cooperate when it comes to decision-making - we'll have to consider each other's opinions when making big decisions about our family!

Both children: Okay, sounds good!

Father: Alright, let's get started then! Who wants to go first?

Images or videos to be used in the session

- [Case Study M2_S4](#)



Image 2.7



Image 2.8

Additional resources

- Bauserman. (2002). The Consequences of “Equal” Parenting Time Arrangements for Children’s Well-Being and Relationships with Their Parents. *Journal of Divorce & Remarriage*.
- Co-parenting agreements can help to ensure that each parent’s rights and responsibilities are respected while also promoting communication between them. Parents should consider creating written documents detailing their co-parenting plan that address issues such as how they will handle disputes, who will make major decisions about the child’s education and health care, how holidays and vacations will be shared, etc. A legal professional can assist with creating a legally binding agreement that outlines the rights and responsibilities of each parent for use in court if necessary. Online resources such as blogs, forums ,or books authored by experienced co-parents can offer helpful advice for managing conflict and navigating difficult conversations with your former partner about parenting issues.

Exercises

Exercise 1

Name of exercise: Role-play Parenting: Exploring Styles and Responsibilities

Duration: 45 minutes

Materials needed: Name tags for role identification, markers, and notepads for each participant.

In a group of 3-4, have each person take on the role of one type of parent and discuss the roles and responsibilities associated with that type of parenting. For instance, if one person plays the role of a parent, they should explain how they are responsible for providing structure and discipline while also protecting their child. Have each person discuss what they believe their responsibilities are and then compare them to those held by other types of parents.

Ask questions to gain an understanding:

How do you communicate with your child?

What strategies do you use to encourage open dialogue and build a strong relationship with them?

What challenges do you face in your role as a parent? How do you overcome these challenges and stay committed to your responsibilities?

Exercise 2

Name of exercise: Family Finance Forum

Duration: 40 minutes

Materials needed: Flip charts or whiteboard, markers, timer, and notepads for each participant.

Organize a classroom discussion about how matters such as finances can be divided equally between parents when it comes to raising children. Talk about topics like who pays for childcare costs or extracurricular activities for the kids.

Brainstorm ideas that address any financial issues that could arise from unequal parenting arrangements or single-parent households where there is only one source of income. Consider how siblings might divide up shared items or expenses fairly among themselves so that no one feels like they are left out or given preferential treatment due to differences in parental involvement.

Consolidation of Knowledge

Debriefing Questions for Reflection:

- How does the division of labor in parenting affect the family dynamics?
- What are some possible ways to handle differences in parenting styles within a household?
- What are the benefits and potential drawbacks of equal parenting?
- How can parents balance their work life and parenting responsibilities effectively?
- What role do financial decisions play in the structure of an equal parenting family?
- How does an equal parenting structure affect the children's development and their relationships with their parents?
- How can differences in individual strengths be leveraged to foster an effective equal parenting environment?
- What are the key characteristics and behaviors that define a strong moral compass, work ethic, and respect for authority?
- What strategies can parents adopt to build resilience in their children?
- How can parents foster a sense of individual and collective responsibility in their children?

Games or Activities for Consolidating Knowledge:

- Family Blueprint: Participants get into groups and create a "Family Blueprint" poster, detailing how they would ideally divide labor, make financial decisions, offer emotional support, handle disagreements, etc. They can then present their blueprints and explain their thought processes. This encourages active engagement and creative thinking on the topic.
- Parenting Style Quiz: Conduct a quiz based on the different parenting styles discussed during the session. This helps participants to better understand their own tendencies and how they might impact their future parenting choices.
- Parenting Dilemma Board Game: Create a board game with various squares detailing parenting scenarios. Participants roll a dice and move their piece, and then they discuss or act out the scenario they land on, showcasing how they would handle it in an equal parenting context.

Reflective Session Summary

In today's session, we explored the concept of equal parenting and the many factors that it encompasses, including division of labor, financial decisions, emotional support, parenting styles, and more. Through active discussions, role-playing activities, and case study analysis, we delved into the dynamics of a modern family unit, explored the impact of equal parenting on children, and how it fosters resilience and respect for authority.

We discovered that while equal parenting does not necessarily mean identical roles for both parents, it involves an understanding and negotiation of duties based on individual strengths. Importantly, it means mutual respect and shared responsibility for creating a nurturing and supportive environment for children to grow and flourish.

These insights will be invaluable to you as you navigate your personal and professional relationships, particularly if you choose to become a parent in the future. As we continue on this learning journey, let's remember that every family is unique, and there is no 'one-size-fits-all' approach to parenting. Instead, it's about finding balance and understanding, supporting one another, and prioritizing the well-being of the children involved.

SUMMARY OF MODULE

- **Equal Parenting Principle:** Participants learn about the significance of both parents sharing the responsibilities of raising children and managing the household. This not only ensures that each partner feels valued for their contribution but also fosters a healthier relationship between the parents.
- **Effective Communication:** Equal parenting thrives on clear communication. This involves setting expectations, discussing strengths and weaknesses, and ensuring that each parent understands their role in child-rearing and household chores.
- **Different Parenting Styles:** By exploring contrasting parenting styles, participants gain insight into how different approaches can complement one another, rather than being sources of conflict.
- **Practical Strategies:** Equal parenting is more than just a concept—it requires tangible strategies for a balanced division of labour. This could involve alternating schedules, sharing tasks based on personal strengths or interests, and setting clear boundaries.
- **Addressing Misconceptions:** Participants become aware of common myths and misconceptions about parenting roles. This includes challenging the idea that one parent might shoulder all the responsibilities or that traditional roles should not be questioned.
- **Case Studies:** Through real-life examples, like John and Jill or the Smith Family, participants see practical applications of equal parenting. They witness how setting clear roles and expectations can lead to a more harmonious family dynamic.
- **Interactive Activities:** By engaging in exercises such as role-playing, participants get hands-on experience in addressing potential challenges that come with shared responsibilities. This also helps them devise solutions in real-time, fostering adaptability and problem-solving skills.
- **Importance of Accountability:** Establishing an equal division of responsibilities also means being accountable. This can be achieved through verbal and written agreements, and by reviewing roles periodically to ensure fairness.

- **Involvement of Children:** Participants learn that children can also be involved in the division of responsibilities. This not only helps in workload distribution but also empowers children and makes them feel like an integral part of the family's decision-making process.
- **Addressing Challenges:** By diving deep into potential issues, like discrepancies in fulfilling responsibilities or managing changes in routine, participants become better equipped to handle challenges that arise in real-life scenarios.

In conclusion, participants walk away with a comprehensive understanding of how equal parenting can be achieved through clear communication, understanding, collaboration, and practical strategies. They learn the importance of shedding traditional roles, involving all family members, and fostering a team approach for a balanced and harmonious household

Module 3

Equal opportunities for work & leisure



Dear Trainer,

We are excited to introduce you to Module 3 in the Equal Parenting Program - "Equal opportunities for work & leisure". This module has been carefully prepared to enhance your skills as a trainer and to provide you with comprehensive tools and strategies for effectively guiding and supporting young people in understanding and embracing the principles of equal parenting.

Module Overview:

This module is structured into four dynamic and interactive sessions. Each session is thoughtfully designed to maximise learning and engagement, consisting of the following key elements:

1.Introduction to the Topic: Here, we set the stage for the session, providing context and outlining the objectives. This will help you to effectively introduce the subject to the youths, fostering their interest and curiosity.

2.Case Study: Real-life scenarios are presented to illustrate the complexities of equal parenting. These case studies are powerful tools to help youths relate to and deeply understand the concepts being discussed.

3.Exercises: Engaging and practical activities are provided to allow youths to apply the concepts they've learned. These exercises reinforce their understanding and foster critical thinking and problem-solving skills.

4.Consolidation of Knowledge: Each session concludes with a debriefing segment, where knowledge is consolidated and key takeaways are highlighted. This part is essential for ensuring the youths have a clear and comprehensive understanding of the session's content.

Additionally, the module is enriched with a theoretical background and supplemental materials under the "Get Inspired" section, designed to broaden your perspective and deepen your understanding of the topics.

Introduction

Guidance for Trainers:

As you explore each session, we encourage you to:

- Pay special attention to: The details in each case study and the unique perspectives they offer. Encourage youths to imagine scenarios and explore the various dimensions of equal parenting.
- Make Sure the Youths: Are actively engaged in the exercises. Support them in applying their knowledge practically, fostering a deeper understanding of the concepts.
- Encourage Youths to: Share their thoughts and feelings about the topics discussed. This will not only enhance their learning experience but also build a more connected and supportive learning environment.

In our ever-evolving society, the balance between work and leisure is crucial, yet often challenging to achieve. Module 3, "Equal Opportunities for Work and Leisure," explores this essential aspect of modern parenting.

This module is designed to explore and address the dynamic between professional life and personal time, especially in the context of equal parenting. We will uncover strategies that allow both parents to engage meaningfully in their careers and leisure activities, thus fostering a balanced and fulfilling family life.

Goals

The primary goals of this module are:

- **To raise awareness for the importance of balance:** We aim to highlight the significance of both parents having equal opportunities to pursue their careers and leisure activities. This balance is crucial for personal fulfilment, professional growth, and maintaining healthy family dynamics.
- **To equip parents with practical strategies:** The module provides practical strategies for families to achieve this balance. It focuses on breaking down traditional barriers and creating a supportive environment for both parents to thrive in their professional and personal lives.
- **To foster communication and understanding between parents:** A key goal is to enhance communication within the family unit. Understanding each other's aspirations and challenges is vital in supporting each other's career and leisure pursuits.

Context

Equal opportunities for work and leisure in the context of parenting mean ensuring that both parents have the freedom and support to pursue their professional ambitions and personal interests. It's not just about dividing responsibilities but creating an environment where both parents can equally contribute to, and benefit from, their professional and leisure pursuits.

This concept goes beyond time management; it's about mutual respect, understanding, and support within the family unit.

In this module, we will unpack these ideas, explore their implications, and provide you with the tools to implement them effectively.

Session 1

How Equal Parenting Enables Parents to Both Work and Enjoy Leisure Time

Keywords: balance; equality; leisure

Duration: 3hours

Warm-up exercise: "Two Truths and a Dream"

Duration: 10 minutes

Objective: This warm-up exercise is designed to energize the group and introduce the concept of balance in life, which is central to equal parenting.

Implementation:

- Gather participants in a circle.
- Explain that each person will share two truths about their current work-life balance and one dream they have for their ideal work-leisure scenario. The sentences should all be in a similar structure like "I do.." "I can.." "I usually.." so other participants will need to guess which one is the dream!

Activity:

- Each participant takes turns sharing their two truths and one dream. For example, "I usually work late hours twice a week (truth), I spend Sundays exclusively with my family (truth), and I have flexible work hours to attend my child's school events (dream)."
- Encourage creativity and openness.

Engagement:

- After each participant shares, the rest of the group can briefly guess which one is the dream. This adds a light, game-like element to the exercise.

Debrief:

- Conclude the exercise by highlighting the diverse challenges and aspirations within the group regarding work-life balance.
- Emphasize that this session will explore ways to turn some of those dreams into reality through equal parenting practices.

Case study & Discussion

Case Study M3 S1

Duration: 20-30 minutes

Pain Points of the case study:

- Mary feels unappreciated and exhausted, juggling the majority of parenting and household tasks.
- John feels torn between his career aspirations and his desire to be a more present parent and supportive partner.
- Both are concerned about the impact of this imbalance on their relationship and family dynamic.

Decision Point:

- The couple realizes that they need to find a sustainable way to balance their work and family life. They are at a crossroads, needing to make critical decisions that will affect their family's future and their individual well-being.

This detailed case study sets the stage for trainees to explore the complexities of balancing work and family life in the context of equal parenting. It provides a realistic scenario that many working parents face, offering a relatable and thought-provoking basis for discussion and problem-solving.

This approach encourages collaborative problem-solving and helps participants understand the practical aspects of implementing equal parenting strategies in real-life scenarios.

How to implement the theory part

Core Concepts

Equal Parenting: This involves both parents actively participating in childcare and household responsibilities. It challenges traditional gender roles by promoting a shared approach to parenting and household duties.

Leisure Time: The concept of leisure time encompasses various activities undertaken during free periods, distinct from work or obligations. It's often viewed as a quality experience or free time away from responsibilities. Leisure activities range from hobbies, entertainment, and sports to travel. Overall, leisure time denotes opportunities for relaxation, enjoyment, and personal fulfillment beyond the demands of daily life.

Work-Leisure Balance: Equal parenting facilitates a more equitable distribution of work and leisure time between parents. It acknowledges that both parents have career aspirations and leisure needs, contributing to overall family well-being.

Benefits of Equal Parenting:

- For Parents: Reduces stress, prevents burnout, and promotes personal well-being by allowing both parents to pursue careers and personal interests.
- For Children: Provides diverse role models, ensures more engaged parenting, and promotes gender equality from an early age.
- For Relationships: Enhances marital satisfaction through fair distribution of responsibilities and improves communication between partners.

Implementing Session 1: Instructions for Trainers

1. Introducing the Theory:

Start the session by briefly introducing the concepts of equal parenting and work-leisure balance. Use relatable examples or statistics to highlight the importance of these concepts in modern parenting.

2. Engaging Trainees:

Use interactive techniques like asking open-ended questions or facilitating small group discussions to engage trainees in the theoretical part. Encourage them to share their perspectives or experiences related to equal parenting.

3. Linking Theory to the Case Study:

Draw connections between the theoretical concepts and the case study of John and Mary. Discuss how applying equal parenting principles could address the challenges faced by the couple in the case study.

4. Facilitating Group Discussion:

After presenting the theory, divide trainees into groups to discuss the case study. Guide them to explore possible solutions based on the theoretical framework you've introduced.

5. Encouraging Application:

Challenge trainees to think about how they can apply these concepts in their work with young parents. Ask them to consider different family structures and cultural backgrounds.

6. Utilizing Visual Aids:

Use slides, charts, or infographics to visually represent the theoretical concepts. This can help in better understanding and retention of information.

7. Consolidation:

End the session by summarizing key points and emphasizing the real-world application of these concepts. Encourage trainees to think of additional scenarios where equal parenting can be applied.

8. Feedback and Reflection:

Allow time for trainees to ask questions and provide feedback. Encourage them to reflect on what they've learned and how it can be applied in their roles as trainers.

By following these steps, trainers can effectively deliver Session 1, ensuring that trainees not only understand the theoretical aspects of equal parenting and work-leisure balance but are also able to apply these concepts in practical scenarios. This approach will help in creating engaging and informative training sessions.

Plan for implementation of the session

- Warm-up exercise: 10 minutes
- Case study & Discussion: 20 - 30 minutes
- Theory: 30 - 45 minutes
- Exercise 1: 30-45 minutes
- Exercise 2: 40 minutes
- Consolidation of Knowledge: 10 - 15 minutes

Images or videos to be used in the session

- [Case Study of Johny and Mary.pdf](#)
- [Exercise 1 - Table.pdf](#)
- [Possible _ Suitable Solutions for the Case Study of Johny and Mary.pdf](#)

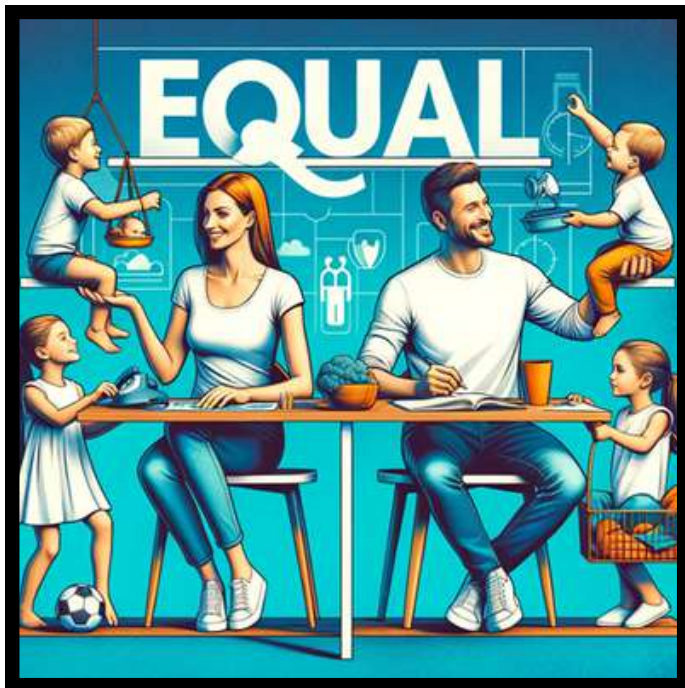


Image 3.1

Additional resources

- [Working parents find work/life balance increasingly difficult | ABC News](#)
- [The real reason modern parenting is so hard | Nichola Raihani | TEDxManchester](#)

Exercises

Exercise 1

Name of exercise: Case study analysis and discussion

Duration: 30-45min

Materials needed: Case study print-outs; post-its; markers

Case Study Summary (Please use the Case study hand-out from the resources)

John and Mary: A couple with two children, both working full-time - John as a financial analyst and Mary as a school teacher. They struggle with an unequal division of labor at home, where Mary is overwhelmed with most childcare responsibilities, while John often works longer hours.

Instructions for Trainer:

1. Present the Case Study:

Describe John and Mary's situation to the group, emphasizing the challenges they face in balancing work commitments and family responsibilities.

2. Group Discussion Strategy:

- Divide participants into small groups.
- Assign each group to discuss and propose solutions to John and Mary's situation.
- Deliver to the group a paper with different sections to be analysed - Find Exercise 1 table in the resources:
 - What is the problem in the case study?
 - What are the consequences / negative impact for parents and for children?
 - What would you propose to solve this situation?
- Ask participants to fill post-its with different colours for each one of the sections.

Encourage participants to think about strategies that promote equal parenting and better work-leisure balance.

3. Questions to Guide the Discussion:

- What are the potential consequences of the current division of labor for John, Mary, and their children?
- How can John and Mary redistribute their responsibilities to achieve a more balanced life?
- What kind of communication strategies might they need to implement these changes?

After the group discussion, trainer should lead the group to the next activity:
Finding possible / suitable solutions for this case.

Exercise 2

Name of exercise : Possible / suitable solutions to the case study

Duration: 40 min

Materials needed : Handout with different possible solutions, Paper, pens

Step by Step Description of the Exercise:

Step 1: Introduction and Setup (5 minutes)

- Explain the exercise's objective: to identify and discuss the most effective solutions for the case study of John and Mary.
- Distribute the list of potential solutions to each group (Find it on the list of resources)

Step 2: Group Discussion (15 minutes)

- Instruct the groups to discuss the solutions on the list and assess their effectiveness in addressing John and Mary's situation.
- Encourage participants to think critically about why certain solutions may be more effective than others, considering factors like feasibility, potential impact, adaptability to the family dynamics and alignment with equal parenting principles.

Step 3: Selection of Top Solutions (10 minutes)

- Ask each group to select the top 5 solutions they believe are the most effective and practical.
- If available, they can use the flip chart or whiteboard to write down their chosen solutions.

Step 4: Group Presentations and Discussion (5 minutes)

- Have each group present their top 5 solutions to the rest of the participants.
- Facilitate a discussion comparing the choices of different groups, highlighting the reasoning behind their selections.

Step 5: Debrief and Conclusion (5 minutes)

- Summarize the key points from the group discussions, emphasizing the importance of practical, empathetic, and balanced solutions in equal parenting.
- Highlight how these solutions can be adapted to different family scenarios, underscoring the diversity of family dynamics.

This exercise will not only help participants understand the complexities of achieving a work-life balance in parenting but also encourage them to apply these insights to real-life situations. It promotes active learning and collaborative decision-making, essential skills for effective parenting support.

Consolidation of Knowledge

Debriefing Questions for Reflection:

As the session 1 on "How Equal Parenting Enables Parents to Both Work and Enjoy Leisure Time" concludes, it's essential to reflect on the key learnings. Here are some debriefing questions to guide this reflection:

1. How do the challenges faced by John and Mary reflect broader societal issues related to work-life balance and parenting?
2. Which of the proposed solutions do you find most practical and effective for John and Mary? Why?
3. How can these solutions be adapted to fit different family structures and circumstances?
4. Can you relate to the case study of John and Mary in your own life or in the lives of people you know?
5. How might the insights from this session influence your approach to parenting or supporting parents?
6. What does this session teach us about the importance of societal support systems (like flexible work policies) in facilitating equal parenting?
7. How can we as individuals or communities advocate for changes that support equal parenting?

Reflective Session Summary

Today's session explored the complex dynamics of equal parenting and its significant role in balancing work and leisure time for parents. Through the case study of John and Mary, we uncovered the challenges many modern families face. We explored various practical solutions and analyzed their effectiveness, leading to a deeper understanding of the importance of shared parenting responsibilities.

We also recognized that achieving a balance is not just a personal endeavor but requires support from employers, communities, and broader societal structures. This session highlighted the need for empathy, communication, and strategic thinking in parenting. It also stressed the importance of societal change to accommodate the evolving needs of modern families.

As we conclude, remember that equal parenting isn't just a concept but a practical approach to nurturing healthier, happier, and more balanced family lives. The insights gained today are steps towards not only empowering ourselves and the families we support but also advocating for a more equitable society.

Session 2

Benefits Of Equal Parenting For Working Parents

Keywords: Work-life Balance; Parenting; Equal opportunities

Duration: 3hours

Warm-up exercise: "Work-Life Balance Charades"

Duration: 15 minutes

Objectives:

- To engage participants in a fun and interactive way.
- To introduce the concept of work-life balance in the context of equal parenting.

Step-by-Step Instructions:

- 1.Explain to the group that they will be playing a game of charades / mimic focused on the theme of work-life balance.
- 2.The objective is to guess the activity being acted out, which will either be a work-related task or a leisure/family activity.
- 3.Divide participants into 2 groups / teams
- 4.One member from each team will be called to the “stage” and act out an activity without speaking, and the teams must guess what it is within 1 minute.
- 5.Activities can include things like working on a computer, cooking a meal, playing with children, attending a meeting, etc.
- 6.Teams take turns sending up a member to act out an activity.
- 7.Each team has one minute to guess the activity. If they guess correctly, they earn a point.
- 8.Rotate through a few rounds so that each team member gets a chance to act.

Conclude the warm-up by discussing how the activities acted out reflect the balance between work and leisure in our lives.

Highlight that the upcoming session will explore how this balance can be better achieved through equal parenting.

This simple and engaging warm-up activity sets a light-hearted tone for the session, while subtly introducing the concept of balancing work and leisure, a theme central to Session 2's focus on equal parenting.

Case study & Discussion

Case study Jenna and Toby's

Duration: 20-30 minutes

When discussing Jenna and Toby's case study, it's important to pay attention to several key aspects:

1. Gender Roles and Stereotypes:

Consider how societal expectations and stereotypes about gender roles may have influenced Jenna's career break and the challenges she faced when returning to work.

2. Challenges of Re-Entering the Workforce:

Discuss the specific obstacles Jenna encountered as a mother trying to re-enter the workforce, such as employer biases and the impact of a career gap.

3. Support System:

Reflect on the role of Toby in supporting Jenna's career aspirations. Consider how equal parenting could have influenced their approach to this situation.

4. Economic Implications:

Examine the financial aspects of Jenna's decision to return to work and how this impacts family dynamics and financial planning.

Questions for Deeper Discussion:

- What motivated Jenna to restart her career after a break? How do societal norms shape such decisions for parents?
- In what ways did Jenna's status as a mother affect her job search? How can society and employers mitigate these challenges?
- What skills did Jenna gain during her time as a stay-at-home parent that could be valuable in the workplace?
- How did Toby's actions contribute to finding a solution? Could they have approached this situation differently for a more balanced outcome?
- What does this case study reveal about the challenges faced by working mothers in today's job market?
- How could equal parenting practices have potentially altered Jenna and Toby's situation?
- What are some strategies that couples can use to support each other's professional aspirations while managing family responsibilities?
- What if the situation was reversed, and Toby was the one staying at home? Would that be any different?

This discussion aims to explore the complexities of Jenna and Toby's situation, highlighting the challenges of balancing work and family life, especially after a career break. It encourages trainees to think critically about societal norms, support systems, and the practical application of equal parenting principles.

How to implement the theory part

This section is designed to guide trainers on effectively implementing the theoretical aspects of UNIT 2, which focuses on the benefits of equal parenting for working parents, using the case study of Jenna and Toby as a practical example.

Key Theoretical Concepts to Cover:

Challenges of Re-Entering the Workforce: Emphasize the common challenges faced by parents, especially mothers, when re-entering the workforce. Discuss societal biases and the gap in employment history.

Value of Skills Gained in Parenting: Highlight the transferable skills gained from parenting, such as time management, multitasking, and problem-solving, which are valuable in the workplace.

Importance of Equal Parenting: Discuss how equal parenting not only benefits children but also supports the professional aspirations and personal well-being of both parents.

Economic and Social Implications: Touch on the financial and social aspects of equal parenting, including how it can contribute to gender equality and reduce stress related to work-life balance.

Instructions for Trainers:

- Relate Theory to the Case Study:

Start by linking the theoretical concepts directly to Jenna and Toby's case study. This approach helps in grounding abstract ideas in a real-life context, making them more relatable and understandable.

- Interactive Presentation:

Use interactive methods like asking questions, encouraging discussion, or using visual aids like slides or flowcharts to present the theory. This keeps the session dynamic and engaging.

- Encourage Critical Thinking:

Pose questions that encourage trainees to think critically about the theory. For example, ask them to consider how societal norms impact parental roles or to discuss alternative strategies Jenna and Toby could have used.

- Facilitate Application:

Encourage participants to apply these theoretical concepts to their own experiences or to hypothetical scenarios. This helps in understanding the practical implications of the theory.

- Use Real-Life Examples:

Where possible, incorporate additional real-life examples or case studies that illustrate the concepts being discussed. This provides a broader perspective on the issues.

- Summarize Key Points:

Conclude the theoretical part by summarizing the key points. This helps in reinforcing the learnings and ensures clarity.

- Provide Additional Resources:

Offer further reading materials or resources for those who wish to explore the topic in more depth.

By following these instructions, trainers can effectively deliver the theoretical content of UNIT 2, ensuring that trainees not only understand the concepts but are also able to think about how they apply in real-world situations. This approach will facilitate a deeper understanding and appreciation of the benefits of equal parenting for working parents.

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 20-30 minutes
- Theory: 30-40minminutes
- Exercise 1: 40 minutes
- Exercise 2: 40 minutes
- Consolidation of Knowledge: 10 minutes

Images or videos to be used in the session

- [2 - Case Study of Jenna and Toby.pdf](#)
- Description of Jenna: [Session 2 - Jenna.pdf](#)
- Description of Toby: [Session 2 - Toby.pdf](#)



Image 3.2



Image 3.3

Exercises

Exercise 1

Name of exercise: Stepping into Jenna and Toby's Shoes

Duration: 40 minutes

Materials needed: Case study handout - in resources; Paper and pen for notes

This activity involves participants adopting the roles of Jenna and Toby to explore solutions for balancing work and family life. By stepping into their shoes, participants can better understand the challenges each partner faces and collaboratively develop a balanced work-life solution.

Implementation Steps:

1. Divide into Groups: Split participants into two groups: one representing Jenna and the other representing Toby.

2. Role Understanding: (Find character definition in the resources)
Each group spends time discussing and understanding their assigned role, focusing on the challenges and feelings associated with that role.

3. Strategy Development (15 minutes):
Each group discusses and notes down what they, as Jenna or Toby, need to do to find a balanced work-life solution. This should include their needs, possible compromises, and actions they can take.

4. Role-playing and Negotiation (10 minutes):
Bring the two groups together and have 1 representative of each group for role-play. Have them role-play a negotiation between Jenna and Toby, using the strategies they developed.
Focus on communication, empathy, and finding a mutually beneficial solution.

5. Reflective Questions:

- How did assuming Jenna/Toby's role change your perspective on the situation?
- What were the key needs and concerns expressed by each role?
- Which strategies were identified as most effective for achieving balance?
- How did the role-play help in understanding the importance of communication and empathy in -resolving such issues?
- What insights can you take from this activity to apply in real-life situations or in supporting others with similar challenges?

This role-playing activity allows participants to deeply engage with the real-life dynamics of work-life balance in a family setting. It encourages empathy, creative problem-solving, and effective communication, all crucial elements in navigating equal parenting and work-life challenges.

Exercise 2

Name of exercise: Reversing Roles: Toby's Return to Work

Duration: 40 minutes

Materials needed: Scenario description sheets for each group (detailing their roles and the new scenario - in resources). Pens and paper for note-taking.

In this role-playing activity, participants explore a reversed scenario where Toby is the stay-at-home parent looking to re-enter the workforce as a Marketeer after a 6-year break. Each group will represent either Jenna or Toby and will discuss the unique challenges each might face in this situation.

Implementation Steps:

1. Setting the Scene

- Explain the reversed scenario to the participants.
- Maintain the same groups as the previous activity, with one representing Jenna and the other representing Toby.

2. Understanding the Role

- Each group spends time discussing the challenges and feelings associated with their assigned role in the new scenario.

3. Identifying Challenges

- Groups discuss and note down the specific challenges that Jenna or Toby might face in re-entering the workforce, considering factors like societal perceptions, employer biases, and personal insecurities.

4. Presentation and Discussion

- Have each group present the challenges they identified for their character. Facilitate a discussion comparing the challenges faced by Jenna in the original scenario and Toby in the reversed scenario.

Reflective Questions:

- How do the challenges faced by Toby as a stay-at-home dad differ from those faced by Jenna in the original scenario?
- What similarities exist in their experiences, regardless of gender?
- How do societal norms and stereotypes about gender roles influence the experiences of returning to work?
- What strategies can be employed to overcome these challenges?
- How has this activity shaped your understanding of equal parenting and work-life balance?

This activity encourages participants to consider the challenges of returning to work from a gender-neutral perspective, highlighting the importance of supporting all parents, regardless of gender, in balancing work and family life. It's a powerful way to challenge stereotypes and foster a more inclusive understanding of parenting and professional development.

Consolidation of Knowledge

Debriefing Questions for Reflection:

As we conclude Session 2, centered on the benefits of equal parenting for working parents, reflected through the case study of Jenna and Toby, consider these reflective questions:

1. How do gender norms and societal expectations influence the experiences of parents like Jenna and Toby when re-entering the workforce?
2. What unique challenges did Jenna face, and how did these differ from typical challenges a father might face in a similar situation?
3. What solutions emerged during our discussions and role-plays that could effectively address these challenges?
4. How can equal parenting practices alleviate the challenges faced by parents returning to the workforce?
5. In what ways does equal parenting benefit not just the individual parents but the family as a whole?
6. What personal insights have you gained from this session about balancing work and family responsibilities?
7. How might these insights influence your approach to supporting parents in your professional or personal life?

Reflective Session Summary

Session 2 has offered us valuable insights into the complex dynamics of equal parenting and its benefits for working parents. Through the case study of Jenna and Toby, we explored the challenges faced by parents, particularly mothers, re-entering the workforce after a break. We explored the societal norms and gender biases that often shape these experiences and discussed practical strategies to overcome them.

The role-playing exercises allowed us to step into Jenna and Toby's shoes, fostering empathy and a deeper understanding of their situation. We saw firsthand how equal parenting can be a powerful tool in balancing work and family life, contributing to a healthier, more fulfilling family environment.

As we conclude this session, let us carry forward the understanding that equal parenting is not just a concept but a necessary practice in today's world. It holds the potential to transform individual lives and by extension, our society, fostering equality, mutual respect, and a more balanced approach to life's many responsibilities.

Session 3

Advantages Of Equal Parenting For Leisure Time Activities

Keywords: well-being; mental-health; balance; equal parenting; me-time

Duration: 3 hours

Warm-up exercise: "Two Truths and a Lie"

Duration: 15 minutes

Objectives:

- Encourage participants to share personal experiences related to work and family life.
- Build a relaxed and open atmosphere for discussion.

Instructions:

1. Each participant thinks of two true statements about their experiences in balancing work and family responsibilities and one false statement.
2. Participants take turns sharing their three statements with the group.
3. The rest of the group guesses which statement is the lie.
4. After the guessing, the participant reveals the lie and briefly shares the story behind the truths and the lie.
5. Repeat the process until everyone has shared.

This activity aims to create a lighthearted and engaging environment for participants to start thinking about their personal experiences related to the session's theme.

Case study & Discussion

Holly's Struggle for "Me-Time"

What to Pay Attention to:

- **Holly's Challenges:** Explore the challenges Holly faces as a working mother trying to find time for herself amidst her parenting and professional responsibilities.
- **Impact on Well-being:** Consider the emotional and psychological toll on Holly due to the lack of "me-time" and the consequences for her overall well-being.
- **Support System:** Analyze Holly's support system, including her husband's efforts, and evaluate if it's effective in addressing her needs.

Questions for Deeper Discussion:

- **Commonality:** How common do you think Holly's situation is among working parents, especially mothers? Share any personal or observed instances.
- **Parental Responsibilities:** Discuss the challenges of balancing parental responsibilities and personal leisure time. How can -parents navigate this delicate balance?
- **Impact on Relationships:** Consider how Holly's stress and lack of "me-time" might affect her relationships with family members. How important is individual leisure for maintaining healthy family dynamics?
- **Strategies for "Me-Time":** Brainstorm strategies that could help Holly and other parents in similar situations find time for themselves. How can they communicate their needs effectively?
- **Coping Mechanisms:** Share insights on effective coping mechanisms for parents dealing with overwhelming responsibilities. What role does self-care play in maintaining mental health?

This discussion aims to explore the case study, encouraging participants to reflect on the broader implications of Holly's situation and share their perspectives on work-life balance and individual well-being.

How to implement the theory part

The theoretical part of UNIT 3 focuses on the advantages of equal parenting for leisure time activities. This section provides guidance on how trainers can effectively implement the theoretical content during the training session.

Implementation Strategies:

Interactive Discussions: Encourage open discussions among participants regarding the theoretical insights provided. Use prompts to explore real-life examples and experiences related to leisure time activities within the context of equal parenting.

Case Study Analysis: Utilize the case study of Holly to illustrate the challenges faced by working parents, especially in finding personal leisure time. Prepare participants to analyze Holly's situation and identify key factors contributing to her struggle.

Visual Aids: Enhance understanding by incorporating visual aids such as charts, graphs, or infographics to illustrate the benefits of equal parenting for individual leisure activities. Visuals can aid in delivering complex concepts in a more accessible manner.

Role-Playing Exercises: Engage participants in role-playing scenarios that simulate the challenges and benefits of equal parenting for leisure time. This hands-on approach allows participants to empathize with different perspectives and develop practical solutions.

Key Discussion Points:

Definition of “Me-Time”: "Me-time" refers to a period of time when an individual can engage in activities solely for their own enjoyment, relaxation, or personal development. It is a moment of self-care and rejuvenation, often away from the demands of work, family, or social obligations. Examples of me-time activities include reading, taking a bath, practicing hobbies, or simply enjoying solitude. Me-time is essential for maintaining mental health, reducing stress, and fostering a sense of well-being.

Family Leisure Activities: Emphasize the importance of equal parenting in facilitating family leisure activities. Discuss how shared responsibilities contribute to building stronger family bonds.

Role Modeling: Highlight the role of parents as role models for their children, demonstrating values such as fairness and respect through engagement in shared leisure activities.

Individual Leisure Time: Discuss the significance of individual leisure time for parents. Explore how equal parenting allows for a better balance between family responsibilities and personal pursuits.

Stress Management: Address the impact of leisure activities on stress management. Explore how engaging in hobbies or personal interests contributes to better mental health and overall well-being.

Tips for Trainers:

- **Facilitate Open Dialogue:** Create a supportive environment that encourages participants to share their experiences and perspectives on equal parenting and leisure time.
- **Relate to Participants:** Relate theoretical concepts to the participants' own experiences, making the content more relatable and applicable to their lives.
- **Encourage Reflection:** Incorporate reflective exercises that lead participants to consider how equal parenting can be implemented in their own lives, fostering a sense of personal connection to the material.

Conclusion:

By implementing these strategies, trainers can effectively deliver the theoretical content of UNIT 3, fostering meaningful discussions and encouraging participants to apply the principles of equal parenting to their own lives.

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 10 - 15 minutes
- Theory: 30 - 45minutes
- Exercise 1: 30 minutes
- Exercise 2: 40 minutes
- Consolidation of Knowledge: 10 - 15 minutes

Images or videos to be used in the session

- Case Study of Holy: [Case Study of Holy.pdf](#)
- Me-Time definition - Exercise 2: [Me-Time.pdf](#)



Image 3.4



Image 3.5

Additional resources

- <https://www.psychologytoday.com/intl>
- <https://raisingchildren.net.au/>

Exercises

Exercise 1

Name of exercise: Balancing "Me-Time"

Duration: 30 minutes

Materials needed: Printout of the [Case Study of Holly.pdf](#) .Pens, papers, post-its

Description of the Activity:

Participants will engage in a problem-based learning exercise focusing on finding solutions to Holly's challenge of balancing "me-time" with parenting and work responsibilities.

Implementation Steps:

a. Introduction (5 minutes):

- Briefly recap the case study of Holly and her struggle with finding time for herself. (full description on resources)
- Explain that participants will work collaboratively to brainstorm solutions to Holly's challenge.

b. Brainstorming Session (10 minutes):

- Divide participants into small groups.
- Provide each group with a whiteboard or flip chart, markers, sticky notes, and pens.
- Ask groups to brainstorm practical solutions for Holly to balance "me-time" while fulfilling her parenting and work responsibilities.

c. Group Discussion (10 minutes):

- Each group presents their solutions to the entire group.
- Encourage discussions on the feasibility and effectiveness of each solution.

- Facilitate an open dialogue on challenges and benefits associated with different suggestions.

d. Reflection and Summary (5 minutes):

- Lead a reflective discussion on the key takeaways from the activity.
- Summarize the importance of finding a balance between personal time, work, and parenting.

Reflective Questions:

- What were the most common solutions proposed by the groups?
- How do these solutions align with the principles of equal parenting?
- In what ways can implementing these solutions positively impact Holly's well-being?
- How might the solutions presented be adapted to participants' own lives?

This activity encourages participants to collaboratively explore solutions to the challenges presented in the case study while fostering a deeper understanding of the principles of equal parenting.

Exercise 2

Name of exercise: Me-Time Debate

Duration: 40 minutes

Materials needed: Pens, Papers , [Me-Time.pdf](#)-

Description of the Activity:

Participants will engage in a structured debate on the concept of "acceptable Me-time for parents" and societal expectations regarding parental responsibilities.

Implementation Steps:

a. Introduction (5 minutes):

- Introduce the topic of Me-time for parents and its significance in maintaining well-being. (found in resources)
- Divide participants into two groups: one advocating for the importance of Me-time, and the other emphasizing societal expectations on parents.

b. Preparation (5 minutes):

- Allow each group to discuss and note down key points supporting their stance.
- Encourage participants to consider the impact of societal expectations on parental stress.

c. Debate (15 minutes):

- Each group takes turns presenting their arguments in favor of their assigned perspective.
- Set a timer for each group to ensure equal presentation time.
- Encourage participants to use evidence and personal insights to support their points.

d. Open Discussion (10 minutes):

- Facilitate an open discussion where participants can respond to each other's points.
- Encourage respectful dialogue and the sharing of diverse perspectives.

e. Reflection (5 minutes):

- Ask participants to reflect on the debate and consider how societal expectations impact their personal views on Me-time.
- Discuss the importance of finding a balance between personal time and parenting responsibilities.

Reflective Questions:

- How did the debate influence your perspective on Me-time for parents?
- What societal expectations do you feel contribute to parental stress?
- In what ways can equal parenting principles address the challenges discussed in the debate?
- How can participants apply the insights gained from the debate in their own lives?

This activity encourages participants to critically examine societal expectations related to Me-time for parents and promotes an open discussion on the challenges parents face in balancing personal and family needs.

Consolidation of Knowledge

Debriefing Questions to Reflection:

- How common do you think Holly's situation is among working parents?
- What are the potential consequences of not having enough Me-Time for parents' well-being?
- Reflect on the importance of equal parenting in leisure activities. How does it impact family dynamics?
- Discuss the challenges faced by parents in balancing work, parenting, and personal time.

Reflective Session Summary:

In today's session, we explored the challenges faced by parents, focusing on Holly's story. The case study highlighted the struggle of finding Me-Time amidst the demands of work and parenting. We explored the significance of equal parenting in fostering family bonds and allowing space for individual pursuits.

The activities encouraged participants to problem-solve like Holly and engage in a debate on the expectations around Me-Time. As we conclude, consider how implementing equal parenting practices and recognizing the importance of Me-Time can contribute to a healthier, more balanced family life.

Session 4

How To Create A Balance Between Work And Leisure When Practicing Equal Parenting

Keywords: balancing; well-being; family

Duration: 2.5 hours

Warm-up exercise: "Quick Balance Check"

Duration: 15 minutes

Objectives:

- Energize participants and create a positive atmosphere.
- Introduce the concept of balance in a lighthearted way.

Step-by-Step Instructions:

Introduction (2 minutes):

- Explain that this activity is a quick and fun way to check in on the balance in their lives.
- Emphasize the importance of finding balance for overall well-being.

Balancing Act (5 minutes):

- Ask participants to stand up and form a circle.
- Explain that you will call out different aspects of life (e.g., work, family, personal time).
- Participants respond by physically adjusting their balance to represent how much time or focus they currently allocate to each aspect - If it is a lot of time they lean forward, if it is less time, they lean backwards.
- For example, if "work" is mentioned, participants lean slightly forward; if "personal time" is mentioned, they lean back.

Discussion (2 minutes):

- After each call-out, briefly discuss how participants felt adjusting their balance.
- Encourage sharing thoughts on finding equilibrium in different life aspects.

Reflection (5 minute):

- Conclude by asking participants to reflect on their own sense of balance.
- Pose a quick question like, "What's one small change you can make to improve your balance?"

Closing (1 minute):

- Thank participants for their participation and energy.

Transition smoothly to the main session, connecting the activity's theme to the broader discussion on work-life -balance.

This energizer is designed to engage participants physically and mentally, setting a positive tone for the session while introducing the topic of balance in a simple and interactive way.

Case study & Discussion

"Balancing Shifts as Equal Parents"

Objectives:

- Understand the challenges faced by parents working shifts.
- Explore the efforts made by parents to manage work, parenting, and maintain communication with their children.
- Discuss strategies for ensuring children don't feel neglected despite parental work schedules.

Questions for Discussion:

Challenges Faced by Parents:

- What challenges do you think Paul and Sophia faced when both had to work shifts, night shifts, and holidays?
- How might irregular working hours impact the family dynamics?

Efforts to Manage Work and Parenting:

- What efforts did Paul and Sophia take to successfully manage their kids while working shifts?
- How did their decision to switch off every week between days and nights contribute to their ability to stay employed and maintain a relationship with their children?

Communication with Children:

- Why is open communication important when parents have irregular work schedules?
- How did Paul and Sophia ensure that their children never felt neglected or unheard despite their demanding work schedules?

Reflection on Equal Parenting:

- In what ways did Paul and Sophia demonstrate equal parenting in their approach to managing work and family responsibilities?
- How do you think equal parenting can contribute to a more balanced family life?

Strategies for Improvement:

- Considering the tips provided for creating a work-life balance in the theoretical part, what additional strategies could Paul and Sophia implement to enhance their situation?
- Are there potential downsides or limitations to their current approach?

Applicability to Participants' Lives:

- Can you relate Paul and Sophia's situation to your own -experiences or those of someone you know?
- How might the principles discussed apply to your personal or future parenting situations?

Additional Considerations:

Encourage participants to share personal insights and experiences related to balancing work and parenting, fostering an open and supportive discussion. Emphasize the importance of collaborative problem-solving and learning from each other's perspectives.

How to implement the theory part

The theoretical part of UNIT 4 focuses on the challenges of balancing work and leisure when practicing equal parenting. It introduces the concept of work-life balance and provides tips for achieving this balance, emphasizing effective communication, setting clear expectations, utilizing support systems, and prioritizing individual and family leisure activities.

Implementation Guidance:

Work-Life Balance Discussion:

- Begin with an interactive discussion on the concept of work-life balance.
- Encourage participants to share their understanding of work-life balance and its relevance to parenting.
- Relate the discussion to the challenges faced by working parents, setting the stage for the theoretical content.

Key Concepts and Tips:

- Present key concepts such as the importance of communication, setting expectations, utilizing support, and prioritizing leisure.
- Explain the relevance of work-life balance in the context of equal parenting and how it contributes to overall well-being.

Real-life Examples:

- Share real-life examples, anecdotes, or case studies to illustrate the challenges and benefits of achieving work-life balance.
- Connect these examples to the experiences of Paul and Sophia, emphasizing the practical application of the discussed tips.

Interactive Activities:

- Engage participants in interactive activities to reinforce the theoretical concepts.
- For example, conduct role-playing scenarios where participants practice effective communication or share personal experiences related to work-life balance.

Group Discussion on Tips:

- Facilitate a group discussion on the tips provided for creating a work-life balance.

Encourage participants to reflect on the relevance of each tip -to their own situations and share insights.

Q&A Session:

- Allocate time for a question-and-answer session to address any queries or concerns participants may have.
- Clarify doubts related to the theoretical content and provide additional examples if needed.

Application to Participants' Lives:

- Conclude the session by prompting participants to consider how they can apply the principles of work-life balance in their own lives.
- Encourage self-reflection and goal-setting regarding work-life balance practices.

Additional Resources:

- Recommend further reading materials, such as the suggested book "Overwhelmed: Work, Love, and Play When No One Has the Time" by Brigid Schulte.
- Provide links to relevant articles on work-life balance from reputable sources like Harvard Business Review (HBR).

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 25 minutes
- Theory: 30minutes
- Exercise 1: 40 minutes
- Exercise 2: 20 minutes
- Consolidation of Knowledge: 10 - 15 minutes

Images or videos to be used in the session

- Case study Sophia and Paul: ["Balancing Shifts as Equal Parents"](#)
- Work Life Balance definition: [Work-Life Balance.pdf](#)



Image 3.6



Image 3.7

Exercises

Exercise 1

Name of exercise: Creating a Balanced Future

Duration: 40 minutes

Materials needed: Pen/pencil; Paper, /Optional: laptop or tablet for research/
Printout of [Work-Life Balance.pdf](#) (in resources)

Description of the Activity:

1. Introduce the concept of work-life balance and its significance in equal parenting.
2. Explain the tips for creating a work-life balance discussed in the theoretical part.
3. Divide participants into pairs or small groups.
4. Provide each pair/group with paper and a pen/pencil.
5. Instruct them to discuss and write down their ideas for creating a work-life balance plan when practicing equal parenting.
6. Encourage research and inclusion of additional helpful tips.
7. After 20-30 minutes, ask each pair/group to share their plan with the rest of the group.
8. Facilitate a discussion about different ideas and strategies presented.

Reflective Questions

- What challenges did you encounter while developing your work-life balance plan?
- How do the strategies in your plan align with the tips discussed earlier?
- How can you apply these strategies in your current or future parenting roles?

Exercise 2

Name of Exercise: "Improving Paul and Sophia's Situation"

Duration: 20 min

Materials needed: Print out of Paul and Sophia's case study - in resources ("Balancing Shifts as Equal Parents") Pen; papers

Instructions:

1. Refer back to the case study.
2. After discussing tips for work-life balance, ask participants to suggest strategies to improve Paul and Sophia's situation.
3. Encourage critical thinking about the effectiveness of their current family management method.
4. Discuss alternative approaches and encourage participants to share their perspectives.

Consolidation of Knowledge

Debriefing Questions:

1. Reflect on the challenges discussed in the case study. How do they relate to your own experiences or observations?
2. How can the tips for work-life balance be applied in your personal and professional life?
3. Share one insight gained from the problem-based learning activity.

Session Summary:

In Session 4, we explored the challenges faced by Paul and Sophia, busy nurses practicing equal parenting. Participants engaged in a problem-based learning activity, creating work-life balance plans.

The discussion led us into strategies for improvement, emphasizing the importance of communication, clear expectations, and utilizing support systems.

As we conclude, consider how these insights can contribute to a more balanced and fulfilling family life

SUMMARY OF MODULE

Unit 1: Understanding Equal Parenting

In this unit, we explored the concept of equal parenting, which involves both partners sharing parenting responsibilities equally. We discussed the benefits of equal parenting, such as promoting gender equality, fostering stronger family bonds, and providing children with diverse role models.

Unit 2: The Significance of Leisure Time in Equal Parenting

Unit 2 explored the importance of leisure time in equal parenting. We examined how shared leisure activities strengthen family relationships, enhance communication, and contribute to children's development. The unit emphasized the role of leisure in promoting family well-being.

Unit 3: Advantages Of Equal Parenting For Leisure Time Activities

Unit 3 focused on the advantages of equal parenting for leisure time activities. Through a case study featuring Holly, a working mother seeking balance, we explored the benefits of equal parenting in allowing parents to enjoy individual leisure activities, reduce stress, and improve mental well-being. Practical tips were provided to implement equal parenting effectively.

Unit 4: How To Create A Balance Between Work And Leisure When Practicing Equal Parenting

In the final unit, we examined the challenges of balancing work and leisure in equal parenting, using the case study of Paul and Sophia, two busy nurses. We discussed the significance of work-life balance and provided strategies for achieving it, emphasizing effective communication, shared responsibilities, and self-care.

Conclusion:

Module 3 highlighted the advantages of equal parenting for leisure time activities and work-life balance. By understanding the benefits and practical strategies discussed in this module, participants are better equipped to embrace equal parenting, nurture family bonds, and maintain their well-being.

Module 4

Domestic collaboration



Dear Trainer,

Join us for Module 4, "Domestic Collaboration." This module aims to teach young adults the importance of domestic collaboration to create a successful parenting partnership. Along the Units of this module, learners will understand the importance of collaboration and communication between parents, how to interact with people close but outside the family, how to overcome obstacles that prevent effective domestic collaboration and will find strategies to create a successful parenting partnership.

Throughout the Module, you will acquire knowledge regarding:

- The most important theories on social feeling and capacity of identification, which is the base for developing a balanced identity in the social context (based on Adler's theory).
- The cognitive development phases (based on Piaget's theory).
- The 4 types of attachment relationships as a result of the ties of the children with their parents.
- The effective cooperative communication between both parents, and parents with children, drives children towards a Secure Attachment (based on John Bowlby's theory).
- Effective cooperative communication with people close but outside the family (i.e. school figures, educators in leisure activities, other parents and relatives of the family).
- Emotional Intelligence according to Goleman

The module consists of 4 sessions for which a detailed plan has been developed. Each session plan consists of four basic elements:

- introduction to the topic,
- case study
- exercises,
- consolidation of knowledge as a form of debriefing.

Each element of the session has an important function, so act step by step. Take advantage of our suggestions and be attentive to any tips.

Looking forward to your participation.

Best Regards,
Equal parenting partner consortium

Introduction

Parenting brings immense joy, but it is also stressful and difficult to manage in many of its aspects. Nobody is capable of being a parent, they become, and that means to learn about it.

One way to support parents is by encouraging equal parenting within a family unit – this means both parents should learn to cooperate, and for a successful cooperation a good communication is needed.

This educational content will explore what domestic collaboration is, and provide suggestions on how to create it in all its aspects: inner and outside the family, therefore by taking into consideration, not only the family unit, but also other figures, like school figures, leisure organisations, with other parents and the rest of the relatives.

Goals: This module aims to help parents understand the concept of domestic collaboration and how it could benefit their family life. It will focus on understanding the relationship among the people in the family unit, but also the relationship between the family unit and the other figures above mentioned:

- school figures,
- leisure organisations,
- other parents,
- the rest of the relatives.

The goals are to help couples learn about the importance of social feeling and capacity of identification of children, to acquire effective communication techniques, as well as to set healthy boundaries and how to respect social values.

Additionally, this module will provide participants with an overview of relevant research findings in order to better inform their decisions regarding equal parenting practices.

Context

This module supports parents in creating good communication at home, providing them knowledge about the most important theories that stand behind a good communication, and suitable skills based on concrete examples and resources, as well as tips.

As said before, the domestic collaboration we propose is not only within the family, but also outside where creating healthy boundaries is essential. In summary, to create a better and more effective domestic collaboration.

Session 1

Inner family - the relationship between parents, and parents with children

Keywords : Strategic thinking, Equal Parenting Division of Responsibilities, Full-time Jobs, Childcare, Communication, Fairness, Adequate Care.

Duration: 2 hours

Warm-up exercise: “The Hunters”

Duration: 15 minutes

Explanation of the implementation:

Select 1-3 Hunters (Taggers). Hunters can run and carry evil freezing ball. All of the other people are dangerous dogs.

Dangerous dogs move on their hands and feet. If a Dangerous Dog gets hit by a freezing red ball then they become frozen and must freeze. A dangerous dog can free a dangerous frozen dog by crawling under the gap between the hand and feet.

Play until all dogs are caught or until the end of the time limit. Increase the size of the playing area. Reduce the number of taggers. Do not allow taggers to guard dangerous dogs.

Case study & Discussion

- [Module4_casestudy1.pdf](#)

Discussion:

1. Ask the participants what social feelings may be, by inviting them to write keywords on posts and stick them on the whiteboard. Going to the posts, start collecting the keywords per area and engage participants in a discussion to re-create together the meaning of social feeling. Close the session with a brief, but effective definition.
2. As above, do the same with the concept of “good communication in the family”.
3. To explain the 4 attachment styles, create 16 cards (4 with the name of the attachment styles - 4 with what people think - 4 with what people feel - 4 with the kind of personality as shown in the graph). Ask the participants to combine each type with the right definition. Now start a discussion.
4. Ask the participants to write the main characteristic of a child according to the 5 Children’s cognitive development phases (Piaget’s theory)

How to implement the theory part

To implement the theory part, the trainer should use the case study of Maria to explain the importance of routine for children, because it creates to them a sense of order and safety.

The trainer should highlight that parents provide their children with the first model of what a relationship is and what it looks like. And Maria’s different attitudes can negatively impact to raise her emotionally stable and to prepare her to deal with the complexities of the world.

To disagree in front of Maria is seen “talking negatively” to her mother in front of the child, even if it is expressed only by mere facts and using body language.

The trainer should emphasise the importance of communication in this process, both in terms of clarifying expectations and in addressing disputes or disagreements, basically **it would be useful to set routine check-ins for the parents to talk privately about their child.**

Next the trainer should facilitate a discussion on recognizing that many people become parents when they still have little information about the development of children. This is why disagreements often occur. Parents who recognize and admit that **parenting is not easy** can do without much disagreement. When alone, parents can remind each other that being parents is an ongoing challenge and that support by both sides is essential and to **adopt a long-term perspective**.

The trainer should encourage the participants to think critically and not confuse short-term symptoms and emotions with long-term goals, so that a critical moment does not become the reason for a quarrel.

Finally, the trainer should guide the participants through the role-playing activity, inviting the participants to work in pairs and to create a possible plan “Do Things Together as a Family”. The trainer should ensure that each pair and group gets an opportunity to present their arguments, facilitating a respectful and constructive debate on the subject. In conclusion, the trainer should summarise the key points discussed and underscore the benefits of this kind of domestic collaboration, that are:

- Value of family
- Stronger connection
- Positive life at home makes it easier to go through life.

Plan for implementation of session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 15 minutes
- Theory: 30 minutes
- Exercise 1: 20 minutes
- Exercise 2: 20 minutes
- Consolidation of Knowledge - 10 minutes

Images or videos to be used in the session

- [Module4_casestudy1.pdf](#)



image 4.1

Additional Resources

- Adler, Alfred. (1951). *The practice and theory of individual psychology* (P. Radin, Trans.). New York: Humanities Press. (Original work published 1920)
- Rutter M (2008). "Implications of Attachment Theory and Research for Child Care Policies". In Cassidy J, Shaver PR (eds.). *Handbook of Attachment: Theory, Research and Clinical Applications*. New York and London: Guilford Press. pp. 958–74. ISBN 978-1-59385-874-2.
- Block, Jack (1982). "Assimilation, accommodation, and the dynamics of personality development". *Child Development*. **53** (2): 281–295. doi:10.2307/1128971. JSTOR 1128971.
- Bakir, A., Rose, G. M., & Shoham, A. (2006). Family communication patterns: Mothers' and fathers' communication style and children's perceived influence in family decision making. *Journal of International Consumer Marketing*, 19(2), 75-95.

Exercises

Exercise 1

Name of exercise: What are the basic pedagogical pillars for a good communication in the family?

Duration: 20 minutes

Materials needed: Paper and pens for note-taking, a flip chart or whiteboard with markers for group discussions, handouts with key concepts if available.

This activity aims to teach participants what the basic pedagogical pillars for good communication in the family is (social feeling, 4 attachment styles, 5 Children's cognitive development phases), and its importance, and what is their parental role in ensuring the good development of their children.

Divide the participants into pairs and ask the participants what their **social feelings** may be, by inviting them to write keywords on posts and stick them on the whiteboard. Going to the posts, start collecting the keywords per area and engage participants in a discussion to re-create together the meaning of social feeling. Close the session with a brief, but effective definition.

Now give them the cards of the 4 attachment styles and ask them to put the exact combination among, the attachment style, what a person thinks, what a person feels, and what kind of personality can be.

Now, to conclude this module, ask the participants to write the main characteristic of a child on the empty scheme, according to the **5 Children's cognitive development phases** (Piaget's theory)

Exercise 2

Name of exercise: What is a “good communication in the family”?

Duration: 20 minutes

Materials needed: Paper and pens for note-taking, a flipchart or whiteboard with markers for group discussions, handouts with key concepts if available.

Printed Cards.

This activity aims to teach participants what good communication in the family is and its importance, and what is their parental role in ensuring a good development of their children.

Leaving the same pairs of the exercise before and ask them what good communication in the family may be, by inviting them to write keywords on posts and stick them on the whiteboard. Going to the posts, start collecting the keywords per area and engage participants in a discussion to re-create together the meaning of social feeling. Close the session with a brief, but effective definition.

Consolidation of Knowledge

After these exercises and discussions, it's important for participants to reflect on what they've learned and consider how they might apply these concepts in their own lives. Here are a few debriefing questions to help guide their reflections:

- How do you feel about the concept of good communication in parenting?
- Can you identify areas in your own life where you can improve in terms of establishing a good communication with your partner? What steps can you take to implement these changes?
- How can you communicate your needs and expectations regarding parenting role with your partner effectively?
- How would you handle a situation where you feel your partner is not fulfilling their parenting role?

Session 2

Outside the family - the relationship with the school figures

Keywords: Emotional intelligence, Trust, Flexibility, Strategic thinking

Duration: 2 hours

Warm-up exercise: “Dance move”

Duration: 15 minutes

Select 1-3 taggers Set up the audio system to play varied music.

Taggers aim to catch all of the students. If a student is caught, they have to stop and create a dance move. They keep repeating the dance move until a peer comes to save them. To be freed, a peer must mirror or copy the dance move for 5 seconds. They are then free to rejoin the game. Students cannot repeat a dance and must create a different dance move if they are caught again.

Further opportunities:

Differentiation Easier: - Reduce taggers

Harder: - Increase taggers - Increase complexity of dance move requirements (for example the dance move must go from low to high movements)

Variations - Dance Crew: When a player is caught, 3 other peers must come and join the dance crew before they are freed.

Case study & Discussion

Case Study M4_S2

Make a discussion:

The first thing both parents should keep in mind is that early schooling is a benefit for the socialisation process for their daughter outside the family. Parents need to take care about some **emotional intelligence** aspects, that means to remain calm, reassuring, confident, and resolute about the fact of going to school, and to act as a guidance.

In the Case Study, Michelle's mother made matters worse by trying to comfort her with lies and letting her doubts. That affects the emotional intelligence of the child. Beware that **children find out about emotions from their own parents**, by imitating them. It is them who give children the first lessons about emotions, and others' reactions to them; how to identify the emotions of others and how to react accordingly, how to express their needs, wishes, expectations, hopes, fears, frustrations, and dissatisfaction.

By her emotional reaction to the experience of separation, Michelle's mother has involuntarily set her daughter's disposition for kindergarten to be negative.

Separation anxiety is a normal and necessary part of development. During the first year of life, something called object constancy is established in the child's mind. What object constancy refers to is the fact that the baby remembers that mommy or daddy continues to exist even after one or both leave the room leaving some children this anxiety.

What the mother should have done is to let Michelle know she and her father **trust the teacher to be in charge** while they are not around and give her reassurance by informing her that she will learn new things there and meet many other children like her with whom she will be able to play.

Building trust with the teacher eases much of the separation anxiety the child experience.

A good idea would be to allow the child to meet the teacher before school begins. This meeting should also include a chance for the child to explore the environment of the classroom. Note that young children do not make hard distinctions between home and school and that **school and family are not isolated from one another**.

Many parents never interact with the school unless the school works hard to promote parental engagement in their child's schooling.

How to implement the theory part

To implement the theory part, the trainer should use the case study to explain the main pedagogical concepts related to this specific case.

The trainer should highlight the parameters of good communication among parents and their contribution to their success as equal parents, by highlighting the importance of active listening and cooperative communication.

Next, the trainer should facilitate a discussion among participants to understand if the concepts have been assimilated and to think critically, as well as to come up with creative and practical solutions.

In conclusion, the trainer should summarise the key points discussed and underscore the importance of equal parenting.

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 15 minutes
- Theory: 30 minutes
- Exercise 1: 20 minutes
- Exercise 2: 20 minutes
- Consolidation of Knowledge - 10 minutes

Additional resources

- Adler, Alfred. (1951). The practice and theory of individual psychology (P. Radin, Trans.). New York: Humanities Press. (Original work published 1920)
- Rutter M (2008). "Implications of Attachment Theory and Research for Child Care Policies". In Cassidy J, Shaver PR (eds.). Handbook of Attachment: Theory, Research and Clinical Applications. New York and London: Guilford Press. pp. 958–74. ISBN 978-1-59385-874-2.
- Block, Jack (1982). "Assimilation, accommodation, and the dynamics of personality development". Child Development. 53 (2): 281–295. [doi:10.2307/1128971](https://doi.org/10.2307/1128971). JSTOR 1128971.
- Bakir, A., Rose, G. M., & Shoham, A. (2006). Family communication patterns: Mothers' and fathers' communication style and children's perceived influence in family decision making. Journal of International Consumer Marketing, 19(2), 75-95.

Exercises

Exercise 1

Name of exercise: Set up the families' duties as individual members.

Duration: 20 min.

Materials needed: Paper and pens for note-taking, a flip chart or whiteboard with markers for group discussions, handouts with key concepts if available.

Ask the participants to prepare a to-dos' list of the different people who compose the family (at least, 2 parents and 1 child), now the individual tasks can be better drawn: going to work to earn money, buying food, doing sports, and extra-school activities, sleeping, etc.

Now create a timeline on paper of the day and, in cooperation with your child, ask all the family people (incl. your baby) to introduce the figures into the right timeline for all of them. By filling in the timeline, the child will understand that he needs to go to school/kindergarten while his/her parents are busy somewhere else to allow for the home routine to go on.

Exercise 2

Name of exercise: Early School Leaving? Difficulties and Solutions.

Duration: 20 min.

Materials needed: Paper and pens for note-taking, a flipchart or whiteboard with markers for group discussions, handouts with key concepts if available.
Printed Cards.

Should include a particular description of methods/exercise, principles/strategies of its implementation and practical tips.

Divide the participants in pairs and prepare some cards with some questions related to:

- what are the perceived **benefits of early schooling** of children in their view and what they figure the most commonly associated difficulties may be, as well as to provide potential solutions.

Now engage participants in a debate around the different responses given, noting both the commonalities and the discrepancies that have come up as a result and make a list to include all answers and possible solutions. According to that, now have them guess **what style of education** is more beneficial to a child and give their reasonings to justify their opinion. Make it to be a poll by means of which you can measure and reflect the beliefs of the participants around the issue.

Consolidation of Knowledge

After these exercises and discussions, it's important for participants to reflect on what they've learned and consider how they might apply these concepts in their own lives. Here are a few debriefing questions to help guide their reflections:

- How do you feel about the concept of early schooling?
- Can you identify what can be a good cooperation tool with the school figures?
How it is used in your closer environment?

Session 3

Outside the family - the relationship with leisure organisations and other parents

Keywords: Health relationships, resilience, competition.

Duration: 2 hours

Warm-up exercise:

Duration: 15 minutes

Give every participant a bib/pinnie (dragon tail). Participants must tuck their dragon tail into their shorts/trousers. It must be clearly visible.

Participants work individually to protect their dragon tails from others and at the same time take other participants' tails. If a student loses their tail, they are out of the game. Participants are not allowed to touch their own tails after the start of the game. See variations for different ideas.

Case study & Discussion

Duration: 15 minutes

Mike is 7 years old and loves playing tennis. At the sports club, there are many other children and it is a good opportunity to socialise. One day Mike goes back home crying because he lost a match with John. Parents deem his reaction to be an overstatement and start speaking with their child to understand the reason why he seems to be so upset.

Mike cannot accept that John played better than him and eventually confesses to his parents that John has made fun of his performance. Losing John meant Mike exposing his weakness, so he is now dreading it will turn into further emotional abuse in the form of teasing and mockery. Since there is no way to calm him down his father decides to go speak with the tennis trainer, who explains to Mike's father that John is extremely stirred up by his parents' demand to always strive to be "the best" and that the child is bullying the other children. The tennis trainer does not know what to do to revert the situation, since he is not willing to confront Mike's parents and tell them off because of the potential risk of losing clients. He'd rather stay away from the conflict and just stick to doing his job.

Mike's father goes into a fit of rage and once back home says to his partner that he wants to face John's parents. His partner invites him to calm down first, as she sees the need to face John's parents more constructively.

How to implement the theory part

Duration: 30 minutes

Some parents feel that exposing kids to competition teaches them real-life lessons about winning and losing. The benefits of this approach are the build-up of qualities like resilience and perseverance. Kids can learn how to lose and still feel good about their efforts.

Others, however, feel that competition tends to do more harm than good since competitiveness places too much pressure on kids and can cause unnecessary stress and anxiety. Children who are placed in competitive settings often feel disappointed, defeated and bad about themselves. Instilling competitiveness in kids can be destructive and toxic indeed, as in the case of John. Competition can also erode self-esteem, as it was the case for Mike because of the pressure exerted on him by John.

Either way, the truth is that there are pros and cons to both approaches.

To ward off these negative experiences and for the sake of cooperation, parents can remove the competitive aspect of activities and declare everyone a winner. In other words, it is possible to foster the "everyone gets a trophy" mentality. That is what Mike's parents should try to communicate to John's parents and to John himself. It would be important for John to understand the importance of his cooperative attitude with other children. Therefore, it would be advisable to speak with his parents first, and once they have their support, to speak with the child to let him understand the positive sides of sports for all. Healthy competition can teach kids that it is not always the best who are successful, but rather those who work hard and stick it out that are the real winners in the end. **The key is to find healthy ways** for kids to compete.

Keep in mind that competitiveness by itself is generally not a bad thing; it is how people approach competitions that can make them unhealthy. As a parent, how do you react in a situation in which competition has turned into a conflict between children? While it can certainly be difficult to restrain your emotions, it is important to **take a measured approach** to reach the best possible conclusion. You should ask yourself first: “Does the situation require my intervention?”, “Will my involvement help to lessen the conflict?” and “Which way can I handle the situation best?”.

The way to ideally approach such a situation would be to **show empathy and respect** right from the start, both for John’s parents and the child.

Most people, when facing situations like this, are concerned about offending other parents and prefer to avoid confrontations for good reason: most people are quick to jump to the defence of their children and can easily interpret your comments as an attack on their child and their parenting skills. **Bring up the issue softly without blame or criticism**, so the other persons do not feel threatened. If you happen to say something offensive about the other person or their child, stop the conversation and apologise. It is okay to name and label the reprehensible behaviour, but only as long as it is done in a way that is not condemnatory and with no judgement implied.

Unfortunately, telling parents that their children are misbehaving can unintendedly hurt their feelings. By starting in a peaceful tone and showing due respect, the chances of getting a defensive response will be minimised, although it should be kept in mind that you cannot control the other person’s reaction or feelings.

It is nonetheless advisable that the conflict be addressed as soon as possible with the use of good manners and make it count for the children involved as an example of educational value. The more you can do on relationship building with the other parents, resolving the conflict in as kind and gentle a way as you can, the better example you set for your child.

It would help to ask John's parents what their thoughts about the problem are and what possible ways of tackling the issue they think might be there. You should always ***treat the other parents as the expert on their child***, which will give you insight into his/her personality and needs, and ***maintain a collaborative feeling*** between parents by acknowledging their perspective. ***Express your own limits and boundaries, but in a way that doesn't imply blame.***

Mike's parents should explain what their assessment of the problem is, and constructively and actively look for solutions in a cooperative way, rather than focusing too much on evaluating the other child or family.

It is not for Mike's parents to discipline John in any way, but they should be able to respectfully call out his behaviour as long as it is harmful to their child. They should ***strive for clarity*** when setting out what and where their limits are.

The discussion should be focused on the positive role of sports, like that it promotes teamwork and improves social skills, i.e. cooperation and respect for others, which are essential parts of social integration.

Healthy competition helps kids see that competition is not only about winning or losing. If winning is the only goal that a child values and pursues, it is bound to create an unhealthy environment. Hence, John should be encouraged to adopt a more constructive attitude around the activity and help his peers to do better instead of denigrating and making fun of them.

When kids have a growth mindset they are more likely to approach competition healthily, understanding that if they do not do well it will not be the end of the world. They should be taught that it is always possible for them to learn and improve.

John's parents should be reminded that sport at this age is mostly just an exercise to create a disciplined and goal-oriented attitude to succeed in other aspects of life and that it is okay for children to lose, as long as they are working hard, putting in their best effort and learning from the experience.

The best lesson children can learn from the competition is that the biggest competitor is themselves. By taking the focus off of winning and having them focus on things they can control instead, like their effort, we support a growth-based mentality rather than one that is too fixated on outcomes and results.

In other words, kids not only need to learn to believe in themselves and their abilities, but they also need to acknowledge that their identity has little to do with either winning or losing and that ultimately it is their qualities, attitude, and character that matter. John's parents should also be made aware of the fact that one of the most valuable aspects of the competition is failure and that their kid would learn valuable things if he also were to be allowed to lose. One thing parents can do to better prepare children shares their experiences with failure and what they learned from it. This way, when children experience challenges or failure, they will see it as a way of life and will be able to move on and get over it while remaining reasonably unperturbed.

Unfortunately, some parents withhold love and approval when their child does not perform up to their standards or win a competition, as it appears to be the case with John.

The downside of such an attitude is that the child will thus learn to fear not feeling loved or secure. Furthermore, they could easily start believing that they will never be good enough or that they are lacking in some way, and that their parents will never value them unless they win. The most common after-effect of such an attitude is that children will start working their tails off trying to make their parents happy, but trying to impress their parents at all costs can be most detrimental to their mental and emotional well-being.

That approach inevitably ends up creating what is known as performance anxiety. Oftentimes children end up refusing to partake in any competitive activity, to the extent of faking illness.

On the other hand, children greatly benefit when their parent's love, approval, and support are given unconditionally. It should be no different when they lose.

Mike's father has done the right thing by approaching his son's tennis coach first. Their talk has brought up understanding and has given him much necessary perspective on the underlying cause behind the conflict. However, due to a lack of awareness of his educational role and authority on the matter, the coach has failed to nip the conflict in the bud, further aggravating it using his indifference. By simply stepping aside and moving out of the way he has silently acquiesced to John's inappropriate and abusive displays of bravado.

Regardless of whether it is ,understandably, that the tennis coach would have been fearful of mediating in such a situation because of monetary reasons, it would be socially valuable that he could be made to understand the same relevant points to be implemented in his profession for the benefit of the future generations. Managing conflict in sports is all about attempting to get the most positive outcomes out of a conflict situation. Teaching young athletes sportsmanship and ways to manage their emotions is also a vital part of a coach's role. It is most important to manage conflict in a skillful manner, as undoing the damage caused in the heat of a moment can sometimes take a long time and a great deal of effort. Sometimes, due to conflict arising in a highly competitive setting, relationships can go beyond repair. That is precisely why conflict must be addressed before it reaches a degree of deterioration. An appropriate way to manage an escalating conflict is to have a productive conversation between the parties involved.

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 15 minutes
- Theory: 30 minutes
- Exercise 1: 20 minutes
- Exercise 2: 20 minutes
- Consolidation of Knowledge - 10 minutes

Additional resources

- Warren, Marilyn. (2012). *Sport and Crime Prevention* [Documents]. <https://jstor.org/stable/community.34616469>
- Theodore S. Ransaw. (2017). Cool Papas: Six Fathers in Mid-Michigan Who Utilize Play in their Fathering Involvement to Help Their Children Learn. *Spectrum: A Journal on Black Men*, 6(1), 1–31. <https://doi.org/10.2979/spectrum.6.1.01>
- Cabane, C., & Clark, A. E. (2015). Childhood Sporting Activities and Adult Labour-Market Outcomes. *Annals of Economics and Statistics*, 119/120, 123–148. <https://doi.org/10.15609/annaeconstat2009.119-120.123>

Exercises

Exercise 1

Name of exercise: Pros & Cons in Sport activities from a social point of view.

Duration: 20 min.

Materials needed: Paper and pens for note-taking, a flipchart or whiteboard with markers for group discussions, handouts with key concepts if available.
Printed Cards.

Create some cards containing the Pros of practising sports, and some cards of the possible negative attitudes taken by the sports tutor and/or parents. Put the cards in two different columns. One player picks up a negative attitude and one player picks up 2 Pros (i.e. 2 cards).

According to the relation to the 2 positions, start having a discussion trying to support your *“thesis”*. Who has the Pros, need to reason both cards. A third person is a referee, who will appoint points for each reasonable reply given to each other.

This role play wants to train parents in having good argumentation at the time to face people outside the family to create propositive relations.

Exercise 2

Name of exercise: The sport environment for children

Duration: 20 min.

Materials needed: Paper and pens for note-taking, a flipchart or whiteboard with markers for group discussions, handouts with key concepts if available.

1. Ask the participants what the added value of practising sports may be for children, by inviting them to write keywords on posts and stick them on the whiteboard. Going to the posts, start collecting the keywords per area and engage participants in a discussion to re-create together the meaning of practising sports for children.
2. As above, do the same with performance anxiety, aiming to come up with an approximate definition between them and ask them what could probably cause this problem in children and what the associated psychological effects they think could be.
3. Now make a brief but effective definition of both concepts and connect the results obtained by crossing the added value of practising sports with performance anxiety. Start a discussion with participants and arrive together at a positive conclusion.

Consolidation of Knowledge

After these exercises and discussions, it's important for participants to reflect on what they've learned and consider how they might apply these concepts in their own lives. Here are a few debriefing questions to help guide their reflections:

- Sports prevent child obesity problems and improve coordination, agility, balance, and space perception. They also help to get rid of stress and anxiety and to control sleep disorders. Do you want to add something more to share with the others?
- Sports also support cognitive development and strengthen self-esteem. Likewise,
 - sport promotes the need to try until the goal is reached, and reaching goals leads to improving self-esteem.
 - sports also teach the importance of rules and their acceptance with good grace and respect for others.
 - being part of a team promotes respect, tolerance, and equality. At the same time, it promotes responsibility and strengthens the feeling of belonging in terms of commitment and identification that an individual has towards the group and the activity they are doing together.

Can we make some concrete examples?

Session 4

Outer family - the relationship with the rest of the relatives

Keywords: Grandparents, Relationships.

Duration: 2 hours

Warm-up exercise: “City Explorer”

Duration: 15 minutes

This game can be played in any indoor or outdoor area. Set a limit on the size of the area. If you are playing outside, create an area using cones/spots. Teacher or injured/sick participant to hold a red, orange and green cone.

Participants are told that the playing area has now changed into the city/town. They are allowed to drive their cars around in any direction, but they must look out for the traffic lights! Red = Stop/freeze Orange = Hopping/Jumping/Get ready Green = Go/move As soon as they see a traffic light being held up by the teacher they must follow that action.

Case study & Discussion

Duration: 15 minutes

Sharon is 26 months old and still needs nappies. Sharon's grandparents are pushing for the weaning or removal of nappies because she is old enough, they say. However, Sharon is not capable of pointing to the toilet or potty or going directly to the place for her bodily needs yet. Furthermore, she does not feel annoyed by the soiled nappy. She still feels comfortable. It is not easy to find a balance in this situation, especially when Sharon stays at her grandparents' home and they insist on keeping the nappy away. The child feels conflicted and at fault and this is not good for her self-esteem.

How to implement the theory part

Duration: 30 minutes

Grandparents sometimes are too present. Oddly enough, in 99% of cases, grandparents described as overly intrusive will not be the parents of those complaining but their partner. Living together is never easy. It is already difficult to live in close contact with your parents/children/partners. If you then add in-laws... All this is absolutely understandable, but maybe before you get angry you should have a chat with someone who is living the situation outlined above: you will find that having grandparents available is a great blessing. Unfortunately, the package includes all the advantages but also the disadvantages: character, ideology, little quirks, etc.

If you still feel that your parents (or more likely in-laws) are too intrusive, do not hesitate to set limits. It may seem difficult to talk about it but it is better to set boundaries than to breed resentment that ends up poisoning your relationship. However, remember to be reasonable and think about the good of everyone: not only what you want but also what is right for your child, your partner, and the grandparents themselves. Whether you like it or not, they are an important part of the family.

Do not wait for your partner to set the limits, with the excuse that they are his/her parents. Your partner likely supports you because he/she loves you but does not agree 100 per cent with what you demand. So take responsibility and, with all the gentleness you can muster, establish a constructive dialogue.

As with the case of Sharon, keep in mind that your partners' parents are used to other habits when pedagogical and psychological suggestions were not so well-known or that widely available. It would be interesting also for them to discover new things if you provide them with this new information.

The child can be considered ready when:

- The nappy remains dry for several hours.
- The child points to the toilet or potty or goes directly to the place for bodily needs.
- The child uses the words "poo" and "pee" in a relevant and contextually appropriate manner to indicate that it is about to go or has just gone.
- When imitating other children (in the nursery context), he pulls down his trousers for example.
- When he is annoyed by the soiled nappy.
- When he has passed the 'oppositional' phase typical of two-year-olds. This last criterion is not a "*sine qua non*" condition but must be taken into account to circumscribe adults' expectations of children.

The first step is to get your partner involved and ask for his/her support whenever you are to speak to his/her parents. Both of you should make it clear that grandparents are also to respect educational rules. Once you get to speak to them, it would be supportive to ask them what makes them happy in your relationship. Creating a harmonious dialogue for a constructive relationship is always an added value for all the people involved.

Questions?

What can be the problems in this situation?

What are the intrusions of grandparents in your experience?

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 15 minutes
- Theory: 30 minutes
- Exercise 1: 20 minutes
- Exercise 2: 20 minutes
- Consolidation of Knowledge - 10 minutes

Images or videos to be used in the session

- Module 4 case study 4



Image 4.2

Additional resources

- Dowshen, S., MD (Ed.). (2017). Bonding with grandparents. Kids Health. Retrieved December 3, 2020, from <https://kidshealth.org/Nemours/en/parents/grandparents.html>

Exercises

Exercise 1

Name of exercise: Grandparents: a problematic relationship for a great support in the family

Duration: 20 min.

Materials needed: Paper and pens for note-taking, a flipchart or whiteboard with markers for group discussions, handouts with key concepts if available.

Point out on these topics:

Whenever children interact with their grandparents, there is a real possibility that something may go wrong. First of all, grandparents in most cases do not live with the child and cannot know the child as well as the parents. The children themselves may be a little stressed about leaving their parents to find themselves in an unfamiliar environment or one that is not part of their daily routine.

Grandparents may not have a child-proof home. Or they may not take the parents' recommendations seriously, considering them inexperienced by comparison. The list could go on and on; surely this is a situation that could take a turn for the worse without good communication and clear expectations. Conversely, talking and setting reasonable expectations can make the relationship with the grandparents highly satisfying for everyone, so here is how to set the relationship with grandparents correctly.

1. Ask participants whether they have ever experienced any disagreements regarding the upbringing of their children with the children's grandfathers, if present, and what their issues have been about.

2. Have them share and describe at length their experience, the associated feelings that the situation has brought up and what has been the outcome in case they have been able to effectively resolve the situation. Make sure they are concise and specific regarding the strategies applied while trying to solve the issue and ask them what the difficulties encountered in the process if any.
3. Make a list of the topics around which the different conflicts previously described revolve.
4. Start a debate to bring in other participants' opinions and points of view regarding said cases and highlight the TIPS you can find in the PPT presentation.

Exercise 2

Name of exercise: “Grandparents Role-Play”

Duration: 20 min.


Materials needed: Paper and pens for note-taking, a flipchart or whiteboard with markers for group discussions, handouts with key concepts if available.

ROLE-PLAY:

Divide the participants in a group of three: one parent, and 2 grandparents. Using the image, the parent can collect information to explain to the grandparents the child development phase is and works, in order to allow them to understand and accept when the child will leave the nappy in a natural way.

Sphincter control

Sphincter control is acquired on average between the ages of two and three years: children usually keep their nappies on for a variable period of time during the night, when it is more difficult to feel the urge to urinate; however, by the age of five, nocturnal enuresis still affects 15% of children. This disorder has been attributed to several causes: disturbing events such as the birth of a baby brother or the start of school, changes in sleep or bladder capacity or a transient deficiency of a hormone called antidiuretic, which is usually secreted mainly at night and acts on the kidneys by reducing urine production by about half compared to daytime. Depending on the cause, treatment may be behavioral, pharmacological or psychotherapeutic. If, on the other hand, a child over three to four years of age has not yet achieved control over defecation, we speak of encopresis: in the absence of organic problems, it may depend either on a condition of chronic constipation or on a behavioral disorder (rejection of the adult). In the first case, treatment consists of alvo re-education to remove the causes of constipation, while in the second case, treatment is psychotherapeutic.



Consolidation of Knowledge

After these exercises and discussions, it's important for participants to reflect on what they've learned and consider how they might apply these concepts in their own lives. Here are a few debriefing questions to help guide their reflections:

- How do you feel about the concept of good communication with grandparents?
- Can you identify areas in your own life where you can improve in terms of establishing a good communication with them? What steps can you take to implement these changes?
- How can you create a cooperative environment and interaction with them?

SUMMARY OF MODULE

As we have seen throughout the content of the units composing this module, the most important factor is to achieve desirable results that ultimately end up in the consolidation of a good domestic collaboration between parents to ensure the well-being of children. One of the main key factors is to adopt good communication dynamics, not only between parents but also with all agents involved.

Children are extremely sensitive to their environment, so any situation handled poorly by adults in their closest surroundings can impact their cognitive and emotional development, either fostering it or arresting it. It is so for better or worse. It is a widely known fact that traumas or experiences badly assimilated in childhood tend to have definitive repercussions in the formation of individuals, which are typically carried over into adulthood. Thus, it is crucial to assist their emotional development by ensuring that good policies are set in place instead of leaving things to chance. As the saying goes, the road to hell is paved with good intentions. Caring for your children and being loving to them is nothing but a starting point. As a parent, it just lands you on square one. Equal Parenting course wants to support you, as a young parent, in educating yourself on the matter and to provide you with concentrated material intended as initial training. To delve into more details, you can refer to other official resources.

Talk things over with your partner as many times as necessary to make sure you have a joint parental program for your child. Envision strategies that allow you to circumvent easily avoidable conflicts beforehand. Revisit goals and discuss adjustments whenever the need arises, but do so together and cooperate, aiming for coherence, solidity, and consistency. Be mindful of the fact that no one is born knowing how to raise children, and that even seasoned parents with lots of experience still have things to learn and often make mistakes.

An important aspect to have in mind is that in most unnerving situations (and parenting will certainly provide you with more than one) the old adagio still applies: easy does it. Do not ever let parenting challenges get the better of you or your partner and, when overwhelmed, apply emotional restraint for your children's sake.

Take into account that if you are unable to solve familiar conflicts efficiently as parents, your child probably will take it as a frame of reference that will impact his/her behaviour in the future. As a responsible and resourceful parent with plenty of literature at your disposal, you should know better than that.

Module 5

Good role models



Dear Trainer,

Welcome to Module 5 "Good Role Models" in our Equal Parenting training. This part of the program looks closely at how both moms and dads can significantly help their children grow in a positive manner. Our aim is to equip you with the knowledge and skills to train young adults in understanding the importance of good parenting role models and their impact on child development.

Module Structure:

Number of Sessions: 4

Module Highlights:

- Session 1: Examines the evolving roles of mothers and fathers in child development.
- Session 2: Explores various parenting styles and their generational journey.
- Session 3: Focuses on the impact of different parenting styles on children.
- Session 4: Focuses on important parenting skills: clear communication, encouraging good behaviour, and positive discipline.

Each session plan consists of the following elements:

- Name of the session
- Key words: A list of key terms or phrases associated with the session's topic.
- Duration: The total time allocated for the session, including all activities and discussions.
- Warm-up exercise: An introductory activity designed to engage participants, encourage interaction, and prepare them for the session's content.
- Case study & Discussion questions: Real-life scenarios or hypothetical situations that illustrate the session's key points. Accompanying discussion questions are designed to stimulate thought, discussion, and a deeper understanding of the session's themes.

- Additional explanation for the trainer - how to implement the theory part: Guidance on how to integrate theoretical knowledge into the session, using methods like displaying posters or discussing video content to deepen understanding.
- Plan for implementation of session: A structured outline of how the session will unfold, including the order and duration of all activities.
- Images or videos to be used in the session: All visuals images and videos necessary to implement
- the session with provided links to be printed or adapted.
- Additional resource: Supplementary materials offering further reading and deeper insights into the session's topics.
- Exercises: Interactive activities designed to apply and practise the concepts discussed in the session.
- Consolidation of Knowledge: The final segment where participants review and reflect on what they've learned, involving debriefing questions to solidify understanding and encourage application of the concepts beyond the session.

Best Regards,
Equal parenting partner consortium

Introduction

"Every Story Teaches Us Something..."

As trainers, you're about to lead a very important learning experience about parenting in Module 5, "Good Role Models." This is about helping young people understand what it takes to be a parent and the big impact moms and dads have on their children.

Being a parent comes with many questions. "Am I doing this right? How can I support my child? What's the best way to guide them?" As children grow, these challenges change. "When should I help or let them learn on their own? How do I show love and also set rules?"

The main question is: "How can I help my child grow up to be a happy, confident, and successful person?"

In this module, you will be provided with the training methods, tips and resources to train young adults about the roles of parents. You'll talk about how the actions of mothers and fathers really affect their kids. What does it mean to be a father or a mother? How do different ways of raising children change their lives? What makes someone a good role model? How to set rules and how to talk with children? And all of this aims at giving young adults the understanding they need to be great parents, showing them how to positively shape the lives of their children.

The primary goals of this module are to:

1. Enhance understanding of the evolving roles of parents in a child's life.
2. Explore different parenting styles and their effects across generations.
3. Illuminate the impact of these parenting styles on a child's development.
4. Demonstrate the importance of effective communication and discipline in strengthening parent-child relationships.

At its core, this module is about understanding and embodying the concept of 'Good Role Models' in parenting. It's about recognizing the unique contributions of both mothers and fathers in shaping their child's life. We will learn how various parenting styles - from authoritative to permissive - influence children, and how parents can adapt their approaches to meet the evolving needs of their children. The module not only highlights the theoretical aspects of parenting but also puts a strong emphasis on practical, real-world applications. This includes learning to communicate effectively with children, understanding their emotional needs, and employing discipline in a way that fosters respect and love, rather than fear.

By the end of this module, participants will be well-equipped to guide young adults in becoming insightful, empathetic, and effective parents who can act as positive role models for their children.

Session 1

Navigating Parenting: How Mothers and Fathers Shape Child Development

Keywords: Role Evolution, Child Development, Emotional Symbiosis, Emotional Support, Guidance, Authority, Boundaries, Mentorship

Duration: 2-3 hours

Warm-up exercise: “Reflection on Parental Roles”

Duration: 10-15 minutes

Materials Needed: Sticky notes (preferably 2 colours), pens or other tools to write with.

Explanation: Participants are given 6 sticky notes and asked to write down their immediate thoughts about the role of a mother (3 sticky notes) and the role of a father (3 sticky notes). Stick the notes on a board segregated into 'Mother' and 'Father' categories. This will initiate conversation on the topic.

Case study & discussion

Michael and Jane's Parenting Journey (in the resources)

Duration: 20 - 30 minutes in total (10 - 15 minutes before the theory and 10 - 15 minutes after the theory)

What to pay attention to: The disparity in parental roles, lack of communication between parents, and the reaction of their child.

Questions:

After the case study:

- What would you do if you were in Michael's or Jane's place?

After the theory part:

- Where did Michael and Jane go wrong?
- What should Michael change in his relationship with Jane and the child?
- What should Jane change in her relationship with Michael and the child?

Group dynamics: After the theory part participants will pair up and discuss their responses before sharing with the larger group.

How to implement the theory part

Duration: 30-45 minutes

Prepare a poster with the table for the role of the mother and father in the different stages of a child's life. Put the poster on the wall 2 sessions before this one without saying anything to the participants.

Begin by playing gentle, instrumental music. Display images representing each age stage and ask the participants to guess the age of the children. If the answers are not correct, explain why. Use the developed images for this session or prepare your own. This will stimulate relaxation and openness to learning.

Divide the participants into groups. Give a card to each group with a stage of child development with the theory for this stage. Ask them to choose whether to act or draw the roles of the mother and father based on the theoretical knowledge provided in their card. Give them 10 minutes to choose and prepare themselves. The trainer will narrate the characteristics of each stage while the participants act out or show their drawings.

Discussion: the group will discuss the roles they portrayed and their personal takeaways.

Plan for implementation of the session

- Warm-up exercise: 10 - 15 minutes
- Case study & Discussion: 10 - 15 minutes
- Theory: 30 - 45 minutes
- Case study & Discussion (exercise 1): 10 - 15 minutes
- Break
- Exercise 2 version 1: 20 - 30 minutes
- or version 2: 40-60 minutes
- Consolidation of Knowledge: 10-15 minutes

Images or videos to be used in the session

- Michael and Jane's Parenting Journey: [Case Study for Module 5 Unit 1.pdf](#)
- Images for the session: [Pictures of different ages of children](#)
- Poster with the role of the mother and father in the different stages of a child's life: [Poster for Module 5 Unit 1.png](#)
- Cards with stage of child development: [Cards with stage of child development Module 5 Unit 1.pdf](#)
- Scenario cards for exercise 2 version 1: [Scenario cards for exercise 2 version 1 for Module 5 unit 1.pdf](#)
- Scenario cards for exercise 2 version 2: [Scenario cards for exercise 2 version 2 for Module 5 unit 1.pdf](#)

Additional resources

- "Contemporary Issues in Family Studies: Global Perspectives on Partnerships, Parenting and Support in a Changing World" by Angela Abela and Janet Walker.
- Video "The first steps" describing child development in the first 7 years of their life: <https://disk.yandex.ru/d/PudtPw8q72mQgg>
- Video "Raging Teens" describing changings during adolescence: <https://disk.yandex.ru/i/YafBv78U4lrgDg>

Exercises

Exercise 1

Name of exercise: Reflective Discussion on Case Study

Duration: 20 - 25 minutes

Materials needed: Case study printouts in resources ([Case Study for Module 5 Unit 1.pdf](#)), notepads or paper sheets, pens.

Participants, in groups, will discuss the previously mentioned questions regarding the case study and jot down their insights on the notepads or on paper. Then each group will share their thoughts with the larger group.

Exercise 2

Name of exercise: Role-playing Game - Responding as Parents version 1

Duration: 20 - 30 minutes

Materials needed: Scenario cards for version 1 in resources ([Scenario cards for exercise 2 version 1 for Module 5 unit 1.pdf](#))

Ask for two volunteers who will take on the roles of children. Give them the scenario card and instruct them how to play. Give the volunteers 5 minutes to prepare. Divide the remaining participants into two groups: the group of mothers and the group of fathers. Each group will have to say what their reaction will be to the child's behaviour and why. This exercise aims to provide hands-on experience in managing such situations and understanding the different perspectives of mothers and fathers.

Name of exercise: Role-playing Game - Responding as Parents version 2

Duration: 40 - 60 minutes

Materials needed: Scenario cards for version 2 in resources ([Scenario cards for exercise 2 version 2 for Module 5 unit 1.pdf](#))

Divide the participants in groups. Distribute one scenario card to each group. Each group should ideally have a 'mother' and a 'father' representative. Each group will read their scenario card and, in turn, act out or answer how they would handle the situation. The 'mother' and 'father' in each group will act based on their prescribed roles from the theoretical session. The rest of the participants observe. After each scenario is enacted, hold a brief discussion. Ask observing participants what they learned, and whether they agree or disagree with the actions taken. This will help consolidate understanding and open up diverse perspectives.

Consolidation of Knowledge

Debriefing questions:

- How have your views on the roles of mothers and fathers evolved after this session?
- Considering the roles of mothers and fathers at various stages of a child's life, which aspects do you find most crucial during the early years and adolescence?
- How can parents who have different views on parenting can find common ground to ensure the emotional and psychological well-being of their child?
- In situations where a single parent raises a child or where one parent is largely absent, how can the available parent adapt their parenting approach to fulfil the diverse needs of the child? Suggest some strategies they can employ to balance the roles typically shared between two parents?
- How can parents adapt their roles and approaches as their child grows and their needs change?

Reflective Session Summary:

Today, we explored how mothers and fathers help their children grow.

We learned from Michael and Jane's story the importance of working together as parents. Our activities showed us that a child's journey needs both care and guidance from parents.

We understood that moms and dads have different roles at various stages of a child's life. These roles change as the child grows. We also talked about how single parents can manage these roles alone, sometimes with help from others.

In short, good parenting is about balancing love, rules, and support. It's about growing together as a family, learning from each other, and being there for your child through all stages of life.

Session 2

Parenting Styles: A Journey Through Generations

Keywords: Parenting, Styles, Child-rearing, Discipline, Relationships, Upbringing.

Duration: 2.5 hours

Warm-up exercise: “Parenting Pantomimes”

Duration: 15 minutes

Materials Needed: Cards with various parenting actions written on them (in resources)

Explanation: Ask if there are volunteers who are keen on acting. If there is none you as a trainer can act the role of the child. If they are 2 to 4 you can use all of them and switch them for the different tasks. Divide the rest of the participants in small groups of 4-5 people. Each group receives a set of cards with different parenting actions. One participant at a time will draw a card and act out the action without speaking. The rest of the groups guess the action. After each round, the groups discuss how the same action can be interpreted or carried out differently.

Case study & discussion

The Smith Family's Story (in the resources)

Duration: 20 - 30 minutes in total (10 - 15 minutes before the theory and 10 - 15 minutes after the theory)

What to pay attention to:

- The different parenting approaches of John and Mary.
- The effect of their parenting on their daughter, Haley.
- Communication between John and Mary.

Questions:

After the case study:

- What would you do in John's place?
- What about Mary's place?
- Why?

After the theory part:

- What style of parenting John and Mary embody and why?

Group dynamics: After the theory part, participants will pair up and discuss their responses before sharing with the larger group.

How to implement the theory part

Duration: 30-45 minutes

Preparation:

Print the poster with the 4 types of parenting style in A3 sheet format. Put the poster on the wall 2 sessions before this one without saying anything to the participants.

Prepare 4 cards with images of: army general; counsellor or therapist; laid-back beach goer and distracted office worker.

Print and cut the texts from the table in unit 2.

Print the sheets with the four types of parenting explanations

Implementation:

Divide the participants to 4 teams. Give each team to choose a sheet from the Four types of parenting explanations. A volunteer from each of the teams read it aloud. Then each of the teams have to choose one of the cards representing the parenting style they are given to present: army general; counsellor or therapist; laid-back beach goer and distracted office worker.

Ask them to explain their choice. Help participants if they experience any difficulties. Then invite the teams to take turns choosing one statement that fits their parenting style from all the texts you have prepared from Table 2. When all the statements are finished ask each team to make a poster using what they have collected as materials and present it to the other teams. Ask participants to leave an empty part in their posters ($\frac{1}{4}$ part is enough). You will fill it in in the next session. Ask each team to present their poster and put them on the wall.

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 10 - 15 minutes
- Theory: 30 - 45 minutes
- Case study & Discussion: 10 - 15 minutes
- Break
- Exercise 1: 30 minutes
- Exercise 2: 30 minutes
- Consolidation of Knowledge - 10 - 15 minutes

Images or videos to be used in the session

- Cards with various parenting actions for the warm up: [Cards for the Warm up Module 5 unit 2.pdf](#)
- The Smith Family's Story: [Case Study for Module 5 Unit 2.pdf](#)
- Poster with the 4 types of parenting style: [Poster for Module 5 Unit 2.png](#)
- 4 cards with images: army general; counsellor; laid-back beach goer and distracted office worker: [4 Cards for Module 5 Unit 2.pdf](#)
- Printable version of the table from Unit 2: [Printable table Module 5 Unit 2.pdf](#)
- Four types of parenting explanations sheets: [Four types of parenting explanations sheets Module 5 Unit 2.pdf](#)
- Poster for exercise 1: [Poster for exercise 1 Module 5 Unit 2.png](#)
- Index cards with various parenting scenarios: [Index cards with parenting scenarios Module 5 Unit 2 Exercise 2.pdf](#)

Additional resources

- 4 Parenting Styles and Their Proven Impact on Kids: <https://www.parentingforbrain.com/4-baumrind-parenting-styles/>

Exercises

Exercise 1

Name of exercise: Journalist Interviews

Duration: 30 minutes

Materials needed: Paper, pens

Split the participants in pairs. Each of them will take on the role of a journalist and will have 5 minutes to interview the other one.

Here is the task of **Journalist 1**: You are researching how people raised their children in the past. What did they think was right and wrong? What perceptions did they have about the upbringing of their children? (Write down what are your findings to present them to the group. You can use your own experience and thoughts if you are already a parent.)

Journalist 2: You are doing research for the present(current) perception of people about upbringing, what is considered right and what is not? What are modern beliefs?" (Write down your findings to present them to the group).

To make it more engaging, you can ask participants to record short video interviews on their phones, which can be shared with the group.

After the interviews are complete, ask participants to share and record on posters what they discovered. Prepare your poster containing the statements to discuss. Do we have any matches?

Exercise 2

Name of exercise: Parenting Style Debate

Duration: 30 minutes

Materials needed: Index cards with various parenting scenarios written on them; a timer

Divide participants into two groups. Each group will represent a different parenting style (e.g., Authoritative vs. Authoritarian or Permissive vs. Uninvolved). Give each group a set of index cards. Each card has a parenting scenario written on it.

Debate Rounds:

- A scenario card is drawn, and each group has to argue their stance based on their assigned parenting style.
- Each group gets 2 minutes to discuss their approach to the scenario among themselves and another 3 minutes to present their stance to the other group.
- The opposing group then has 2 minutes to provide a counter-argument or alternative approach.

Discussion:

- After each round, open the floor for a brief discussion, allowing participants to reflect on the strengths and weaknesses of each approach in the given scenario.
- Halfway through the exercise, switch the groups' assigned styles to ensure participants explore and understand different perspectives.

Consolidation of Knowledge

Debriefing questions:

- From your discussions and exercises, what insights have you gained about the effectiveness of different parenting styles?
- How might understanding various parenting styles help in resolving conflicts within families?
- Which parenting style do you think is most adaptable to the changing needs of a child?
- How can parents blend different styles to address various situations?

Reflective Session Summary:

Today's session taught us a lot about different ways of parenting.

We did activities like 'Parenting Pantomimes' and 'Parenting Style Debate' to learn about different parenting methods.

We saw how these methods can really affect a child's growth, like in John and Mary's case. We learned that it's important to be flexible as a parent and use different methods for different situations.

As we go on, keep in mind that good parenting means understanding, changing when needed, and caring for your child's needs.

Session 3

Parenting Styles: How Different Parenting Styles Affect Your Child

Keywords: Parenting Styles, Child Development, Discipline, Communication, Consistency, Emotional Support.

Duration: 2 hours

Warm-up exercise: “Family Dynamics”

Duration: 15 minutes

Explanation: Ask participants to form small groups and mime a typical family interaction without speaking. After each mime, the other groups guess the type of interaction and discuss the underlying parenting style it might represent.

Case study & discussion

George and Claire’s Parenting Dilemma (in the resources)

Duration: 20 - 30 minutes in total (10 - 15 minutes before the theory and 10 - 15 minutes after the theory)

What to pay attention to:

- The contrast in George's and Claire's parenting styles, the resulting family dynamics, and the impact on their son.

Questions:

After the case study:

- Which parenting style would you refer to George and Claire?
- What do you think will be the result for their son having in mind the parenting style used by George and Claire?

After the theory part:

- Can we predict what will happen to George and Claire's son?
- What should they change in themselves?

Group dynamics: Post-theory discussion where participants pair up to analyse George and Claire's approaches using the parenting styles framework and share insights with the larger group.

How to implement the theory part

Duration: 30-40 minutes

Print and cut the texts from the table in unit 3.

Start the theory part with watching the video "5 Parenting Styles and Their Effects on Life". This will both recall the gained knowledge from the previous session and add new pieces of knowledge on the topic from this session.

Then give the participants the poster from the previous session to complete them with the cut texts from the table from unit 3.

Ask each team to present their poster, now fully completed, and put them on the wall.

Ask the participants to explain which style is the best for upbringing children and why. Support them during the discussion with knowledge they are not able to recall.

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 10 - 15 minutes
- Theory: 30 - 45 minutes
- Case study & Discussion: 10 - 15 minutes
- Break
- Exercise 1: 20 minutes
- Exercise 2: 30 minutes
- Consolidation of Knowledge - 10 - 15 minutes

Images or videos to be used in the session

- George and Claire's Parenting Dilemma: [Case Study for Module 5 Unit 3.pdf](#)
- Video "5 Parenting Styles and Their Effects on Life": [5 Parenting Styles and Their Effects on Life](#)
- Printable version of the table from Unit 3: [Table Module 5 Unit 3.pdf](#)
- Blank comic strip template for exercise 2: [Blank comic strip template.pdf](#)

Additional Resources

- "The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind" by Daniel J. Siegel and Tina Payne Bryson

Exercises

Exercise 1

Name of exercise: Sticky Notes Zone Exercise

Duration: 20 minutes

Materials needed: Green, yellow, and red sticky notes, pens, a large board or wall space.

On the table in front of the board there should be 3 piles of sticky notes: green symbolises the area of the "Complete freedom"; yellow - zone the "Relative freedom"; red - the "Forbidden" zone. Each of the participants come out and write one possible action for his child or future child for each of the three zones. After everyone has placed their notes, the group will collectively discuss the choices made, the reasons behind them, and the potential effects on children. If you have enough time you can also discuss what language the different types of parents will use or how they will say some of the things from the sticky notes.

Exercise 2

Name of exercise: Parenting Style Comic Strip

Duration: 30 minutes

Materials needed: Blank comic strip templates; Pens and markers

Divide participants into 5 small groups (3-4 people each). Each group is given one of the 5th types of parenting. If you don't have enough participants choose the types that are most contrary like Authoritarian and Uninvolved. Each group creates a short comic strip showing a day in the life of a child, illustrating how their parenting style might affect typical daily scenarios (e.g., getting ready for school, doing homework, playing with friends). Explain that we are not focusing on the quality of the drawing, but on what it expresses. Give the participants 10 minutes to discuss and prepare their comics. After they finish each group presents their comic strip to the rest. Discuss the different approaches and their possible outcomes on the child's behaviour and emotional well-being.

Consolidation of Knowledge

Debriefing questions:

- How can understanding different parenting styles help in nurturing a child's development?
- What are the long-term effects of each parenting style on children?
- How can parents integrate the best aspects of different styles?

Reflective Session Summary:

Today, we learned a lot about how parents' actions can change how children grow. We looked at George and Claire's story, seeing how different ways of parenting can make things good or bad for kids.

We did fun exercises like the 'Sticky Notes Zone' and 'Parenting Style Comic Strip.' These helped us see how strict or free parents should be. Everyone shared great ideas and thoughts.

We also watched videos and looked at posters about parenting. This helped us understand that there's no one perfect way to be a parent. Sometimes, mixing different styles is the best.

We talked about how different parenting styles can affect kids for a long time. It's important to find the best way for each child.

In the end, we learned that being a good parent means understanding your child, changing when needed, and growing together. This session gave us new ways to think about being better parents.

Session 4

Parent-Child Bonding through Challenges

Keywords: Positive Parenting, Behavior, Communication, Discipline, Emotional Support

Duration: 3-4.5 hours

Warm-up exercise: "Reading Emotions"

Duration: 15-20 minutes

Materials Needed: a set of images showing children with various facial expressions; Labels or magnets with different emotion words written on them.

Explanation: Put the labels or magnets near the place you will show the images. Start showing the images asking what is the emotion that the child expresses. Participants then match the emotion word from the label with the corresponding facial expression. Encourage participants to explain their choices and discuss why they believe a certain expression represents a specific emotion. Facilitate a discussion on how recognizing these emotions can be important in parenting and understanding children's non-verbal communication.

Case study & discussion

Tom and Sue's Parenting Approach (in the resources)

Duration: 20 - 30 minutes in total (10 - 15 minutes before the theory and 10 - 15 minutes after the theory)

What to pay attention to:

- The balance in Tom and Sue's parenting approach and its effect on their children.

Questions:

After the case study:

- What did you notice in the family's behaviour?
- What are the styles of both parents according to the description before the event and what kind of behaviour did they show during the event?
- Do you like this family model?

After the theory part:

- What is Tom and Sue's approach to discipline and support?
- Do you think their approach is effective?
- Why or why not?

Group dynamics: After presenting the case, break the participants into small groups to discuss their observations, then gather as a larger group to consolidate findings. Do the same after the theory part.

How to implement the theory part

Duration: 70 - 90 minutes in total

- Part 1: 20 - 30 minutes
- Part 2: 20 minutes
- Part 3: 30 - 40 minutes

Prepare the following posters in advance: Poster What children should see in your behaviour; Poster Benefits of Active Listening; Poster Reasons for Whining and Tantrums of children; Poster Preferable parent's response. Put them in the same order in the room during each of the breaks of session 1 and 2. You need to put one poster per break. After the break allow the participants to view them without saying anything. This will keep their curiosity and in the same way they will be prepared for this session when the time for it comes.

Duration: 70 - 90 minutes in total

- Part 1: 20 - 30 minutes
- Part 2: 20 minutes
- Part 3: 30 - 40 minutes

Prepare the following posters in advance: Poster What children should see in your behaviour; Poster Benefits of Active Listening; Poster Reasons for Whining and Tantrums of children; Poster Preferable parent's response. Put them in the same order in the room during each of the breaks of session 1 and 2. You need to put one poster per break. After the break allow the participants to view them without saying anything. This will keep their curiosity and in the same way they will be prepared for this session when the time for it comes.

The theory part of this session will be divided into 3 parts with exercises after each of them.

Part 1. Behaviour

Start the theory part with the video “Kids copy our Behavior!”

Ask participants what they noticed from the video? How did they feel? What is the main conclusion from the video?

Children learn more from what they see than from what they hear.

Ask participants what children should see in their parents' behaviour and follow all the advice described in the poster “What children should see in your behaviour” with some short explanations for each of them. You can give an opportunity to the participants to provide the explanations but should be prepared to help. Here are small pieces of knowledge for each of them:

What children should see in your behaviour:

- showing attention to others - Children learn social behaviours by observing. When they see their parents attentively listening and engaging with others, they mimic this behaviour.
- argumentation for an act - Children understand better when they know the reasons behind actions or rules. Simple explanations make it easier for them to understand and remember how to behave.

- praising others - Positive reinforcement is more effective than criticism. Praise for good behaviour encourages its repetition. Praise is not necessary to be material, it can be a good word, a hug or a kiss.
- not marking the outbursts - Reacting strongly to children's outbursts can reinforce negative behaviour. It's better to remain calm and address the behaviour later. (here you can show the poster Preferable parent's response)
- hearing - Children feel valued when they are heard. Active listening to a child's thoughts and feelings is crucial.
- not paying attention to the rude remarks of others - Ignoring minor rude remarks and focusing on positive behaviours can reduce unwanted behaviour without giving it undue attention.

Part 2. Communication

Start the theory part with the funny video Active Listening Clip 1.

After the video, discuss with the participants what they have noticed, heard or already know about active listening. Fill in their missing knowledge providing the pieces from the theory from Module 5, unit 4, part Communication. After that discuss the Benefits of Active Listening using the poster for that.

Part 3. Discipline

Start this part with asking participants for the Reasons for Whining and Tantrums of children (go through the poster and discuss each of the items). Ask questions like:

- Can anyone share what they think are common reasons for children to throw tantrums or whine?
- How do these reasons relate to our approach to discipline?
- How can understanding these reasons help us in managing such behaviours?

Then focus on the discipline using the theory in Module 5, unit 4, part Discipline. Present this part as conversation with the participants asking questions like:

- Why is it important to be consistent when disciplining a child? How does inconsistency affect a child's understanding of rules and consequences?
- Imagine a child breaks a rule that was not consistently enforced in the past. How should a parent handle this situation?
- How would you explain to a child why a certain behaviour is unacceptable? Why is this explanation crucial?
- What are some ways to stay calm when you are upset with a child's behaviour? Why is this important?
- Can anyone share their thoughts on why physical punishment is not recommended? What are the alternatives?
- Can you think of examples where praise or rewards effectively encouraged good behaviour in a child?
- How do regular discussions about feelings and behaviours contribute to a child's emotional and social development?

Most probably during the conversation you will cover everything from the items in the poster Preferable parent's response. Take a look at it and read it together to reinforce the gained knowledge.

Plan for implementation of the session

- Warm-up exercise: 15 - 20 minutes
- Case study & Discussion: 10 - 15 minutes
- Theory Part 1: 20 - 30 minutes
- Exercise 1: 20 - 30 minutes
- Break
- Theory Part 2: 20 minutes
- Exercise 2: 20 - 30 minutes
- Theory Part 3: 30 - 40 minutes
- Break
- Case study & Discussion: 10 - 15 minutes
- Exercise 3: 30 - 40 minutes
- Consolidation of Knowledge - 10 - 15 minutes

Images or videos to be used in the session

- Set of images showing children with various facial expressions for the warm up: [Facial expressions](#)
- Labels with different emotion words written on them for the warm up: [Labels with emotion words Module 5 Unit 4 Warm up.pdf](#)
- Tom and Sue's Parenting Approach: [Case Study for Module 5 Unit 4.pdf](#)
- Video "Kids copy our Behavior!": [Children see Children do](#)
- Poster What children should see in your behaviour: [Poster What children should see in your behaviour Module 5 Unit 4.png](#)
- Poster Benefits of Active Listening: [Benefits of Active Listening Module 5 Unit 4.png](#)
- Poster Reasons for Whining and Tantrums of children: [Reasons for Whining and Tantrums of children.png](#)
- Poster Preferable parent's response: [Preferable parent's response.png](#)
- Video Active Listening Clip 1: [Active Listening Clip 1](#)
- Worksheets for exercise 1: [Worksheets for Module 5 Unit 4 Exercise 1.pdf](#)
- Cards with common parenting commands for exercise 2: [Cards with common parenting commands Module 5 Unit 4 Exercise 2.pdf](#)

Additional Resources

- "Positive Parenting in Action: The How-To Guide for Putting Positive Parenting Principles into Action in Early Childhood" by Laura Link and Rebecca Eanes
- Video Communicating with Your Child: [Communicating with Your Child](#)

Exercises

Exercise 1

Name of exercise: "Reframe The Scenario"

Duration: 20-30 minutes

Materials needed: Worksheets (in resources), pens

Participants are divided in small groups of 3-5 people each. Each group receives a scenario of a child facing a challenge. They have to discuss in the group and write down both positive and negative parental reactions. Give each group 10 minutes to work. After the time passes, invite one participant per group to show what they have developed and explain how and why they came to the final result.

Exercise 2

Name of exercise: “Reformulate the Rule”

Duration: 20-30 minutes

Materials needed: Cards with common parenting commands (in resources)

Explain to the participants that each of them need to draw cards and reformulate commands into positive statements, fostering positive communication skills. For example: "Don't scream!" might sound like this: "Speak calmly, please."

After the exercise ask the following questions for debriefing:

- Was it challenging for you to change the commands into positive statements? Why or why not?
- Can you think of a situation where using a positive statement would be more effective with a child than a direct command?
- What did you learn about the importance of word choice in communication with children? How can you apply this learning in real-life parenting or caregiving situations?

Exercise 3

Name of exercise: “Bonding Through Art”

Duration: 30-40 minutes

Materials needed: Coloured pencils, markers, or crayons
Sheets of drawing paper (or sketch pads)

- Briefly introduce the exercise, explaining that the aim is to visually represent what a strong parent-child bond looks like to them. Emphasise that artistic skill is not important – it's the thought and creativity that count.
- Hand out the art supplies and paper. Encourage participants to think about moments, symbols, or scenarios that, to them, represent a strong and positive parent-child relationship.
- Let them know they can draw, sketch, or use colours freely to express their ideas. It could be a specific scene, abstract concepts, symbols, or even words.
- Encourage participants to let their creativity flow without overthinking. Remind them that this is a personal interpretation, and there are no right or wrong depictions.
- Give participants around 10-15 minutes of quiet time to focus on their artwork. Soft, instrumental music can be played in the background to help set a relaxed mood.
- After the allotted time, invite participants who are comfortable to share their artwork with the group. Ask them to explain their drawing and what aspects of the parent-child bond it represents.
- Facilitate a discussion where others can ask questions or share how the artwork resonates with their own ideas of bonding.
- Conclude the exercise by encouraging participants to reflect on how the activity made them feel and what new insights they have gained about the parent-child relationship.

Consolidation of Knowledge

Debriefing questions:

- In what situations might you need to adapt your parenting style for the benefit of your child?
- How can parents find a balance between discipline and emotional support in challenging situations?
- Reflecting on today's session, what changes or improvements would you consider making in your own parenting or caregiving approach?

Reflective Session Summary:

Today we learned a lot about positive parenting, focusing on how important it is to understand and respond to kids' feelings. We looked at Tom and Sue's story to see how good parenting can make kids happy and healthy.

We did activities like 'Reading Emotions' and 'Reformulate the Rule' to learn how empathy and kind words are key in parenting. They showed us how much our words and actions affect kids.

We ended by realising parenting isn't just about rules, but also about caring, understanding, and growing with our kids. We now see parenting in a new way, knowing each child is different and needs their own approach. This session helped us become better, more understanding parents.

SUMMARY OF MODULE

In Module 5, "Good Role Models," we have explored important aspects of parenting, focusing on how mothers and fathers influence their children's lives. This module, through four detailed sessions, has given us insights into different ways parents can help their children grow and develop.

- Session 1: "Navigating Parenting: How Mothers and Fathers Shape Child Development"

We began by looking at how parents' roles change as their children grow. Activities like 'Reflection on Parental Roles' and the story of Michael and Jane helped us see the impact of different ways of parenting. We talked about the need for both emotional support and clear rules.

- Session 2: "Parenting Styles: A Journey Through Generations"

In this session, we looked at different ways of raising children and how these have changed over time. By acting out parenting actions and discussing John and Mary's story, we saw how parenting styles affect children and families.

- Session 3: "How Different Parenting Styles Affect Your Child"

Here, we focused on how different ways of parenting directly affect children. Using the example of George and Claire, we engaged in activities that showed the long-term impact of these parenting styles.

- Session 4: "Parent-Child Bonding through Challenges"

The final session was about building strong connections between parents and children, especially when facing challenges. The case of Tom and Sue showed us ways to communicate positively and manage behaviour effectively.

Across all sessions, we used exercises, stories, and group talks to help trainers understand and teach the important parts of being good parents. We equipped them with knowledge to guide young adults in finding the best way to raise their children, adapting to their needs as they grow.

To sum up, Module 5 has given us valuable lessons about being good role models. We learned that good parenting involves understanding your child, being flexible, and being consistent in helping them become happy, confident, and well-adjusted.

Module 6

Family well-being



Dear Trainer,

We are delighted to invite you to participate in our transformative training module titled "Family Well-being." This module is an integral part of our ongoing commitment to enhancing the dynamics of modern families through the lens of equal parenting and shared responsibilities.

Goals and Vision: We aim to empower you with knowledge, strategies, and practical tools to support families in nurturing stronger, healthier relationships. This module will guide you in understanding the crucial role of family well-being in the overall development and harmony of households.

Module Structure: Consisting of four comprehensive sessions, this module explores various dimensions of family dynamics:

1. **Importance of Family well-being:** Diving into the fundamental aspects of familial harmony and the impact of equal parenting.
2. **Self Wellbeing to Improve Family well-being:** Focusing on how individual well-being contributes to the family's health.
3. **Reducing Discipline Issues with Equal Parental Involvement:** Examining the positive effects of shared parenting responsibilities on children's behaviour and discipline.
4. **Balancing Childcare and Housework:** Exploring the benefits of an equal division of household and childcare duties among couples.

Each session is structured to include engaging case studies, reflective questions, theoretical insights, and interactive exercises. You'll also have access to a wealth of additional resources to enhance your learning experience.

Your Role as a Trainer: As a trainer, you are instrumental in facilitating this learning journey. We encourage you to embrace these sessions with an open mind and commit to applying these insights in your work with families. Your expertise and feedback are invaluable in making this program a success.

Introduction

Welcome to the "Family Well-being" module, a cornerstone of our Equal Parenting program designed to empower you, our esteemed trainers, in fostering more cohesive, supportive, and resilient family units. This module is your guide to understanding the complex interplay of factors that contribute to a family's emotional and psychological prosperity within the contemporary times.

In our journey through this module, we'll explore the core of family well-being, examining how the principles of equal parenting and the equitable distribution of responsibilities can profoundly enrich the lives of all family members. We aim to explore the diverse structures and dynamics that families embody today and their profound implications on children's growth and the collective harmony of the household.

Goals

The primary goals of this module are:

1. Equip trainers with a comprehensive understanding of family well-being and its critical role within society. This foundational knowledge is essential for appreciating the complex dynamics that contribute to a healthy family life.
2. Provide practical strategies and tools to promote healthy family environments. Emphasizing the practice of equal parenting, this goal focuses on tangible methods to facilitate effective communication and shared responsibilities among family members.
3. Empower trainers to guide families towards more fulfilling and supportive relationships. Through the application of learned strategies and insights, trainers will be adept at encouraging families to cultivate environments where mutual respect and understanding thrive.

Context

Family well-being, at its essence, is the holistic health and happiness of each family member, achieved through emotional support, strong bonds, effective communication, and mutual respect. It encompasses the family unit's psychological, emotional, and physical well-being, characterized by supportive interactions, shared joy, and the collective capacity to navigate life's challenges.

In contexts where equal parenting is practised, families experience a multitude of benefits. Such an approach fosters enhanced communication, deeper emotional connections, and a robust support network within the household. It encourages parents to collaboratively engage in their children's upbringing, ensuring balanced emotional support and guidance. Research consistently highlights how these practices not only secure a safer and more nurturing environment for all involved but also significantly contribute to the psychological well-being and stability of the family. This becomes an indispensable framework for contemporary families striving to achieve harmonious and supportive dynamics amidst the complexities of modern living.

By exploring these facets of family well-being, we pave the way for a deeper understanding and practical application of equal parenting and shared responsibilities. Our ultimate aim is to equip you with the knowledge and skills to foster environments where every family member can thrive, thereby contributing to the broader fabric of healthy and resilient communities.

Session 1

Importance of Family Wellbeing

Keywords: Communication, Empathy, Consistency, Respect, Patience

Duration: 2 hours

Warm-up exercise: “Family Wellbeing Mind Map”

Duration: 15 minutes

Participants create a mind map on "Family Well-being" using a whiteboard or large paper.

Objective: To engage participants and understand their initial perceptions of family well-being.

Case study & discussion

Session 1 Case study (in the resources)

Short background:

The Smith family consists of John and Marie and their six children, ranging from toddlers to teenagers. John works as an engineer, often spending long hours at work. Marie, a former teacher, is now a full-time homemaker. They live in a suburban neighbourhood.

Duration: 30 minutes.

Explanation of the Implementation: Participants read the provided case study and then discuss it in small groups. Session 1 Case study

Reflecting questions:

What are John and Marie's primary sources of tension?

How does this affect the children's behaviour?

Why do you think John and Marie have struggled to find a way to parent their children effectively?

What strategies might the Smiths use to create a more harmonious home environment?

How do you think the kids in the Smith household feel about their situation?

What would be the long-term impact of chaotic family life on the children's well-being and development?

What to Pay Attention To: Differences in parenting styles impact children's behaviour.

Form of the Discussion After It: Group sharing of insights and facilitator-led synthesis.

How to implement the theory part

Objective:

To provide trainers with an in-depth understanding of the key skills for promoting practical family well-being. These include communication, empathy, respect, compromise, and patience.

Additional Theory explanation: [Family wellbeing Session 1 Theory](#)

Content Overview

Communication:

- Importance of open, honest, and age-appropriate dialogue.
- Techniques for active listening and expressing oneself clearly and respectfully.

Empathy:

- Understanding and sharing the feelings of family members.
- Demonstrating empathy in everyday interactions and resolving conflicts.

Respect:

- Fostering mutual respect within the family, regardless of age.
- Respecting individuality, privacy, and personal space.

Compromise:

- Balancing needs and wants among family members.
- Encouraging a give-and-take approach to family decision-making.

Patience:

- Managing frustrations and setbacks with patience.
- Teaching and modelling patience in family dynamics.

Duration & Explanation of the Implementation: 30 minutes

Supplementary Materials

Presentation Slides: Visually engaging slides that outline key points and examples.

Handouts: Summaries of each key skill with tips and strategies for implementation.

Case Scenarios: Brief scenarios for each key skill for trainers to use in group discussions or role-play exercises.

Implementation Tips for Trainers:

Relate to Real Life: Encourage participants to relate the theory to their personal experiences or professional observations.

Interactive Discussion: Facilitate a discussion encouraging participants to consider how these skills can be applied in different family contexts.

Reflective Practice: Suggest that trainers reflect on their own family experiences and consider how applying these skills could have impacted different outcomes.

Plan for implementation of the session

- Warm-up Exercise: "Family Wellbeing Mind Map": 15 minutes
- Case Study & Discussion: "The Smith Household": 30 minutes
- Theoretical Discussion: "Key Skills for Family Wellbeing": 30 minutes
- Exercise 1: "Role-Playing Family Scenarios": 20 minutes
- Exercise 2: "Group Problem-Solving": 20 minutes
- Consolidation of Knowledge: "Reflection and Sharing": 15 minutes

Additional Resources

- <https://ccrnj.org/what-is-family-well-being/>
- <https://www.childwelfare.gov/topics/preventing/promoting/>
- https://www.twr360.org/ministry/24/familylife-today/lang,1?gad_source=2&gclid=Cj0KCQiApOyqBhDIARIsAGfnyMrGBny9NPAQVlxFxdH-BIZjWpEBTP7D1w5kdp_U70E9n6Fi721TbXMaAgQXEALw_wcB
- <https://youtu.be/bWvC1NYHtcM>

Exercises

Exercise 1

Name of exercise: Role-Playing Family Scenarios

Duration: 20 minutes

Materials needed: Role-play scripts (outlined below); Props such as chairs, tables, and household items to create a realistic setting (optional).; Timer or stopwatch.

Objective:

This exercise aims to help participants apply the concepts of effective communication and empathy in simulated family scenarios. By role-playing, they can practice and better understand these key skills in a safe and controlled environment.

Description:

Participants will be divided into small groups, and each group will be given a role-play script depicting a common family scenario. These scenarios are designed to highlight challenges in communication and opportunities to practice empathy. Participants will take turns acting out the roles, followed by a group discussion on the dynamics of each scenario.

Role-Play Scenarios: [Equal parenting project Session 1- Exercise 1 Scenarios](#)

1. Scenario: The Teenage Curfew

- Roles: Parent, Teenage Child
- Situation: The parent sets a new curfew, and the teenager feels it's unfair.
- Focus: Negotiating a compromise, expressing feelings clearly, and understanding each other's perspectives.

2. Scenario: Homework Time

- **Roles:** Parent, Young Child
- **Situation:** The child is struggling with homework and becomes frustrated.
- **Focus:** Demonstrating patience, offering support, and using encouraging communication.

3. Scenario: Sibling Dispute

- **Roles:** Two Siblings, Mediating Parent
- **Situation:** Siblings are arguing over a shared toy.
- **Focus:** Mediating a conflict, fostering empathy between siblings, and encouraging fair sharing.

Procedure:

- Each group selects a scenario and assigns roles among themselves.
- Participants act out the scenario for approximately 5 minutes, trying to incorporate the key skills discussed in the session.
- After the role-play, the group discusses the interaction, focusing on what was done well and what could be improved.
- Discussion should centre on how communication and empathy could have been used more effectively.

Guidance for Trainers:

- Encourage participants to stay in character and react as they would in real life.
- After each role-play, guide the discussion to ensure key learning points are covered.
- Emphasise the importance of non-verbal cues, tone of voice, and active listening in each scenario.
- Encourage participants to reflect on how the exercise relates to their personal experiences.

Exercise 2

Name of exercise: Group Problem-Solving - "Improving the Smith Family's Dynamics"

Duration: 20 minutes

Materials needed: Flip chart or large paper for each group. Markers in various colours. Copies of the Smith family case study for reference.

Objective:

The exercise aims to engage participants in collaborative problem-solving, focusing on improving the family situation described in the Smith family case study. Participants will apply key skills such as communication, empathy, and compromise to devise practical solutions.

Description:

In this exercise, participants will work in small groups to brainstorm and develop strategies for enhancing the well-being of the Smith family. The goal is to create a plan that addresses the family's challenges by applying the key skills discussed earlier in the session.

Procedure: Plan template: [Equal parenting project Session 1- Exercise 2 Template](#)

1. **Form Groups:** Divide participants into groups of 4-5 people.
2. **Review the Case Study:** Each group reviews the Smith family case study to refresh their understanding of its challenges.

3. Brainstorming Session: Groups discuss and brainstorm potential strategies for improving the family situation. Encourage them to focus on:

- Enhancing communication between family members.
- Developing empathy and understanding among all family members.
- Establishing consistent and fair parenting practices.
- Promoting respect and compromise within family interactions.

4. Develop a Plan: Each group develops a concrete plan with actionable steps that the Smith family could take. Encourage creativity and practicality in their solutions.

5. Presentation: Each group presents their plan to the other participants, using the flip chart to illustrate their ideas.

6. Group Feedback: After each presentation, other participants and the trainer provide constructive feedback and discuss the viability and effectiveness of the proposed solutions.

Guidance for Trainers:

- Encourage participants to consider the unique dynamics and needs of the Smith family.
- Guide the discussion to ensure that the focus remains on applying key skills effectively.
- Challenge groups to think critically about the root causes of issues in the case study and how they can be addressed.
- Facilitate a discussion on how the proposed solutions could be implemented in real-life scenarios.

Consolidation of Knowledge

Debriefing Questions:

- How do the dynamics in the Smith family reflect common challenges in family communication and parenting?
- In what ways can empathy and understanding alter the outcome of a family conflict?
- How might consistent parenting styles benefit children's emotional and behavioral development?
- What role does active listening play in strengthening family relationships?
- How can families implement the concept of shared responsibilities in day-to-day life?

Games and Activities for Knowledge Consolidation

Family Communication Board Game:

Description: Create a board game where players navigate through various family scenarios, answering questions or solving problems related to effective communication and empathy.

Purpose: To reinforce the concepts learned in a fun and engaging way.

Empathy Role-Play Relay:

Description: Set up a relay where participants act out various family roles, demonstrating empathy and understanding in each scenario before passing on the baton.

Purpose: To practice empathy and perspective-taking in rapid succession, emphasizing the importance of these skills in diverse situations.

Reflective Session Summary

Today's session on "Importance of Family well-being" provided valuable insights into effective communication, empathy, and the importance of a unified parenting approach. We explored the complex dynamics of the Smith family, reflecting the common challenges many families face. Through role-playing and group problem-solving exercises, we practised applying these concepts to real-life scenarios, enhancing our understanding and skills.

Remember, the key to a harmonious family life lies in understanding each other, communicating effectively, and sharing responsibilities. We can foster a nurturing and supportive family environment by implementing the strategies discussed today. Let's carry these lessons forward, applying them not only in our professional roles but also in our personal lives.

As we conclude, reflect on how you can incorporate these learnings into your interactions with families. Consider the positive changes that empathetic and effective communication can bring and how, as trainers, you can be catalysts for these transformations in family wellbeing.

Session 2

Self-Wellbeing to Improve Family Wellbeing and Developing Communication Skills with Kids

Keywords: Self-care, Empathy, Communication, Family Dynamics, Emotional Intelligence

Duration: 2 hours

Warm-up exercise: "My Self-Care Journey"

Duration: 15 minutes

Materials Needed: Pens and notepads for participants.; A timer.

Objective: To engage participants in reflecting on their self-care practices and understanding how they impact their family life and relationships.

Implementation

1. Introduction (2 minutes):

- The facilitator introduces the exercise by explaining the importance of self-care in personal and family well-being.
- Briefly discuss how self-care can positively affect family dynamics and communication.

2. Individual Reflection (5 minutes):

- Ask each participant to take a few minutes to think about their current self-care practices.
- Prompt questions: What do you do for self-care? How do these practices make you feel? How do you think they impact your interactions with your family?

3. Sharing in Pairs (6 minutes):

- Participants pair up and take turns sharing their reflections.
- Encourage them to discuss what they do and how these practices contribute to their role in the family.

4. Group Sharing (2 minutes):

- A few volunteers briefly share their insights with the whole group.
- The facilitator highlights common themes or unique approaches to self-care.

Guidance for Trainers:

- Encourage honesty and openness. Remind participants that there's no right or wrong way to practice self-care.
- Be attentive to the time, ensuring everyone who wishes to share in pairs has a chance.
- Facilitate a supportive and non-judgmental environment. Acknowledge the challenges of regular self-care, especially in a family context.
- Use insights from this exercise to segue into the importance of self-care for family well-being, setting the tone for the rest of the session.

Case study & discussion

"Improving the Family's Wellbeing"

Objective: To analyse a real-life scenario that illustrates the impact of individual self-care on family dynamics and communication.

Case Study Summary: "The Path to Family Harmony"

- The case study narrates the story of a family who decided to focus on individual self-care to improve their collective well-being. Each family member, including the parents and children, engaged in self-care activities like exercise classes, yoga, and hobbies. This individual focus on well-being led to increased self-confidence and a more harmonious family life.

Duration: 30 minutes.

Implementation

1. Case Study Presentation (5 minutes):

- The facilitator presents the case study by reading it aloud or providing printed copies for participants to read. [Equal parenting project case study Session 2](#)

2. Key Points to Pay Attention To (5 minutes):

- Emphasize the changes in family dynamics before and after implementing self-care routines.
- Highlight the individual improvements in self-esteem and confidence.
- Note the collective impact on family communication and understanding.

3. Group Discussion (15 minutes):

- Divide participants into small groups.
- Provide a set of discussion questions related to the case study.
- Encourage participants to consider the practicality of the family's approach and how it could be applied in different family settings.

4. Plenary Sharing and Facilitator-Led Synthesis (5 minutes):

- Groups share their discussions with the entire session.
- The facilitator synthesises key points from each group, highlighting the importance of self-care in enhancing family well-being.

Discussion Questions

- How does engaging in self-care activities contribute to improving family relationships?
- What are the benefits of setting time aside for self-reflection and relaxation for individual family members?
- How can individual well-being lead to improved communication within the family unit?
- What steps can families take to encourage each member to pursue personal goals and self-care?
- In what ways can prioritising one's mental health help create a healthier home environment for all?

Guidance for Trainers

- Encourage active participation and ensure that each group member has a chance to contribute.
- Foster a collaborative atmosphere where different perspectives are valued.
- Guide the discussion to stay focused on the case study and the questions provided.
- Highlight the connection between personal well-being and overall family health.
- Use real-life examples or experiences to make the discussion more relatable and impactful.

How to implement the theory part

Duration: 40 minutes

Additional Explanation for the Trainer: Implementing the Theory Part: [Copy of Template Equal parenting project](#)

Topic: Self-Care and Communication Skills - Foundations for Family Wellbeing

Objective

To equip trainers with the knowledge and tools to effectively teach the concepts of self-care and communication skills as foundational elements for enhancing family well-being.

More Theory Knowledge

- **Core Concepts:**
 - Understanding self-care and its impact on individual and family well-being.
 - Developing practical communication skills to foster a nurturing family environment, especially with children.

Implementation

1. Introduction to Theory (10 minutes):

- Start with an overview of why self-care is essential for individuals and how it positively impacts family dynamics.
- Introduce the concept of effective communication within the family, emphasising its role in building solid relationships.

Detailed Theoretical Exploration (20 minutes):

• Self-Care:

- Discuss various forms of self-care (physical, emotional, mental) and their benefits.
- Explore how improved self-esteem and confidence from self-care practices positively influence family interactions.

• Communication Skills:

- Delve into techniques such as active listening, using age-appropriate language, showing empathy, and asking open-ended questions.
- Discuss the importance of non-verbal communication and how to model effective communication behaviours.

Interactive Component (10 minutes):

- Incorporate an interactive element, such as a mini-quiz or a scenario analysis, where trainers can apply the theoretical concepts in hypothetical family situations.
- Encourage group discussion and sharing of personal experiences related to self-care and communication.

Additional material: [Equal parenting project Session 2-Mini quiz and Scenario discussion](#)

Guidance for Trainers

- **Use of Visual Aids:** Leverage presentations, charts, and videos to make theoretical concepts more engaging and understandable.
- **Encourage Participation:** Create an interactive learning environment where trainers feel comfortable sharing and discussing.
- **Real-World Application:** Relate theory to real-world scenarios, making it easier for trainers to understand and convey these concepts to families.
- **Resource Distribution:** Provide handouts or digital resources summarising key points for trainers to reference later.

Supplementary Materials

- **Presentation Slides:** Visually appealing slides covering all theoretical aspects.
- **Handouts:** Concise summaries of self-care practices and communication skills.
- **Case Studies/Scenarios:** Real-life or hypothetical scenarios illustrating the application of these concepts.

Plan for implementation of the session

- **Warm-up Exercise:** "My Self-Care Journey": 15 minutes
- **Case Study & Discussion:** "Improving the Family's Wellbeing": 30 minutes
- **Theoretical Discussion:** "Self-Care and Family Dynamics": 40 minutes
- **Exercise 1:** "Self-Care Circle - Sharing and Reflecting": 30 minutes
- **Exercise 2:** "Gratitude Activity": 15 minutes
- **Consolidation of Knowledge:** 15 minutes

Exercises

Exercise 1

Name of exercise: Self-Care Circle - Sharing and Reflecting

Duration: 30 minutes

Materials needed: Comfortable seating for participants (chairs, cushions, or yoga mats); Optional: Background instrumental music; Timer.

Objective: To explore the concept of self-care and discuss its critical role in enhancing personal well-being and, by extension, contributing positively to family dynamics.

Description: This exercise encourages participants to share personal self-care practices and reflect on how these practices influence their well-being and interactions with family members. It aims to highlight the variety of self-care strategies and their importance in maintaining a healthy family environment.

Execution:

1. **Setup:** Arrange the seating in a circle to facilitate open discussion. Ensure the environment feels safe and inviting for personal sharing.
2. **Introduction (5 minutes):** Start by discussing the concept of self-care, emphasizing its importance for personal well-being and its indirect effect on improving the quality of family life. Highlight that self-care can vary greatly among individuals and can include physical, emotional, intellectual, and spiritual practices.
3. **Sharing Round (10 minutes):** Invite participants to share their self-care practices and describe how these practices help them manage stress, recharge, and maintain balance. Encourage sharing about how these practices affect their roles within the family and interactions with family members.

Guidance for Sharing:

- Describe a self-care activity you find beneficial.
- Explain how this activity impacts your mood and energy levels.
- Reflect on any changes in your family interactions or dynamics as a result of your self-care practices.
- Group Discussion (10 minutes): Facilitate a group discussion based on the sharing session. Prompt participants to explore:
 - The commonalities and differences in self-care practices among the group.
 - The challenges of maintaining regular self-care routines and strategies to overcome them.
 - How family members can support each other's self-care efforts and collectively enhance family well-being.

Reflection and Closure (5 minutes): Conclude with a reflection on the importance of self-care not just for individual health but as a foundational element of healthy family dynamics. Encourage participants to think about new self-care practices they might adopt or suggest within their families.

Trainer Tips:

- Be prepared to share your own experiences with self-care to kickstart the discussion and create an atmosphere of openness.
- Ensure to manage the discussion to be respectful and supportive, emphasizing that there is no one-size-fits-all approach to self-care.

Exercise 2

Name of exercise: Gratitude Activity

Duration: 20 minutes

Materials needed: Paper and pens for each participant; A container to collect the gratitude notes (optional).

Objective:

To cultivate a sense of gratitude in participants, highlighting how this positive emotion can enhance personal well-being and improve family relationships.

Description

This activity involves participants writing down things they are grateful for in their family life. The focus is on recognising and appreciating the positive aspects, which can strengthen family bonds and communication.

Execution

1. **Writing Gratitude Notes** (10 minutes): Each participant writes down at least three things they are grateful for in their family life. These can range from specific events to general aspects of their family relationships.
2. **Sharing Gratitude** (5 minutes): Participants take turns sharing what they wrote, either with the whole group or in smaller groups, depending on the number of participants. If comfortable, participants can also choose to place their notes in a container, and a few notes can be randomly read aloud.
3. **Discussion:** Encourage a brief discussion on how focusing on gratitude can change one's perspective on family life and interpersonal relationships.

Trainer Tips

- Remind participants that gratitude can be found in small, everyday things and does not need to be about grand gestures.
- Create a supportive atmosphere where participants feel comfortable sharing personal reflections.
- Highlight the role of gratitude in fostering positive emotions and reducing negative ones, which can profoundly impact family dynamics.

Consolidation of Knowledge

Debriefing Questions:

- How has your understanding of self-care evolved through today's session, and how do you see it impacting your family life?
- What new insights about effective communication within the family have you gained, and how might you apply these at home?
- Discuss how the gratitude activity influenced your perspective on family interactions and relationships.
- What are some practical steps you can take to implement the concepts of self-care and effective communication in your daily family routine?

Games and Activities Suggestions

1. Family Communication Role-Play:

- **Description:** Create role-play scenarios where youths and young people can practice effective communication strategies, like active listening and expressing their feelings clearly.
- **Purpose:** To provide a safe and fun environment for practising communication skills.

2. Family Well-Being Journal:

- **Description:** Encourage youths and young people to keep a journal where they record their self-care activities, feelings, and family interactions.
- **Purpose:** To help them reflect on their personal growth and the development of family relationships.

3. Gratitude Jar:

- **Description:** Set up a jar at home where family members can regularly drop notes of things they are grateful for about each other.
- **Purpose:** To cultivate an atmosphere of appreciation and positivity in the family.

Reflective Session Summary

Today's session provided a deep dive into the essential roles that self-care and effective communication play in family well-being. Through theoretical exploration and practical exercises, we've discovered how nurturing ourselves can positively impact our family dynamics. We've also uncovered the power of communication in strengthening family bonds.

Remember, the journey to a harmonious family life begins with individual steps. Committing to personal self-care and fostering open and empathetic communication can build a family environment filled with understanding, support, and love. Let's take these insights and tools into our daily lives, transforming our families into spaces where every member thrives.

As we continue to navigate the complexities of family life, let us hold onto the practices of mindfulness and gratitude and remember that the strength of our families lies in the well-being of each of its members and the quality of our interactions with each other.

Session 3

Families with Equally Involved Parents

Keywords: Equal Parenting, Discipline, Communication, Family Rules, Consistency

Duration: 2 hours

Warm-up exercise: "Parenting Perspectives"

Duration: 15 minutes

Materials Needed: Flip chart or whiteboard; Markers; Sticky notes or index cards for each participant.

Objective: To engage participants in a reflective discussion on their personal views and experiences with parenting, specifically focusing on the involvement of both parents in family life and its impact on discipline and harmony within the household.

Description

This exercise encourages participants to share and discuss their perspectives on parenting, particularly the roles and involvement of both parents. It aims to initiate a dialogue about how equal parenting can influence a family's discipline and overall dynamics.

Execution

1. Individual Reflection (5 minutes):

- Ask each participant to write down their thoughts or experiences regarding the roles of parents in managing family discipline on a sticky note or index card. They should consider questions like:
 - What has been your experience or observation regarding the involvement of both parents in family life?
 - How do you think equal or unequal involvement of parents affects the discipline and harmony in a family?

2. Sharing in Small Groups (5 minutes):

- Divide participants into small groups of 3-4 people.
- In their groups, participants share what they wrote, providing context or examples if necessary.

3. Group Discussion (5 minutes):

- Each group selects one or two critical points from their discussion to share with the larger group.
- Write these points on a flip chart or whiteboard, creating a visible collection of perspectives on parenting and discipline.
-

Guidance for Trainers

- Encourage an atmosphere of openness and non-judgment, where participants feel comfortable sharing personal views and experiences.
- Facilitate the group discussion by summarising shared points and drawing connections between different perspectives.
- Highlight the diversity of experiences and views on parenting, noting any common themes or contrasting opinions.
- Use the collected perspectives as a segue into discussing the case study and the theoretical aspects of the session, focusing on how equal involvement of parents can positively impact family discipline and dynamics.

Case study & discussion

The Thompson Family's Struggle for Balance

Case Study: The Thompson Family's Struggle for Balance

Full story: [Equal parenting project Session 3 case study](#)

Background:

- **Family Composition:** The Thompsons are a family of four: mother (Sarah), father (David), a teenage daughter (Lily), and a younger son (Max).
- **Lifestyle:** David works as a long-time corporate lawyer, and Sarah is a stay-at-home mom. The kids are active in school and extracurricular activities.

Current Situation:

- David's intense job commitment leads him to spend less time at home, leaving most parenting responsibilities to Sarah. This imbalance has become more pronounced over time.
- Sarah tries to compensate for David's absence by being both nurturing and disciplinarian, leading to mixed signals and inconsistency in parenting.

The Problem:

- **The Problem:**
- Lily and Max receive mixed messages due to their differing parenting styles and involvement levels. Lily, seeking more independence, often clashes with Sarah over inconsistent rules, while Max shows signs of acting out in school, craving more attention.
- The differing expectations and lack of a united front in parenting increase tension and disciplinary issues within the household.

Reflection Questions

- Do you agree that the imbalance in parenting roles contributed to the discipline issues in the Thompson family?
- What practical ways can parents ensure consistency in their approach to discipline?
- How can parents like Sarah and David maintain their parenting styles while presenting a united front to their children?
- What strategies can parents use to ensure both are equally involved in their children's lives despite busy schedules?

How to implement the theory part

Theoretical Foundations of Balanced Parenting

Psychological Impact on Children:

- **Consistency in Discipline:** Children thrive in environments where expectations and consequences are clear and consistent. Inconsistent discipline between parents can lead to confusion, insecurity, and behavioural problems in children.
- **Emotional Security:** The equal involvement of both parents provides children with a broader emotional support system, fostering a sense of security and belonging.
- **Role Modeling:** Children learn social and interpersonal skills through observation. Balanced parenting provides diverse role models, encouraging well-rounded emotional and social development.

Parental Dynamics and Its Effects:

- **United Front in Parenting:** When parents present a united front, it reinforces the family structure and rules, making them more effective and respected.
- **Stress Distribution:** Shared parenting responsibilities help prevent caregiver burnout, as the duties and stresses of parenting are distributed more equally.
- **Parent-Child Relationship:** Each parent brings unique strengths and perspectives to the relationship, enriching the child's developmental experience.

Communication and Decision-Making:

- **Open Communication:** Effective parenting requires open communication between partners about parenting styles, expectations, and family goals.
- **Joint Decision-Making:** Collaborative decision-making in parenting ensures that both parents' views are considered, leading to more balanced and effective parenting strategies.

Cultural and Societal Influences:

- **Shifting Family Dynamics:** Contemporary family structures often see both parents working, necessitating a more balanced approach to parenting than traditional models.
- **Influence of Gender Roles:** Moving away from stereotypical gender roles in parenting allows for a more flexible and adaptive approach, catering to the family's unique needs.

Long-Term Benefits:

- **Resilience Building:** Balanced parenting equips children with resilience and adaptability, crucial skills for navigating the complexities of life.
- **Healthy Adult Relationships:** Children raised in balanced parenting environments are more likely to emulate similar patterns in their adult relationships, contributing to healthier interpersonal dynamics.

Practical Application

- **Regular Family Meetings:** Facilitate open discussions about family rules, individual needs, and daily schedules.
- **Co-Parenting Strategies:** Develop and agree upon consistent parenting strategies, discipline techniques, and daily routines.
- **Emotional Intelligence Training:** Parents can benefit from learning about emotional intelligence to better understand and respond to their children's emotional needs.
- **Counseling and Support:** For families struggling to find balance, seeking professional guidance can provide tools and strategies for effective co-parenting.

Plan for implementation of the session

- Warm-up Exercise: "Parenting Perspectives": 15 minutes
- Case Study & Discussion: "The Challenge of Balancing Parenting Roles": 30 minutes
- Theoretical Discussion: "Benefits of Equal Parenting": 30 minutes
- Exercise 1: "Parenting Role Swap Activity": 30 minutes
- Consolidation of Knowledge: 15 minutes

Exercises

Exercise 1

Name of exercise: Role-Play for Balanced Parenting

Duration: 35 minutes

Materials needed: Scenario cards describing different family situations that require balanced parenting; Props for role-play (optional), such as chairs, tables, or household items to set the scene; Notepads and pens for taking notes

Objective: To help participants understand and practice the principles of balanced parenting through role-playing various family scenarios.

Description: This exercise encourages participants to share practices of balanced parenting and reflect on how these practices influence their well-being and interactions with family members.

Execution:

1. Scenario Distribution (5 minutes):

- a. Divide participants into small groups and provide each group with a scenario card.
- b. Each scenario should depict a common parenting challenge, such as handling a child's tantrum, setting bedtime routines, or addressing sibling rivalry.

2. Role-Play Activity (20 minutes):

- Within each group, participants take on different roles (e.g., one parent, one child, observer).
- The 'parents' in the scenario collaborate to address the challenge in a balanced and effective manner, demonstrating clear communication and consistent discipline.
- The observer notes the interaction, focusing on aspects of balanced parenting.

3. Group Discussion (10 minutes):

- After the role-play, the group discusses the approach taken by the 'parents,' analysing the effectiveness of their communication and consistency.
- The observer shares their notes, highlighting positive behaviours and areas for improvement.

Guidance for Trainers

- Encourage participants to stay in character and think from the perspective of the parent they are role-playing.
- Ensure scenarios are varied to cover different aspects of balanced parenting.
- Facilitate discussions by asking probing questions and guiding the conversation toward best practices in balanced parenting.

Exercise 2

Name of exercise: Creating a Family Rule Chart

Duration: 35 minutes

Materials needed: Large poster papers or flip charts; Markers and pens; Sticky notes.

Objective:

To encourage participants to practically apply the concept of balanced parenting in creating consistent family rules.

Description

Participants work together to create a family rule chart. This exercise helps them understand the importance of having clear, agreed-upon rules and consequences in the family set by both parents.

Execution

1. Brainstorming Session (10 minutes):

- Participants form small groups and brainstorm potential rules for a family's functioning and well-being.
- Encourage them to think about rules that foster respect, responsibility, and healthy boundaries.

2. Rule Chart Creation (15 minutes): Example([Copy of Template Equal parenting project](#))

- Using the poster papers, each group creates a 'Family Rule Chart.' This chart should include the agreed-upon rules and corresponding consequences for following or breaking them.
- Participants are encouraged to ensure that the rules are realistic, fair, and enforceable by both parents.

3. Group Presentations and Feedback (10 minutes):

- Each group presents their rule chart to the other participants.
- After each presentation, other groups provide constructive feedback, focusing on the rules and consequences' clarity, fairness, and practicality.

Guidance for Trainers

- Highlight the importance of parents in setting and enforcing family rules.
- Discuss how clear communication and mutual agreement on rules and consequences are crucial for effective and balanced parenting.
- Encourage creativity in the rule chart creation, making the activity engaging and thought-provoking.

Consolidation of Knowledge

Debriefing Questions:

1. How do you think the balanced involvement of both parents in setting and enforcing rules impacts the behaviour and development of children?
2. Reflect on the role-play scenarios. What key lessons did you learn about collaborative parenting and its challenges?
3. From the 'Family Rule Chart' exercise, how did collaborating on rules and consequences change your perspective on discipline within a family?
4. What strategies can parents use to ensure they are consistently and fairly involved in their children's upbringing?
5. How can families adapt the concept of balanced parenting in unique situations, such as single-parent families or households where one parent works long hours?

Games and Activities Suggestions

1. Family Vision Board:

- **Activity:** Create a vision board with family goals, values, and rules. This visual representation can include images, phrases, and symbols representing the family's aspirations.
- **Purpose:** Helps to align the family on common goals and values, reinforcing the concepts of balanced parenting and shared responsibilities.

2. Parenting Scenario Charades:

- **Activity:** Act out various parenting situations without speaking. The rest of the family or group guesses the scenario and discusses the best way to handle it using balanced parenting principles.
- **Purpose:** Encourages understanding of parenting challenges and promotes creative problem-solving skills.

3. Family Meeting Simulation:

- **Activity:** Simulate a family meeting where youths and young people can practice discussing and negotiating family rules, activities, and issues.
- **Purpose:** Provides practical experience in effective communication, compromise, and collective decision-making within the family context.

Reflective Session Summary

In today's session, we explored the essential role of balanced parenting in creating a harmonious and disciplined family environment. Through engaging role-plays and the practical exercise of developing a 'Family Rule Chart,' we've seen how the involvement of both parents consistently and fairly significantly impacts a child's behaviour and overall family dynamics.

We learned that balanced parenting is not just about equal time spent with children but also about the quality of interactions and the united front presented by parents in nurturing and disciplining their children. This session highlighted the importance of open communication, mutual respect, and collaboration in family life.

As we conclude, let's carry with us the understanding that every family is unique, and the approach to balanced parenting may differ. However, the core principles of consistency, mutual support, and shared responsibility remain universal. Let's strive to apply these principles daily, creating a nurturing environment where every family member can thrive.

Session 4

Equal Division of Childcare and Housework Amongst Couples

Keywords: Equal Division, Parental Stress, Family Wellbeing, Team Effort, Household Management

Duration: 2 hours

Warm-up exercise: "Sharing Our Stories"

Duration: 15 minutes

Materials Needed: Notepads and pens for each participant.; A timer to keep track of time during sharing; Flip chart or whiteboard and markers for noting down key points.

Objective: To create an open and engaging atmosphere where participants share their personal experiences or expectations regarding the division of household and childcare responsibilities. This exercise aims to highlight the diversity of approaches and set the stage for discussing the benefits of equal sharing.

Description

Participants will reflect on and share their experiences or expectations about dividing childcare and housework in their families. This activity will help participants connect with each other and understand the variety of dynamics that exist in family life.

Execution

1. Individual Reflection (5 minutes):

- Distribute notepads and pens to each participant.
- Prompt participants to spend a few minutes writing down their personal experiences or expectations related to the division of childcare and housework in their own families.
- Encourage them to think about what works well, what challenges they face, and their aspirations for improvement.

2. Sharing in Small Groups (5 minutes):

- Divide participants into small groups of 3-4 people.
- In their groups, each participant takes a turn to share their story briefly.
- Others in the group listen actively, without interrupting or providing advice at this stage.

3. Group Insights (5 minutes):

- After everyone in the small groups has shared, reconvene as a larger group.
- Ask volunteers to share a summary or exciting insights from their small group discussions.
- Note these critical points on a flip chart or whiteboard, highlighting everyday experiences and diverse perspectives.

Guidance for Trainers

- Emphasize the importance of active listening and respect for each other's experiences.
- Ensure that each participant has an opportunity to share without feeling rushed.
- Facilitate the more extensive group discussion by drawing out themes, commonalities, and unique experiences.
- Use the insights gathered to tailor the subsequent parts of the session to the participants' experiences and needs.

Case study & discussion

John and Lisa's Journey to Balance

Background:

- John and Lisa's Context: A married couple working full-time and deciding to start a family. They aimed to ensure that parenting and household duties were equally shared to maintain harmony and reduce stress.

Their Strategy:

- Division of Tasks: John took on outdoor tasks like mowing the lawn and house repairs, while Lisa managed indoor chores like cleaning and laundry. They also alternated nighttime parenting duties and morning routines.
- Outcomes: This equal division significantly reduced stress and increased well-being, fostering a more harmonious family environment.

Discussion Points

- Effective Division of Labor: What strategies did John and Lisa employ to divide their household tasks effectively? How did this affect their relationship and family dynamics?
- Challenges in Implementation: Consider the potential challenges they might have faced in this arrangement. How might different families adapt this strategy to fit their unique circumstances?
- Impact on Family Well-being: Discuss the broader implications of this equal division of labour on the family's well-being. How does sharing responsibilities contribute to a healthier family dynamic?

Reflection Questions

- How do you relate to John and Lisa's approach in your personal life?
- What can families do to ensure a fair distribution of childcare and household tasks?
- How might couples with different work schedules or commitments adopt a similar approach?
- What role does communication play in successfully sharing household responsibilities?

Duration & Explanation of the Implementation

- Duration: Approximately 30 minutes.
- Format:
 - **Introduction (5 minutes):** Present the case study to the group, highlighting critical aspects of John and Lisa's approach.
 - **Small Group Discussion (15 minutes):** Break the participants into small groups to discuss the case study, using the provided discussion and reflection questions as a guide.
 - **Group Sharing (10 minutes):** Reconvene and have a representative from each group share their insights and conclusions.

Guidance for Trainers

- **Encourage Varied Perspectives:** Remind participants that there is no one-size-fits-all solution and encourage them to think creatively about how different families might approach these challenges.
- **Focus on Practical Solutions:** Guide discussions towards practical strategies that participants can realistically implement in their own lives.
- **Highlight Key Takeaways:** Summarize the discussion by emphasising the importance of equitable sharing of responsibilities and its positive impact on family wellbeing.

How to implement the theory part

Core Theoretical Concepts

Equal Division of Labor: This concept emphasises sharing household and childcare responsibilities between partners in a balanced manner. It's not just about splitting tasks but ensuring that both partners contribute equally to home management and child-rearing.

Impact on Family Dynamics: Studies show that equal sharing of these responsibilities leads to a decrease in parental stress and an increase in overall family wellbeing. It promotes a sense of partnership and mutual respect, which are key to a healthy family environment.

Cultural Shifts and Modern Family Structures: Address the evolving nature of family roles in contemporary society, moving away from traditional gender-based divisions of labor. Highlight how modern families are more focused on equitable distribution of household duties.

Implementing the Theory

Duration & Format:

- The theoretical part should take about 30 minutes.
- Use a mix of presentation, interactive discussion, and real-life examples to engage participants.

Presentation:

- Prepare slides or a handout summarising key points about the benefits and challenges of equally sharing household and childcare tasks.
- Include statistics or findings from relevant studies to support the theory.

Discussion and Q&A:

- Encourage participants to ask questions and share their thoughts or experiences related to the topic.
- Discuss how to overcome common challenges in implementing this theory in real life.

Role-Play Scenarios and Analysis:

- Briefly introduce role-play scenarios that participants will later engage in, demonstrating the practical application of the theory.

Practical Tips for Implementation:

- Provide actionable strategies for couples to start applying these concepts in their daily lives, such as how to communicate effectively about dividing tasks, establish routines, and show appreciation for each other's contributions.

Guidance for Trainers

- **Emphasize Flexibility:** Encourage participants to find what works best for their unique family situation. There's no one-size-fits-all approach.
- **Acknowledge Challenges:** Discuss potential obstacles, such as differing work schedules or resistance to changing established roles, and offer solutions.
- **Use Inclusive Language:** Be mindful to use language inclusive of all family structures and orientations.
- **Encourage Participation:** Create an environment where participants feel comfortable sharing their perspectives and experiences.

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 30 minutes
- Theory: 30 - 45 minutes
- Exercise 1: 20 minutes
- Exercise 2: 30 minutes
- Consolidation of Knowledge - 10 - 15 minutes

Additional Resources

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5365149/>
- https://www.researchgate.net/publication/254078927_How_Mothers_and_Fathers_Share_Childcare_A_Cross-National_Time-Use_Comparison

Exercises

Exercise 1

Name of exercise: Family Task Planning Workshop

Duration: 30 minutes.

Materials needed: Worksheets for each participant (template with a list of common household and childcare tasks); Pens and highlighters; Flip chart or interactive whiteboard; Timer.

Objective: This exercise aims to help participants practice equitable division of household and childcare tasks through a hands-on planning workshop.

Steps:

1. Introduction (5 minutes):

- Explain the purpose of the exercise: to develop a practical, balanced plan for dividing household and childcare tasks.
- Emphasize the importance of equitable task division in reducing stress and improving family wellbeing.

2. Worksheet Distribution (5 minutes):

- Hand out the worksheets, which should include a comprehensive list of common household tasks (e.g., cooking, cleaning, laundry) and childcare responsibilities (e.g., school runs, bedtime routines).
- Instruct participants to highlight or mark the tasks they currently handle or feel comfortable managing.

3. Task Division Planning (15 minutes):

- Participants use the worksheets to draft a weekly plan that divides the tasks fairly between partners.
- Encourage them to consider factors like work schedules, personal preferences, and the need for balance and fairness in the division.
- Use the flip chart or interactive whiteboard to demonstrate how to balance the task list and create a fair distribution.

4. Group Discussion and Feedback (5 minutes):

- Participants share their proposed plans with the group.
- Facilitate a discussion about the strategies used to achieve an equitable division and address any challenges encountered.

Practical Tips

- **Flexibility:** Stress the importance of flexibility and willingness to adjust the plan as needed based on changing family circumstances.
- **Communication:** Highlight how open and honest communication with partners is crucial in agreeing on task division and addressing any concerns.
- **Recognition:** Encourage participants to acknowledge and appreciate each other's contributions to maintain a positive atmosphere at home.
- **Adaptability:** Remind participants that the division of tasks may evolve over time and should be revisited regularly to ensure it continues to meet the family's needs.

Exercise 2

Name of exercise: Family Role Swap Relay

Duration: 30 minutes

- **Materials needed:** Sets of cards with various household and childcare tasks written on them; Timer or stopwatch; Space for physical movement (like an open room or hall); Cones or markers to designate areas for different activities.

Objective:

This exercise is designed to be active and engaging, allowing participants to experience different household and childcare tasks typically handled by their partners, fostering empathy and understanding.

Steps:

1. Setup and Introduction (5 minutes):

- Arrange the room with designated areas for different types of tasks (e.g., a 'kitchen' area for cooking-related tasks, a 'playroom' for childcare tasks).
- Explain the objective: to experience a variety of tasks that their partners may usually handle, highlighting the importance of understanding and appreciating each other's contributions.

2. Task Card Distribution (5 minutes):

- Hand out sets of task cards to each participant or pair.
- Each card describes a common household or childcare task, along with a fun, physical activity that simulates the task (e.g., 'Preparing Lunch' might involve assembling puzzle pieces to make a 'sandwich').

3. Role Swap Relay (15 minutes):

- Participants or pairs move through the different areas, completing the activities described on their task cards within a set time limit.
- Encourage speed and efficiency, but also emphasize the quality and careful completion of each 'task'.
- Use the timer to add an element of fun and urgency.

4. Group Discussion and Reflection (5 minutes):

- After completing the relay, gather participants for a cooldown and discussion.
- Ask them to reflect on the experience, focusing on what they learned about the variety and complexity of household tasks.
- Discuss the importance of recognizing and valuing the efforts that go into managing a home and caring for a family.

Practical Tips

- **Creativity in Task Simulation:** Make the task simulations fun and creative but also somewhat reflective of the effort involved in the actual tasks.
- **Safety First:** Ensure that all physical activities are safe and do not pose any risk of injury.
- **Inclusivity:** Make sure the activities are accessible to all participants, regardless of their physical abilities.

Encourage Teamwork: If conducted in pairs, emphasize cooperation and communication to successfully complete the tasks.

Consolidation of Knowledge

Debriefing Questions:

1. After participating in the 'Family Task Planning Workshop' and 'Family Role Swap Relay,' how has your perspective on sharing household responsibilities changed?
2. What insights have you gained about the impact of equally shared household and childcare duties on family well-being?
3. How can the principles learned today be adapted to different family structures or situations where one parent may have more responsibilities than the other?
4. What challenges might families face in implementing these strategies, and how can they be overcome?
5. How important do you think communication and flexibility are in maintaining a balanced division of tasks in the household?

Games and Activities Suggestions

1. Family Task Allocation Game:

- **Activity:** Create a board game where players move around, landing on different squares that represent various household tasks. Each task requires a decision on who should do it and why.
- **Purpose:** To encourage thinking about fair task division and open discussion on balancing responsibilities.

2. Real-Life Scenario Role Play:

- **Activity:** Youths or young people role-play real-life scenarios where they need to negotiate and divide tasks, such as planning a family event or dealing with a household emergency.
- **Purpose:** To practice communication and negotiation skills in a real-world context.

3. Interactive Family Calendar Creation:

- **Activity:** Design a family calendar where everyone gets to input their activities, tasks, and responsibilities. Use different colors or symbols to represent each family member.
- **Purpose:** To visually understand and manage the distribution of tasks and appreciate the contribution of each family member.

Reflective Session Summary

In today's session, we delved into the critical role of equal division of childcare and housework in enhancing family dynamics. Through engaging exercises like the 'Family Task Planning Workshop' and the 'Family Role Swap Relay,' we experienced firsthand the challenges and rewards of sharing household responsibilities.

We learned that balanced task sharing not only reduces stress but also strengthens family bonds. It fosters an environment of mutual respect and cooperation, essential for a happy and healthy family life. The session highlighted the importance of empathy, understanding, and flexibility in achieving a harmonious household.

As we conclude, let's remember that every family is unique, and the approach to task sharing will vary. However, the underlying principles of fairness, communication, and collaboration remain constant. Let's take these lessons back to our families, striving to create a balanced and supportive home environment where each member feels valued and involved.

SUMMARY OF MODULE

"Module 6: Family Well-being," part of the Equal Parenting Program, is designed to enhance modern family dynamics through equal parenting and shared responsibilities. It comprises four key sessions, each focusing on a different aspect of family well-being.

- 1. Importance of Family Wellbeing:** This session emphasizes the critical role of effective communication, empathy, respect, consistency, and patience in creating a harmonious family environment. Through a mind map exercise and the Smith family case study, participants explore common challenges in family dynamics, learning the importance of understanding, effective communication, and shared responsibilities.
- 2. Self-Wellbeing to Improve Family Wellbeing:** This session explores the interconnectedness of personal well-being and overall family health. It highlights the crucial role of self-care and communication skills in fostering healthier family relationships. Participants learn how individual self-care practices and empathetic communication can significantly impact family dynamics and support.
- 3. Families with Equally Involved Parents:** Focusing on the benefits of balanced parenting, this session explores how consistent and fair parental involvement positively impacts children's behavior and emotional development. Through the Thompson family case study, participants understand the need for open communication, mutual respect, and presenting a united front in parenting, essential for a disciplined and harmonious family life.
- 4. Equal Division of Childcare and Housework Amongst Couples:** The final session addresses the importance of equally sharing childcare and housework responsibilities. It underlines how such sharing reduces stress and strengthens family bonds. The session emphasizes the need for empathy, understanding, and flexibility in maintaining a balanced household, tailored to each family's unique circumstances.

Module 7

Overparenting



Dear Trainer,

We are excited to invite you to participate in Module 7 of our program, "Overparenting." This module explores the increasingly prevalent phenomenon of overparenting, often known as helicopter parenting and its impact on children and parents.

Module Structure: This Module consists of four dynamic sessions, each designed to deepen your understanding and skills in specific areas of parenting:

1. **Understanding Overparenting:** The foundations and effects of overparenting.
2. **Identifying Signs in Oneself:** Self-assessment and awareness.
3. **Setting Healthy Boundaries:** Collaborating with partners and managing personal stress.
4. **Strategies for Balanced Parenting:** Practical techniques to foster autonomy and resilience in children.

All units follow the exact step-by-step structure:

Theoretical Insights:

- Each session includes a segment dedicated to theoretical knowledge.
- Topics cover overparenting, its impact, and strategies for balanced parenting.
- Provides a foundation for understanding the concepts discussed in the session.

Case Studies:

- Real-life or hypothetical scenarios illustrate overparenting and its consequences.
- Aids in visualising the practical implications of overparenting in different family settings.
- Encourages participants to analyse and learn from these examples.

Interactive Discussions:

- Facilitated conversations where participants share thoughts, experiences, and perspectives.
- Promotes engagement, deeper understanding, and collective learning.
- It helps apply theoretical knowledge to real-world situations.

Practical Exercises:

- Hands-on activities like role-plays, self-reflection, and group tasks.
- They are aimed at practising skills and strategies to avoid overparenting.
- Enhances learning through direct application of concepts.

Step-by-Step Guidance:

- Sessions are structured to build understanding and skills progressively.
- Each element complements the others, ensuring a comprehensive learning experience.
- Focuses on equipping participants with tools and knowledge for effective parenting.

We invite you to join us in this transformative journey, where you will gain a deeper understanding of overparenting and practical skills to enhance your role as a trainer. Your participation will be instrumental in shaping a generation of confident, independent, and resilient children.

Best Regards,
Equal parenting partner consortium

Introduction

Overparenting, or helicopter parenting, is an increasing phenomenon in modern society. It refers to a parenting style characterised by excessive monitoring and control of children's lives, often beyond what is developmentally appropriate. Overparenting involves intrusive behaviours when attending school meetings for the child, solving their problems, making decisions, and controlling their daily activities. This parenting style has been linked to increased anxiety in children, as well as poorer performance when it comes to problem-solving and decision-making skills.

Module Goals:

- **Understanding Overparenting:** Dive into what constitutes overparenting and how it differs from healthy parenting practices.
- **Identifying Personal Tendencies:** Recognize and reflect on one's parenting style to identify overparenting behaviours.
- **Developing Balanced Boundaries:** Learn to establish effective boundaries between parents and children that foster independence and resilience.
- **Implementing Effective Strategies:** Explore practical strategies for avoiding overparenting while supporting children's development.

Context

Overparenting is a style of parenting where parents are too involved in their children's lives. It includes doing things for them that they can do themselves, solving their problems, and making decisions on their behalf.

Overparenting often involves closely monitoring children's activities, being overly protective, and stepping in too quickly to resolve their issues.

This type of parenting can prevent children from learning to handle challenges independently. It can lead to children feeling less confident, having difficulty making decisions, and struggling with independence.

The key is finding a balance between guiding children and giving them the freedom to learn and grow through their experiences.

By avoiding over-parenting your children, you will not only help them be more independent and confident in their actions and later life, but also free YOU as a parent of unnecessary stress and uncertainty in your children's path of growing up.

Session 1

Breaking Overparenting: Recognizing its Forms and Impacts

Keywords: Awareness, Independence, Parent-Child Dynamics

Duration: 1.5 hours

Warm-up exercise: “Break the over-parent discussion”

Duration: 15 minutes

Explanation: Participants share their perceptions of overparenting and experiences (if any) in a relaxed, open setting.

Findings will be put on a flipchart as a reminder throughout the session to be able to reflect if necessary.

Case study & Discussion

Billy and Amy: The Invisible Strings (in the resources)

Duration & Explanation: 20 minutes

Participants read the case study about a family over-involved in their children's daily lives. The case focuses on how this affects the children's ability to express themselves and take risks.

Discussion Points:

- Identify signs of overparenting in the case study.
- Discuss potential psychological effects on Billy and Amy.
- Explore underlying reasons parents might overparent.

Theoretical Part/Context:

Content:

Definition of Overparenting:

Overparenting, often termed 'helicopter parenting,' involves excessive involvement in a child's life, leading to over-control, overprotection, and micro-management.

It includes making decisions for the child, solving their problems instead of letting them learn from experiences, and closely monitoring their activities.

Contrast with Healthy Parenting:

Healthy parenting balances guidance with independence, allowing children to make decisions, experience natural consequences, and learn problem-solving skills.

It provides support and structure while encouraging exploration, curiosity, and self-reliance.

Psychological Effects on Children:

Overparenting can lead to increased anxiety in children. They may feel constant pressure to meet high expectations and fear making mistakes.

It can result in dependency, where children struggle to develop autonomy and confidence in their abilities to handle challenges.

Emotional Impact:

Children of overparenting may experience lower self-esteem as they internalise the belief that they need constant help and supervision.

They might feel less capable, impacting their willingness to try new things or take on challenges.

Developmental Consequences:

Overparenting can hinder the development of essential life skills, such as decision-making, problem-solving, and emotional regulation.

It may delay the development of resilience, the ability to bounce back from setbacks, which is crucial for navigating life's challenges.

Long-Term Implications:

Overparented children can grow up to be adults who lack independence, struggle with decision-making, and have difficulty coping with the stresses of adult life.

They might also need help establishing healthy relationships due to lack of boundary-setting skills and self-efficacy.

Balancing the Approach:

Parents are encouraged to find a balance by setting age-appropriate expectations, allowing children to make mistakes, and guiding them through the consequences.

Healthy parenting involves open communication, where children feel heard and understood and their feelings and opinions are valued.

Role of Parents:

Parents should aim to be guides rather than caretakers, providing a safe and supportive environment that encourages children to explore their independence.

It's important for parents to be aware of their motivations and anxieties that might lead to overparenting and to seek support if needed.

How to implement the theory part

Duration: 20 minutes

Understanding the Material:

Familiarize Yourself:

Thoroughly review and understand the content related to overparenting vs. healthy parenting. Be prepared to explain concepts clearly and answer potential questions.

Use Relatable Examples:

Incorporate real-life examples or anecdotes to make the theoretical concepts more relatable and understandable for participants.

Presentation Tips:

Engaging Delivery: Use an engaging tone and maintain eye contact. Encourage participation by asking open-ended questions.

Visual Aids: Utilize visual aids such as slides, charts, or videos to supplement your explanation and maintain participant engagement.

Key Points Emphasis: Highlight the key differences between overparenting and healthy parenting, focusing on the impact on children's development.

Facilitating Discussion:

Encourage Sharing: After presenting a concept, pause to invite participants to share their thoughts or experiences. This encourages reflection and deeper understanding.

Manage Diverse Opinions: Be prepared to manage different viewpoints and facilitate respectful discussions among participants.

Interactive Elements:

Case Studies and Role Plays: Incorporate case studies or role-play exercises where participants can apply theoretical concepts to practical scenarios.

Group Activities: Use group activities to explore concepts. For example, divide participants into groups to discuss the effects of overparenting on a child's development.

Addressing Questions:

Prepare for Common Questions: Anticipate and prepare for common questions or misconceptions about overparenting.

Provide Clarity: Be clear and concise in your responses. Use examples to clarify complex points.

Reinforcing Learning:

Summarize Key Takeaways: At the end of the theory part, summarise the key takeaways to reinforce learning.

Provide Resources: Additional resources such as articles, books, or websites for further reading and deeper understanding. Some of the resources you can already find in the provided section.

Creating a Supportive Environment:

Non-judgmental Approach: Create a safe and non-judgmental environment where participants feel comfortable sharing and asking questions.

Encourage Self-Reflection: Motivate participants to reflect on their own parenting styles in light of the theoretical concepts discussed.

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 20 minutes
- Theory: 20 minutes
- Exercise 1: 30 minutes
- Exercise 2: 30-45 minutes
- Consolidation of Knowledge: 10 - 15 minutes

Images or videos to be used in the session

- <https://bigthink.com/the-present/top-10-helicopter-parenting-backfired-on-americans/>
- [Are Helicopter Parents Ruining a Generation?](#)
- [Consequences of Over Protected Children- Jordan Peterson](#)

Additional Resources

- [Equal parenting Session 1 Case study](#)
- Source: Padilla-Walker, L. M., & Nelson, L. J. (2012). Black hawk down?: Establishing helicopter parenting as a distinct construct from other forms of parental control during emerging adulthood. *Journal of Adolescence*, 35(5), 1177-1190.
Link: <https://www.sciencedirect.com/science/article/pii/S0140197112000795>
- Website of the project FREE KIDS: <http://www.freekidsproject.com/>
- [Equal parenting project Scenarios for Session 1- Exercise 1](#)
- [Equal parenting project Identifying Overparenting Exercise 2 scenarios](#)

Exercises

Exercise 1

Name of exercise: Role-Playing Parent and Child Perspectives

Duration: 30 minutes

Materials needed: Paper, pencil, scenarios provided in the resources

Objective: To understand the dynamics of overparenting from both the parent's and child's perspectives and explore a balanced approach.

Instructions:

Divide Participants into Two Groups:

- one representing parents and the other representing children.

Discussion in Groups:

- **Parents Group:** Discuss personal experiences with parenting. Focus on tendencies to hover or be overprotective. Share thoughts on why these behaviours occur.
- **Children Group:** Discuss feelings associated with having overly protective parents. Examples include feeling stifled, difficulty making decisions, or lacking confidence.

Role-Play Activity:

- **Setup:** Each group prepares a short role-play scenario depicting overparenting and its impact.
- **Action:** The parent group acts out overparenting behaviours, and the child group reacts based on how they would feel.

Focus: Highlight emotions and reactions from both groups.

Joint Discussion:

- After the role-play, bring both groups together.
- Discuss what a healthy balance between protection and independence looks like.
- Encourage sharing insights from the role-plays and how they relate to finding a middle ground in parenting.

Debriefing:

- Conclude with a group reflection on the exercise.
- Emphasize key learnings and how they can be applied in real-life parenting situations.

Exercise 2

Name of exercise: Identifying Overparenting Scenarios

Duration: 30-45 minutes

Materials needed: Paper, pencil, beamer for video if applicable, scenarios(in the resources) [Equal parenting project Identifying Overparenting Exercise 2 scenarios](#)

Objective: To enhance understanding of overparenting versus balanced parenting through scenario analysis.

Instructions:

- Divide participants into small groups of 3-4 people.

Distribute Scenarios:

- Hand out the list of hypothetical parenting scenarios to each group.

Group Discussion:

- Instruct groups to review each scenario and identify which ones depict overparenting.
- Ask them to discuss why the behaviour in those scenarios is considered excessive or harmful to the child's development.
- Encourage groups to also recognise examples of balanced parenting in the scenarios.

Time for Discussion:

- Allow 10-15 minutes for group discussion.

Group Sharing:

- Reunite all participants.
- Invite each group to share their findings and reasoning.
- Facilitate a collective discussion on the identified examples of overparenting and their potential consequences.

Debriefing:

- Summarize the key points raised during the group discussions.
- Emphasize the importance of recognising and avoiding overparenting behaviours.

Consolidation of Knowledge

Debriefing questions:

- "Think about a time when you may have exhibited overparenting behaviours. What motivated these actions, and how do you think they affected your child?"
- "How do you think overparenting can impact a child's confidence and independence in the long term?"
- "What subtle signs might indicate a shift from supportive parenting to overparenting?"
- "What steps can you take to ensure that your parenting style supports your child's growth towards independence and resilience?"

Activities for Consolidation:

- **Role Reversal Game:** Have youths and parents switch roles in a mock scenario. This can help parents understand how their actions might be perceived and felt by their children.
- **Reflection Journal:** Encourage youths to keep a journal where they can write about their experiences, feelings, and thoughts on independence and family dynamics.
- **Discussion Circles:** Organize regular discussion circles where parents and youths can share experiences and learn from each other's perspectives on parenting.

Session Summary:

Today, we delved into the complex world of parenting, exploring the fine line between supportive guidance and overparenting. We engaged in role-play exercises and scenario analysis to understand the nuances of parenting styles. Through our discussions, we identified the signs of overparenting and its potential impact on children's development and self-esteem. We also highlighted the importance of fostering independence in children, allowing them to learn from their own experiences and mistakes. As we move forward, let's carry with us the understanding that effective parenting involves balancing guidance with the freedom for children to explore, make decisions, and grow into confident, independent individuals.

Session 2

Identifying Signs of Overparenting in Oneself

Keywords: Flexibility, strategic thinking

Duration: 150 minutes

Warm-up exercise: "Parenting Reflections."

Duration: 10 minutes

Explanation: Participants share brief personal experiences or observations related to parenting styles, without judgment or analysis.

Another variation is to watch this video and reflect on it: [4 Parenting Styles and Their Effects On You](#)

Case study & Discussion

[Tom's Realization](#) (in the resources)

Duration: 20 minutes

Presenting the Case Study:

Begin by narratively presenting Tom's story to the group (complete story with guidance in the resources). Focus on how Tom, as a devoted father, exhibits overparenting behaviours and the subsequent realisations and changes he makes.

Highlight key aspects such as Tom's constant involvement in school events, decision-making for Lily, and the eventual self-awareness and adjustments he makes in his parenting style.

What to Pay Attention To:

Tom's Intentions vs. Impact:

- Ask participants to consider the difference between Tom's good intentions and his actions' unintended impact on Lily's development.

Signs of Overparenting:

- Highlight specific behaviours of Tom that exemplify overparenting, such as solving Lily's problems and closely monitoring her activities.

Lily's Response and Growth:

- Encourage attention to Lily's struggle with independence and decision-making due to overparenting.

Guiding Questions for Discussion:

- "What specific behaviours show Tom is overparenting?"
- "How do these behaviours affect Lily's ability to make decisions and become independent?"
- "How does the story of Tom and Lily reflect the broader implications of overparenting on child development?"
- "What changes does Tom make, and how do these adjustments benefit Lily's growth?"

Managing Group Dynamics:

- Encouraging Participation:
- Ensure that all participants have an opportunity to speak and share their thoughts.
- Facilitating Respectful Interactions:
- Foster a respectful environment where different perspectives are valued and discussed constructively.

Balancing Contributions: If certain participants dominate the conversation, gently steer the discussion to include quieter group members.

Form of the Discussion:

Structured yet Open:

- Begin with a structured approach, addressing each question. However, be open to letting the discussion flow naturally, following interesting points raised by participants.

Use of Real-Life Examples:

- Encourage participants to draw parallels with their own experiences or observations, bringing real-life relevance to the discussion.

Summarising Key Points:

- Conclude with a summary of the key insights and learnings from the discussion, ensuring the main themes are reinforced.

How to implement the theory part

Duration: 30-45 minutes

Theory background:

Some common signs of overparenting include constantly solving a child's problems, making decisions for them, and excessively monitoring their activities. These behaviours can be driven by parental anxiety, societal expectations, or a desire to protect the child from hardship. It is essential for parents to self-reflect and identify their overparenting tendencies to foster a healthier parent-child relationship and promote balanced child development.

Source: Segrin, C., Woszidlo, A., Givertz, M., Bauer, A., & Murphy, M. T. (2012). The association between overparenting, parent-child communication, and entitlement and adaptive traits in adult children. *Family Relations*, 61(2), 237-252. Link: <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1741-3729.2011.00689.x>

There are four widely researched parenting styles: authoritative, permissive, authoritarian, and neglectful. The styles range from controlling to undemanding, cold and unresponsive to loving and receptive. In recent years, over-involved parents are present in every aspect of their child's life and are often referred to as the fifth style. They are also known as snowplough or helicopter parents.

<https://www.youtube.com/watch?v=fyO8pvpnTdE>

Welcome and Overview support steps:

- **Greeting and Settling In:**

- Begin by welcoming the participants warmly.
- Invite them to settle in comfortably, perhaps with a brief icebreaker question related to parenting to relax the atmosphere.

- **Session Overview:**

- Introduce the session: "Today, we'll explore 'Identifying Signs of Overparenting in Oneself.' This session will help us recognise and understand overparenting behaviours and their impact on children."
- Briefly outline the session's components: case study, theoretical context, interactive exercises, and a group discussion.

Setting the Context:

- **Defining Overparenting:**

- Begin with a simple definition: "Overparenting, often known as helicopter parenting, involves an excessive level of involvement and control in children's lives, going beyond supportive parenting."
- Emphasize that the session aims to help distinguish between supportive involvement and over-involvement.

- **Importance of the Topic:**

- Explain why this topic is essential: "Understanding overparenting is crucial as it can inadvertently hinder our children's ability to develop important life skills such as independence, problem-solving, and resilience."

Objectives of the Session:

• Learning Goals:

- "By the end of this session, we aim to:
 - Recognize behaviours that constitute overparenting.
 - Reflect on our parenting styles and tendencies.
 - Discuss the impact of overparenting on children's development.
 - Explore strategies for fostering balanced and healthy parenting approaches."

Engaging Participants:

• Encouraging Openness:

- Encourage a non-judgmental, open environment: "We invite you to share your experiences and perspectives openly. There are no right or wrong answers here; we're all here to learn and grow together."
- Assure confidentiality and respect for personal experiences shared during the session.

Transition to the First Activity:

- "Let's begin our journey with a warm-up exercise where we'll share our experiences and thoughts on parenting. This will set the stage for our in-depth exploration of overparenting and its recognition in oneself."

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 20 minutes
- Theory: 30 - 45 minutes
- Exercise 1: 20 minutes
- Exercise 2: 30 minutes
- Consolidation of Knowledge - 10 - 15 minutes

Images or videos to be used in the session

- [5 Parenting Styles and Their Effects on Life](#)
- [Parenting Styles - Modern Family](#)



Image 7.1



Image 7.2

Additional Resources

- [Equal parenting project Session 2-Expanded Case Study: The Helicopter Parent's Self-Reflection – Tom's Realization](#)
- Role play sheet: [Parenting Style and Role Plays Current.pdf](#)

Exercises

Exercise 1

Name of exercise: Self-Assessment Role-Play

Duration: 70 minutes

Materials needed: Paper, pencil, scenarios for role-play([Equal parenting project Session 2 -Exercise 1/Self-reflection Role-play scenarios](#)), with self-reflection questions for journaling.

Objective: To help participants identify and assess their own parenting behaviours through self-reflection and role-play, fostering a deeper understanding of overparenting.

Exercise Structure Step by step:

Introduction to Exercise (5 minutes):

Briefly explain the purpose of the exercise: “This activity is designed to help us reflect on our parenting behaviours and understand their impacts.”

Distribute the Self-Reflection Journal to each participant.

Individual Reflection (15 minutes):

- Ask participants to spend the first 15 minutes individually answering the questions in the journal.

Emphasize honesty and self-awareness: “Consider your daily interactions with your child and be as honest as possible in your reflections.”

Forming Role-Play Groups (5 minutes):

- Divide participants into small groups of 3-4.
- Assign roles for the role-play: parents and children. Participants can use insights from their self-reflection in their roles or the provided scenarios.

Role-Play Activity (20 minutes):

- Each group performs a short role-play based on common overparenting scenarios.
- Encourage groups to incorporate insights from their self-reflections into the role-play: “Use your journal responses to inform how you act out your role.”

Group Discussion and Sharing (15 minutes):

After the role-plays, bring the groups together for a discussion.

Prompt discussion with questions like: “What did you learn about your own parenting through the role-play? Did anything surprise you?”

Consolidation and Reflection (10 minutes):

- Conclude the exercise with a group reflection.
- Ask participants to share one thing they would like to change or improve about their parenting style based on the exercise giving them an opportunity to self-grow into existing or future Super-parents.
- Also don't forget to encourage them to use the self-reflection provided in the future or even brainstorm additional or new questions for the journal.

Exercise 2

Name of exercise: Parenting scenarios assessment

Duration: 30 minutes

- **Materials needed:** Handout of hypothetical parenting scenarios (including both overparenting and balanced parenting examples). [Equal parenting project Session 2-exercise 2/ Scenarios for analysis and assessment](#) ; Pens and paper for notes.

Objective:

To engage participants in identifying overparenting behaviours within various scenarios and brainstorming more balanced parenting strategies.

Exercise Steps:

Forming Groups (5 minutes):

- Divide participants into small groups of 3-4 people.
- Ensure each group has a mix of different perspectives, if possible.

Distributing Scenarios (2 minutes):

- Hand out the scenario sheets to each group. (Provided in the materials)
- Explain that each scenario contains examples of parenting that may or may not constitute overparenting.

Group Analysis (10 minutes):

- Instruct each group to read and discuss the scenarios.
- Their task is to identify which scenarios depict overparenting and to articulate why these behaviours might be considered excessive or detrimental.
- Encourage groups also to identify scenarios that demonstrate balanced parenting and discuss the positive aspects of these approaches.

Discussing Alternative Approaches (3 minutes):

- Ask groups to brainstorm healthier or more balanced parenting strategies for the scenarios identified as overparenting.

Encourage creativity and practicality in their suggestions.

Group Sharing and Discussion (10 minutes):

- Bring all the participants back together
- Invite each group to share their findings and their developed alternative strategies
- Facilitate a brief discussion on the shared ideas, highlighting the importance of balanced parenting and the potential impact of overparenting.

Consolidation of Knowledge

Reflecting on Personal Tendencies:

- "What insights did you gain about your experienced parenting styles from today's exercises and discussions?"
- "Can you identify any personal tendencies towards overparenting in your behaviour?"

Understanding Impact on Children:

- "How might overparenting affect a child's confidence and decision-making abilities in the long term?"
- "What are some key signs a child might struggle due to overparenting?"

Exploring Alternative Approaches:

- "What strategies can we adopt to encourage independence and self-reliance in our children?"
- "How can we balance our desire to protect and guide our children with their need to learn and grow independently?"

Activities for Knowledge Consolidation:

Parent-Child Role Swap Game:

A role-playing activity where parents and children switch roles. This game helps parents understand how overparenting might feel from a child's perspective.

'Family Goals' Workshop:

A collaborative activity where families (or groups simulating families) set goals to foster independence in children. Each family presents their plan, discussing how they will implement it.

Reflective Writing Exercise:

Participants are encouraged to write a letter to themselves from their child's perspective, imagining how their child might view their parenting style.

Session 3

Setting Healthy Boundaries and Embracing Self-Care

Keywords: Parenting Boundaries, Self-Care, Family Dynamics, Communication, respect

Duration: 2-3hours

Warm-up exercise: "Values and Expectations"

Duration: 15 minutes

Materials:

- Worksheet with a table ([Session 3 Warm-up exercise template](#))
- Pens or pencils
- Flip chart or whiteboard (optional)

Objective: To help participants identify and articulate their values and expectations regarding parenting, laying the groundwork for discussions about setting healthy boundaries.

Steps:

- Introduction (2 minutes)
- Briefly explain the purpose of the exercise: to explore individual values and expectations related to parenting.

Emphasise that there are no right or wrong answers; it's about personal perspectives.

Individual Reflection (5 minutes)

- Ask participants to fill out the first part of the worksheet individually. They should list the top three values they believe are essential in parenting (e.g., respect, independence, empathy).

Group Discussion (5 minutes)

- Participants form small groups (3-4 people) to discuss their values.
- Instruct them to share their values with the group and explain why they chose them.

Plenary Share (3 minutes)

- Invite a few volunteers to share their values with the entire group.
- Optionally, note the shared values on a flip chart or whiteboard for visual reinforcement.

Trainer's Note:

Also, you can use the table provided to the participants, hand them out a sheet of paper, and the participants can draw the table by themselves.

Encourage an open and non-judgmental atmosphere during the group discussions.

Be attentive to the participants' input, acknowledging and validating their perspectives.

Conclude the exercise by highlighting the diversity of values in the room and how these can influence parenting styles and boundaries.

Case study & Discussion

Establishing Boundaries in the Johnson Family (in the resources)

Duration: 15-20 minutes

Story: Finding Balance

Emma and John Johnson had been married for ten years and had two young children, Lucy and Max. The couple found themselves in frequent disagreements about their parenting approaches from the moment their children were born. Emma tended to be overly cautious and protective, while John believed in a more hands-off, laid-back approach.

Their conflicting styles created tension in their relationship and confusion for their children, who received mixed messages about what was expected of them. The Johnsons knew they needed to find a solution, so they sought the help of a family therapist.

Further details are found here: ["Establishing Boundaries in the Johnson Family" Session 3 case study](#)

Discussion Part: "Establishing Boundaries in the Johnson Family"

Objective:

To encourage participants to critically analyze the case study, relate it to their own experiences or understandings, and discuss the importance of establishing healthy boundaries and effective communication in parenting.

Steps:

- Group Formation (2 minutes)
- Divide participants into small groups (4-5 people per group) to foster more intimate and open discussions.
- Case Study Recap (3 minutes)

Briefly recap the key points of the Johnson family case study to refresh the participants' memory.

Guided Discussion (10-15 minutes)

- Pose a series of questions to the groups and allow them time to discuss each. Encourage participants to share personal experiences or perspectives related to the topics.

Setting Boundaries for Independence:

- "What specific boundaries could Emma and John establish to ensure their children develop a healthy sense of independence and self-reliance?"
- "How can parents balance the need for safety with fostering their children's autonomy?"

Managing Personal Anxieties:

- "How can parents manage their anxieties and stress to avoid overparenting tendencies?"
- "How might Emma's protectiveness and John's laid-back approach be influenced by their anxieties or upbringing?"

Role of Communication:

- "What role can open communication play in maintaining healthy parenting boundaries within a family like the Johnsons?"
- "How can parents effectively communicate their concerns and expectations to each other and to their children?"

Cultural and Background Differences:

- "How can parents navigate differences in their own upbringing or cultural backgrounds when establishing parenting boundaries?"
- "What challenges might arise from these differences, and how can they be addressed?"

Trainer's Note:

Encourage all participants to contribute, ensuring a variety of perspectives are heard.

Be attentive and offer guidance if the discussion veers off track or if any misunderstandings arise.

Summarise key points from the discussions, highlighting diverse viewpoints and common themes that emerge.

How to implement the theory part

Duration: 30-45 minutes

Theory: Creating Healthy Parental Boundaries

Objective: To educate participants about the importance of healthy parental boundaries, offering theoretical insights and practical advice on establishing and maintaining these boundaries effectively.

Content: [Session 3 Theory background support information](#)

Definition and Importance of Boundaries

- Explain what parental boundaries are and why they are crucial in a family setting.
- Discuss the impact of boundaries on a child's emotional well-being and development.

Types of Boundaries

- Physical Boundaries: Personal space, privacy, and physical touch.
- Emotional Boundaries: Respecting feelings, allowing emotional expression, and not burdening children with adult issues.
- Intellectual Boundaries: Encouraging independent thought, respecting children's opinions, and fostering a love for learning.

Steps to Establishing Boundaries

- Identifying Personal Values: Understanding what is important to you as a parent.
- Communicating Boundaries: How to effectively communicate your boundaries to your partner and children.
- Consistency: The importance of being consistent in enforcing boundaries.
- Flexibility: Adapting boundaries as children grow and situations change.

Challenges in Setting Boundaries

- Dealing with Resistance: From children and sometimes the other parent.
- Cultural and Familial Influences: Upbringing and cultural background can affect boundary setting.
- Balancing Boundaries and Autonomy: Finding the right balance between setting boundaries and allowing independence.

Practical Strategies

- Collaborative Decision Making: Involving children in some decisions to help them understand and respect boundaries.
- Role Modeling: Setting a good example by respecting others' boundaries and your own.
- Positive Reinforcement: Encouraging and rewarding respect for boundaries.

Common Pitfalls

- Overprotection vs. Neglect: Finding a balance between being protective and allowing independence.
- Inconsistency: The confusion and insecurity caused by inconsistent boundaries.

Teaching Methods:

- Use a combination of lectures, multimedia presentations, and real-life examples.
- Encourage participant interaction through questions and sharing personal experiences related to boundary setting.

Self-care strategies:

Self-care strategies are essential for parents and caregivers who want to be healthy and present for their children. Self-care is not about indulging yourself but rather about engaging in activities that foster physical, mental, emotional and spiritual health. Stress, fatigue, and burnout can be common issues that parents face as they strive to care for their families. That's why it's essential to learn self-care strategies that can help you manage stress and sustain your energy to be your best parent or caregiver.

Ways to practise self-care:

- Parents and caregivers must use self-care strategies to be healthy and present for their children.
- Getting enough sleep is essential for physical, intellectual, emotional, and psychological well-being; it helps with energy levels, concentration, problem-solving skills, and mood.
- Physical activity such as gentle stretching or walking around the park together can help expel stress hormones from the body while releasing endorphins that improve overall well-being.
- Setting boundaries between yourself and others who may require your attention will prevent resentment or exhaustion due to over-commitment.
- Taking breaks throughout the day allows parents time to recharge before tackling any other duties later in the day; seeking out fun activities like attending an art class together encourages creative outlets for both parent/child alike!

Trainer's Note:

- Emphasize the importance of understanding and respecting individual differences in parenting styles
- Highlight the role of effective communication and mutual respect in setting and maintaining healthy boundaries.

Provide examples or case studies to illustrate key points.

- Highlight the importance of self-care to improve a family's wellbeing and good relations within the family.

Conclusion: Wrap up the session by reiterating the importance of healthy boundaries for children's and parents' well-being. Encourage participants to reflect on their boundary-setting practices and consider areas for improvement or change.

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 15 - 20 minutes
- Theory: 30 - 45 minutes
- Exercise 1: 20 minutes
- Exercise 2: 30 minutes
- Consolidation of Knowledge - 10 - 15 minutes

Images or videos to be used in the session

- [How to Set Healthy Personal Boundaries](#)

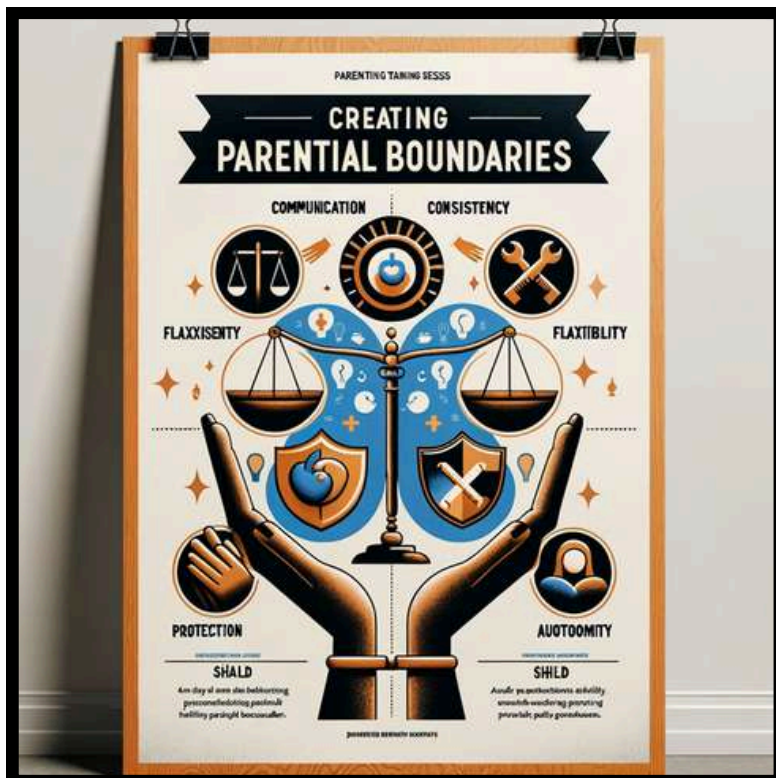


Image 7.3

Additional Resources

- [Establishing Boundaries in the Johnson Family](#)
- [Session 3 Case study discussion questions](#)
- [Session 3 Theory background support information](#)
- [Good boundaries free you | Sarri Gilman | TEDxSnolsleLibraries](#)

Exercises

Exercise 1

Name of exercise: Designing a Family Boundaries Charter

Duration: 20 minutes

Materials needed: Worksheet with a charter template; Pens or markers; Flip chart or whiteboard (optional)

Objective:

To help participants practice setting healthy boundaries by creating a 'Family Boundaries Charter' based on the Johnson family scenario or their own family dynamics.

Steps:

Introduction (5 minutes)

- Explain the concept of a 'Family Boundaries Charter', which is a set of agreed-upon rules and expectations for family members.

Use the Johnson family case to illustrate how such a charter might look.

Group Activity (10 minutes)

- Divide participants into small groups.

Each group works on creating their version of a Family Boundaries Charter, considering different aspects like screen time, homework, chores, and personal space.

Group Presentations (5 minutes)

- Invite groups to present their charters.

Facilitate a brief discussion on the similarities and differences between the charters.

Trainer's Note

- Encourage creativity and practicality in the charters.
- Guide the participants to consider the importance of balance, flexibility, and respect for individuality when setting boundaries.
- Worksheet example: [Session 3 Exercise 1 worksheet](#)

Exercise 2

Name of exercise: Personal Self-Care Plan

Duration: 20 minutes

Materials needed: Pens; Self-care plan worksheet: [Session 3 Exercise 2 worksheet](#)

Steps:

Self-Reflection (5 minutes)

Participants individually reflect on their current self-care practices and areas where they could improve.

Developing a Self-Care Plan (10 minutes)

- Participants write down specific self-care activities they can realistically incorporate into their daily or weekly routine using the worksheet. These might include physical activities, hobbies, relaxation techniques, etc.

Sharing and Discussion (5 minutes)

Participants share their plans with a partner or small group and discuss how these activities can help them be more effective and balanced parents.

Trainer's Note:

- Highlight the importance of self-care for overall well-being and its impact on parenting.
- Encourage participants to be realistic and choose feasible activities for their lifestyles

Consolidation of Knowledge

Debriefing Questions:

1. Reflecting on Learning

- "What are the key takeaways about setting healthy boundaries from today's session?"
- "How has your understanding of self-care and its importance in parenting changed?"

2. Application in Personal Life

- "How do you plan to implement the strategies for setting healthy boundaries in your family?"
- "What self-care activities from today's exercise do you intend to start or continue doing?"

3. Challenges and Support

- "What challenges do you anticipate in implementing these strategies, and how might you address them?"
- "How can you support or seek support from your partner or other family members in this process?"

Suggested Activities and Games:

1. Family Meeting Role-Play: Encourage participants to role-play a family meeting where they discuss and set boundaries with their children.
2. Self-Care Bingo: Create a bingo card with various self-care activities. Participants can mark off activities as they complete them over the next week or month. [Self-Care Bingo Card Example](#)
3. Boundary Setting Scenarios: Provide different family scenarios and have participants discuss and develop boundary-setting strategies for each.

Session 4

Balancing Care: Navigating Away from Overparenting

Keywords: Overparenting, Independence, Communication, Problem-Solving

Duration: 2-3hours

Warm-up exercise: 'Parenting Reflections' Open discussion

Duration: 15 minutes

Implementation:

An activity where participants reflect and share their definitions of overparenting and its potential effects.

Trainer's Note:

Encourage honesty and openness, emphasising that there's no judgment in this space.

Case study & Discussion

Story: A New Beginning

The Smith family, consisting of parents Karen and David and their three children, Sarah, Emily, and James, had always been a tight-knit group. Karen and David prided themselves on their close relationships with their children and their involvement in every aspect of their lives. However, the family faced an unexpected challenge when Sarah left for college.

Full story: [Session 4 Case study](#)

Duration: 15-20 minutes

Focus Points:

Evidence-based Parenting Techniques:

- Discuss strategies that promote healthy child development while avoiding overparenting.

Communication's Role:

- How improved communication within the Smith family contributed to the success of their balanced parenting approach.

Support Networks:

- The role of external support in helping parents like Karen and David maintain balanced parenting.

Fostering Problem-Solving and Resilience:

- Strategies for encouraging these skills in children while providing necessary support.

Promoting Autonomy Without Overparenting:

- Discuss ways to foster independence and responsibility in children, as demonstrated by the Smiths' experience.

Trainer's Note:

- Encourage participants to share personal experiences or insights related to the case study.
- Guide the discussion to focus on practical applications of the strategies discussed in the case study.
- Summarise key points and takeaways from the discussion, emphasising the balance between support and autonomy in parenting.

Additional questions:

1. What evidence-based parenting techniques can help parents avoid overparenting and promote healthy child development?
2. How can improved communication within the family contribute to the success of a balanced parenting approach?
3. What role do support networks, such as other parents, teachers, or professionals, play in helping parents maintain a balanced parenting style?
4. How can parents encourage their children to develop problem-solving skills and resilience while providing guidance and support?
5. How can parents foster a sense of autonomy and responsibility in their children without resorting to overparenting?

How to implement the theory part

Duration: 30-45 minutes

"Strategies for Avoiding the Pitfalls of Overparenting"

Implementation Strategy:

Introduction to Overparenting (5 minutes)

- Begin with a brief overview of overparenting and why it's a concern.

Use simple and relatable language to ensure clarity.

Theoretical Foundations (10 minutes)

- Present key theoretical concepts about overparenting, such as its effects on children's autonomy, problem-solving skills, and emotional resilience.
- Support source: [Session 4- Theory](#)

Use PowerPoint slides or other visual aids to highlight these concepts.

Case Study Analysis (5 minutes)

- Refer to the Smith Family case study to illustrate the real-life application of these theories.

Discuss how the family's transition showcases the principles being taught.

Interactive Discussion (10 minutes)

- Encourage participants to share their thoughts on overparenting and its implications.

Facilitate a discussion that connects theory with the participants' personal experiences.

Practical Strategies (10 minutes)

- Introduce practical strategies for avoiding overparenting. This can include setting appropriate boundaries, fostering independence, and improving communication.

Provide examples or scenarios for each strategy to enhance understanding.

Additional Resources (5 minutes)

- Share additional resources like articles, books, and videos to explore the topic further.

Encourage participants to continue their learning beyond the session.

Additional Theory Knowledge:

Developmental Psychology Insights: Discuss how overparenting can affect different stages of child development.

Research Studies: Present findings from relevant research studies on overparenting and its impacts.

Cultural Perspectives: Address how cultural factors influence parenting styles and the perception of overparenting.

Trainer's Note:

- Be mindful of the diverse experiences and backgrounds of the participants.
- Encourage questions and provide clear, thoughtful answers.
- Be flexible and responsive to the needs and interests of the group.

Plan for implementation of the session

- Warm-up exercise: 15 minutes
- Case study & Discussion: 15 - 20 minutes
- Theory: 30 - 45 minutes
- Exercise 1: 20 minutes
- Exercise 2: 30 minutes
- Consolidation of Knowledge - 10 - 15 minutes

Images or videos to be used in the session

- [How to avoid overparenting](#)
- [Parenting Expert: The No. 1 Mistake Parents Make](#)
- [How to raise an adult](#)
- [Session 4 Practice cards](#)



Image 7.4

Additional Resources

- [Alison Gopnik: The Pitfalls of Overparenting](#)

Exercises

Exercise 1

Name of exercise: Developing Independence Plan

Duration: 25 minutes

Materials needed: "Independence Plan" worksheets [Independence Plan Worksheet](#); Pens or pencils; Sample plans for reference (optional)

Individual Reflection (10 minutes)

- Participants use the "Independence Plan" worksheets to identify areas where they might be overparenting.
- They then develop strategies to promote independence in these areas, considering age-appropriate tasks and responsibilities.

Pair and Share (10 minutes)

- Participants pair up to discuss their plans and provide feedback to each other.
- Encourage them to share experiences, challenges, and ideas.

Group Discussion (5 minutes)

- Open the floor for a few participants to share their plans with the larger group.
- Discuss common themes, challenges, and practical solutions for fostering independence.

Practical Tips for Trainers:

- Provide examples of age-appropriate tasks and responsibilities to guide participants.
- Encourage realistic and achievable goal-setting in the independence plans.
- Facilitate an open and supportive environment for sharing and discussion.

Exercise 2

Name of exercise: "Parenting Styles and Consequences Simulation"

Duration: 20 minutes

Materials needed: Scenario cards depicting various parenting situations [Parenting Style and Role Plays Current.pdf](#); [Session 4 Practice cards](#); Worksheets for noting observations and reflections; Pens or pencils; Timer

Scenario Distribution (5 minutes)

- Distribute scenario cards to participants, each depicting a different parenting situation. These scenarios should vary in parenting styles, including examples of overparenting.
- Practice cards and worksheet: [Copy of Template Equal parenting project](#)

Group Discussion (10 minutes)

- Participants work in small groups. Each group discusses the potential short-term and long-term consequences of the parenting style depicted in their scenario on the child's behaviour and development.
- They use the worksheets to note their observations and predictions.

Group Sharing (5 minutes)

- Groups share their insights with the larger group.
- Facilitate a discussion on how different parenting styles can impact a child's autonomy, problem-solving skills, and overall well-being.

Practical Tips for Trainers:

- Ensure the scenarios cover a range of parenting styles and situations.
- Encourage participants to think critically about each parenting style's immediate and long-term effects.
- Guide the discussion to highlight the pitfalls of overparenting and the benefits of a more balanced approach.

Consolidation of Knowledge

Debriefing Questions:

1. Key Learnings Reflection:

- "What are the most important insights you gained today about avoiding overparenting?"
- "How do these insights change your perspective on your current parenting style?"

2. Strategy Application:

- "Which strategies discussed today do you feel will be most beneficial in your parenting approach?"
- "How do you plan to implement these strategies in your daily interactions with your children?"

3. Anticipated Challenges:

- "What challenges do you foresee in shifting away from overparenting?"
- "How might you address these challenges effectively?"

4. Impact on Children's Development:

- "In what ways do you think a more balanced parenting approach will impact your children's growth and development?"

5. Personal Growth:

- "How do you believe this shift in parenting will contribute to your personal growth as a parent?"

Suggestions for Games or Activities:

1. Family Goal Setting Workshop:

- Organize a family meeting where each member, including children, sets personal goals and discusses how they can support each other in achieving them. This fosters independence and mutual respect.

2. Role Reversal Game:

- A role-play activity where children and parents switch roles. This can provide insights into each other's perspectives and promote empathy and understanding.

3. Decision-Making Jar:

- Create a jar filled with everyday decisions (e.g., dinner or weekend activities). Allow children to draw from the jar and make decisions, guiding them only if necessary.

Reflective Session Summary:

In today's session, "Balancing Care: Navigating Away from Overparenting," we explored various strategies to avoid the common pitfalls of overparenting. We discovered how fostering independence, respecting natural consequences, setting clear boundaries, and encouraging problem-solving can significantly enhance a child's autonomy and resilience. Through the Smith family case study, we saw the transformative impact of shifting from an over-involved approach to balancing guidance with freedom. We discussed the importance of open communication, understanding child development, and respecting privacy. The session also highlighted the crucial role of self-care in parenting and the value of seeking professional guidance when needed. As we conclude, remember that the journey to balanced parenting is ongoing, and each step towards lessening control is a step towards nurturing confident, independent, and resilient children.

SUMMARY OF MODULE

In this module, we explored parenting dynamics deeply, focusing mainly on the challenges and nuances of overparenting. Through a blend of role-play exercises, scenario analyses, and case studies, we gained critical insights into the varied aspects of parenting styles and their impact on children's development.

Key learnings from our sessions highlighted the delicate balance between providing supportive guidance and falling into the trap of overparenting. We recognised the signs of overparenting and understood its potential to hinder children's development of self-esteem and independence. The exercises and discussions underscored the importance of fostering children's autonomy, allowing them to experience and learn from their own mistakes, and making their own decisions.

A significant focus was placed on setting healthy boundaries and the essential practice of self-care for parents. Through the Johnson family case study lens, we examined the real-world application of these concepts. We learned that practical boundary setting and self-care are beneficial for parents and crucial for creating a nurturing and balanced family environment.

Additionally, the module delved into strategies to avoid the pitfalls of overparenting. We discussed fostering independence, respecting natural consequences, and the importance of open communication. The transformative journey of the Smith family from overparenting to a more balanced approach served as a real-life example of these strategies in action. We discussed the need for understanding child development, respecting children's privacy, and the value of professional guidance in navigating the complex world of parenting.

As we conclude the module, we are reminded that parenting is an evolving journey. Each session highlighted the importance of balancing our parenting approach—supporting our children's growth into confident, independent, and resilient individuals while providing guidance and love. Let us move forward with the commitment to empower our children's journeys, nurturing their autonomy and ensuring the entire family's well-being.

Training Implementation Kit



Dear Trainer,

Welcome to the Equal Parenting Training Implementation Kit. This resource is dedicated to empowering youth workers with the knowledge, skills, and tools necessary to deliver training on equal parenting effectively. In a world where traditional gender roles in families are rapidly evolving, our primary goal is to facilitate the development of happier, more balanced family dynamics by educating and guiding the next generation of parents.

Our vision is to create a society where parenting roles are not defined by gender stereotypes but are based on equality, mutual respect, and shared responsibilities. This kit acknowledges the crucial role of youth workers in shaping these new paradigms and aims to support them in this transformative journey. We aspire to influence current and future generations by fostering an understanding of equal parenting, contributing to a more equitable and empathetic world.

Kit Components Overview

The Training Implementation Kit includes a range of resources meticulously designed to cater to the needs of youth workers in this field:

- Comprehensive guides and checklists for session planning and implementation.
- Interactive content and activities to engage and educate.
- Tools for self-reflection and continuous improvement.
- Resources to address cultural, legal, and psychological aspects of parenting.
- Strategies to effectively communicate and resonate with diverse groups.

Commitment to Impactful Change

Through this kit, we commit to providing a robust foundation for training that is informative and transformative. By equipping youth workers with the right tools and understanding, we can collectively work towards nurturing a future where equal parenting is the norm, not the exception.

Your Role and Contribution

You play a pivotal role in this change as a youth worker utilising this kit. Your dedication to learning and imparting this knowledge will directly impact how young adults perceive and practice parenting. We encourage you to use these resources to challenge norms, inspire change, and pave the way for healthier, happier family environments.

General recommendations for optimal work:

The success of each training session largely depends on the environment in which it is conducted. Creating a space conducive to learning, open discussion, and reflection is vital as a youth worker. Here are some recommendations to help set the right conditions:

Environment

- Ensure a quiet, well-lit space with a comfortable room temperature, considering accessibility features for participants with disabilities.
- Arrange seating in a circle or semicircle to promote inclusivity and dialogue, with visual aids and sound equipment as needed.
- Ensure there are enough seats and materials for every participant, including materials in accessible formats (e.g., large print, Braille).

Engagement

- Use interactive and dynamic activities, integrating technology like interactive digital tools or real-time polling to keep participants engaged.
- Allow breaks every 45-60 minutes, incorporating light physical activities like stretching to prevent fatigue.
- Encourage participation with open-ended questions, valuing all input, and providing real-life scenarios and role-playing exercises.

Youth Worker Well-being

- Mind: Use brief mindfulness or meditation exercises before sessions for centeredness and clarity.
- Body: Ensure physical well-being through rest and nutrition, impacting your delivery and interaction ability.
- Preparation: Familiarize yourself with session content in advance, including strategies for managing burnout and recognising signs of stress.
- Support System: Regularly discuss or debrief with fellow youth workers or mentors for shared experiences and coping strategies.

Safety

- Be aware of potential physical or emotional triggers, creating a psychologically safe space for sharing personal experiences.
- Ensure a first aid kit is on hand, with additional training or resources on basic counselling techniques.

Feedback

- Collect feedback at the end of each session on what participants found helpful and areas for improvement, including methods for anonymous feedback.
- Consider post-training follow-up surveys to assess the long-term impact of the training.

Additional Considerations

- Encourage using name tags or personal introductions for a more connected learning environment.
- Emphasise cultural sensitivity and awareness of diverse family structures in your approach to training.
- Ensure reliable internet access for digital components and have backup plans for technical difficulties.
- Only ask participants about their experiences in a family environment if you know their family situation and background or if they agree beforehand. For some, it may be a traumatic experience they want to forget.”

Observation and Self-reflection Tool for the Trainers

This self-reflection tool is designed to assist trainers in critically evaluating their performance and the effectiveness of their training sessions. Regular use of this tool will help identify strengths, areas for improvement, and insights into participant engagement and learning.

[Link to printable version](#)

The printable design serves as a Self-reflection trainer booklet report to give the trainer additional confirmation about the effectiveness of the training.

Part 1: Session Observation

- **Session Content Delivery:** Reflect on how well the session content was delivered. Were the critical points of equal parenting effectively communicated?
- **Participant Engagement:** Observe the level of participant engagement. Were participants actively involved and responsive?
- **Use of Training Materials:** Assess the effectiveness of the training materials used. Did they aid in enhancing understanding and engagement?
- **Handling of Questions and Discussions:** Evaluate how questions and discussions were facilitated. Was there an open and respectful dialogue?

Part 2: Self-Assessment

- **Confidence and Preparedness:** Rate your level of confidence and preparedness for the session. Did you feel well-equipped with the necessary knowledge and resources?
- **Communication Skills:** Reflect on your communication skills. Were you clear, articulate, and empathetic in your delivery?
- **Response to Challenges:** Consider how you responded to challenges or unexpected situations. Were you able to adapt and maintain the flow of the session?

Part 3: Participant Reactions

- **Feedback Reception:** Note any feedback received from participants. What were their general reactions and comments about the session?
- **Observation of Learning Outcomes:** Reflect on the visible learning outcomes in participants. Did they demonstrate a more profound understanding or a shift in perspective regarding equal parenting?

Part 4: Personal Reflections and Goals

- **Reflective Thoughts:** Jot down any personal thoughts or feelings about the session. What aspects did you find most rewarding or challenging?
- **Goals for Improvement:** Set specific goals for your personal development as a trainer. What areas would you like to improve or learn more about?

Part 5: Action Plan

- **Steps for Improvement:** Outline actionable steps to address the identified areas for improvement.
- **Resources Needed:** Identify any additional resources or support needed to achieve these goals.
- **Follow-up Actions:** Plan how to implement these changes in future sessions.

Conclusion Regular self-observation and reflection are crucial to becoming an effective and impactful trainer. This tool is meant to be a guide in your journey of continuous learning and growth in the field of equal parenting education.

Table format: Use the provided questions above for your reflection

Part 1: Session Observation

Aspect	Reflection
Session Content Delivery	
Participant Engagement	
Use of Training Materials	
Handling of Questions	

Part 2: Self-Assessment

Aspect	Reflection
Confidence and Preparedness	
Communication Skills	
Response to Challenges	

Part 3: Participant Reactions

Aspect	Reflection
Feedback Reception	
Observation of Learning	

Part 4: Personal Reflections and Goals

Aspect	Reflection
Reflective Thoughts	
Goals for Improvement	

Part 5: Action Plan

Aspect	Reflection
Steps for Improvement	
Resources Needed	
Follow-up Actions	

First AID kit and medical condition

Safety first! Training should be conducted with consideration of the well-being of the participants. This list ensures that trainers are equipped to handle minor injuries or health issues that might arise during the sessions. While we hope it's never needed, it's always best to be prepared. Also, there are forms that the trainer can send to participants if they have any food or other known allergies to avoid unwanted circumstances.

First Aid Kit List

No	Item Name/Description	Unit	Quantity	Note
I. Medicines				
1	Aspirin – tablets	pcs.	40	10
2	Aeron – tablets	pcs.	20	10
3	Analgin – tablets	pcs.	20	10
4	Ammonia - solution	ml.	30	10
5	Boric water	ml.	100	30
6	Validol – tablets	pcs.	20	10
7	Iodine (in petrol)	ml.	100	40
8	Iodine tincture	ml.	30	10
9	Hydrogen peroxide	ml.	100	40
10	Rivanol solution	ml.	100	40
11	Sodium bicarbonate	gr.	100	50
12	Potassium permanganate	ml.	20	5
13	Neomycin - powder	gr.	10	5
14	Acetic acid 1% solution	ml.	50	20
15	Deflamol	gr.		1 tube

II. Bandaging Materials				
1	Bandages – gauze 5 / 5	pcs.	4	2
2	Bandages – gauze 10 / 8	pcs.	4	2
3	Antiseptic dressing - ready	pcs.	4	2
4	Cotton – medical hygroscopic 50 gr.	gr.	2	1 packet
5	Cloth – gauze – sterile 14 / 16; 33 / 35	pcs.	2	1
6	Adhesive plaster 5 / 5 roll	pack	2	1
7	Cytoplast	pack	5	5
8	Tourniquet	pcs.	1	1
9	Splint - Cramer	pcs.	1	1
10	Single-use needles	pcs.	2	2
11	Single-use syringes	pcs.	2	2
III. Other Materials				
1	Scissors - straight	pcs.	1	1
2	Tweezers – anatomical	pcs.	1	1
3	Thermometer	pcs.	1	1
4	Plastic water cup	pcs.	1	1
5	Soap	pcs.	1	1
6	Waste container	pcs.	1	1
7	Medical cabinet with key or padlock	pcs.	1	1

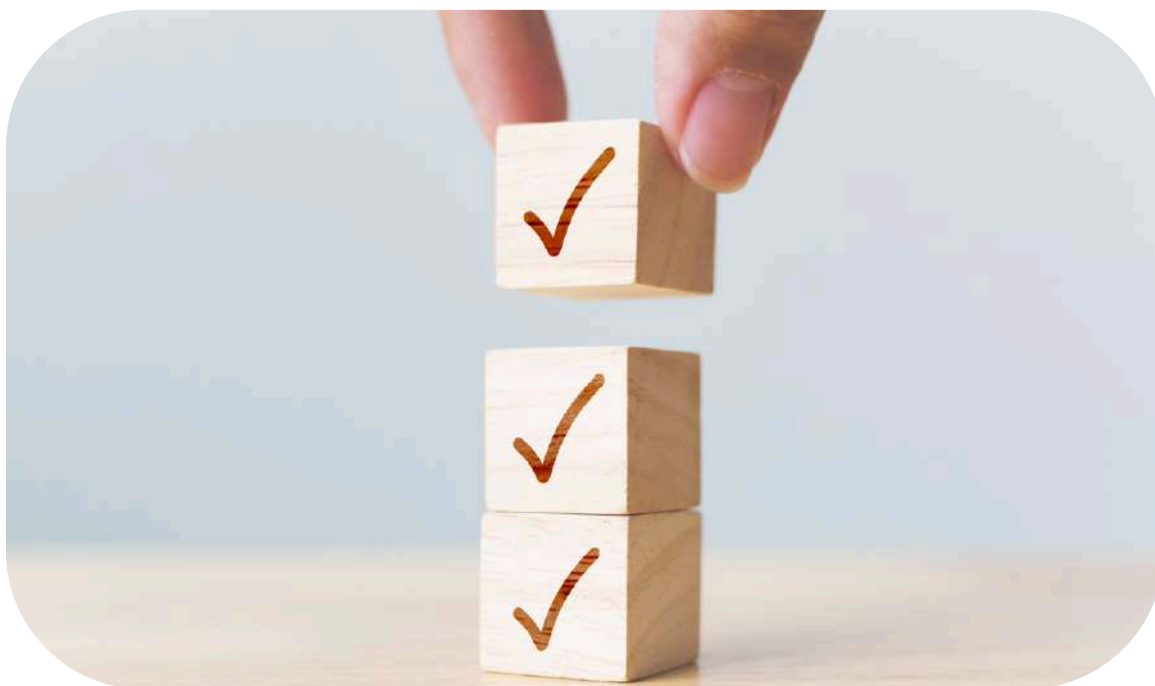
Safety first! Training should be conducted with consideration of the well-being of the participants. This list ensures that trainers are equipped to handle minor injuries or health issues that might arise during the sessions. While we hope it's never needed, it's always best to be prepared. Also, there are forms that the trainer can send to participants if they have any food or other known allergies to avoid unwanted circumstances.

Additional medical materials, if needed:

1. **Emergency Contact Information:** Include a list of emergency contact numbers, including local medical facilities and emergency services. [Copy of Template Equal parenting project](#)
2. **Personal Medications:** If participants have known medical conditions or allergies, consider having their essential medications on hand (with their consent and guidance).
 - [Equal parenting project Medical Information Form](#)
3. **Sterile Saline Solution:** Useful for cleaning wounds or flushing eyes in case of contamination.
4. **Burn Cream or Gel:** For treating minor burns.
5. **EpiPen** (Epinephrine Auto-Injector): If any participants have severe allergies and are prescribed EpiPens, they must be readily accessible.
6. **Asthma Inhaler:** If any participants have asthma, having a spare inhaler available can be crucial.
7. **Medical Consent Forms:** If applicable, have medical consent forms signed by participants or guardians.
8. **Emergency Blanket:** These compact, foil-like blankets can help keep someone warm in case of shock or exposure.
9. **CPR Mask with One-way Valve:** Besides the CPR face shield, a CPR mask with a one-way valve can be valuable for safely performing CPR.
10. **Small Flashlight:** In case of power outages or low-light situations.
11. **Burn Dressings:** Specialized dressings for treating burns.
12. **Instant Cold Packs:** Useful for reducing swelling or soothing injuries.
13. **Snake Bite Kit:** If you're in an area with venomous snakes.

Remember that the contents of a first aid kit should be tailored to your specific environment, the potential risks, and the medical needs of your participants. Regularly check and replenish the kit to ensure it remains up-to-date and well-stocked. Additionally, ensure that trainers are trained in basic first aid and know how to use the items in the kit effectively.

Training Materials Checklist



This checklist ensures that trainers are well-prepared for each training session with the necessary materials. You can fill in the session details, list the required materials, specify the quantity needed, describe each item, and include any additional notes or comments to help maintain an organised and structured approach to your training sessions.

Checklist with Materials

Training Checklist for Module 1: Breaking stereotypes

Session 1: Breaking stereotypes

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Flipchart for exercise with sticky notes
- ☐ Additional resources (e.g., props, music, etc.)
 - [Case study 1](#)

Session 2: How parenting stereotypes are passed on from generation to generation?

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Flipchart for exercise with sticky notes
- ☐ Additional resources (e.g., props, music, etc.)
 - [Case study 2](#)

Session 3: The effects of parenting stereotypes on children

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Paper and pen for participants to take notes during activity
- ☐ Additional resources (e.g., props, music, etc.)
 - [Case study 3](#)

Session 4 Strategies to break parenting stereotypes

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Paper and pen for participants to work on the activity
- ☐ Additional resources (e.g., props, music, etc.)
 - [Case study 4](#)

Training Checklist for Module 2: Division of responsibilities

Session 1: How to establish an equal parenting division of responsibilities in the household

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers 1
- ☐ Projector and screen (if needed) 1
- ☐ Handouts or activity sheets for all participants
- ☐ Pens/Pencils for all participants
- ☐ Sticky notes 1
- ☐ Timer or stopwatch 1
- ☐ Additional resources (e.g., props, music, etc.)
 - [Case Study M2_S1](#)

Session 2: How to take the initiative to work out an equal parenting strategy

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers 1
- ☐ Projector and screen (if needed) 1
- ☐ Handouts or activity sheets for all participants
- ☐ Pens/Pencils for all participants
- ☐ Sticky notes 1
- ☐ Timer or stopwatch 1
- ☐ Additional resources (e.g., props, music, etc.)
 - [Case study M2_S2](#)

Session 3: How to divide responsibility in family

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers 1
- ☐ Projector and screen (if needed) 1
- ☐ Handouts or activity sheets for all participants
- ☐ Pens/Pencils for all participants
- ☐ Sticky notes 1
- ☐ Timer or stopwatch 1
- ☐ Additional resources (e.g., props, music, etc.)
 - [Case Study M2_S3](#)

Session 4: How to make equal parenting family structure

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers 1
- ☐ Projector and screen (if needed) 1
- ☐ Handouts or activity sheets for all participants
- ☐ Pens/Pencils for all participants
- ☐ Sticky notes 1
- ☐ Timer or stopwatch 1
- ☐ Additional resources (e.g., props, music, etc.)
 - [Case Study M2_S4](#)

Training Checklist for Module 3: Equal opportunities for work & leisure

Session 1: How Equal Parenting Enables Parents to Both Work and Enjoy Leisure Time

Date:

Materials Needed: (Specify quantity)

- ☐ Handouts or activity sheets
- ☐ Pens/Pencils
- ☐ Additional resources (e.g., props, music, etc.):
 - Case Study of Johny and Mary: [Case Study of Johny and Mary.pdf](#)
 - Exercise 1 Table: [Exercise 1 - Table.pdf](#)
 - Possible solutions to the Case study of Johny and Mary: [Possible Suitable Solutions for the Case Study of Johny and Mary.pdf](#)

Session 2: Benefits Of Equal Parenting For Working Parents

Date:

Materials Needed: (Specify quantity)

- ☐ Handouts or activity sheets
- ☐ Pens/Pencils
- ☐ Sticky notes
- ☐ Additional resources (e.g., props, music, etc.):
 - Case Stude of Toby and Jenna: [2 - Case Study of Jenna and Toby.pdf](#)
 - Description of Jenna: [Session 2 - Jenna.pdf](#)
 - Description of Toby: [Session 2 - Toby.pdf](#)

Session 3: Advantages Of Equal Parenting For Leisure Time Activities

Date:

Materials Needed: (Specify quantity)

- ☐ Handouts or activity sheets
- ☐ Pens/Pencils
- ☐ Sticky notes
- ☐ Additional resources (e.g., props, music, etc.):
 - Case Study of Holy: [Case Study of Holy.pdf](#)
 - Me-Time definition - Exercise 2: [Me-Time.pdf](#)

Session 4: How To Create A Balance Between Work And Leisure When Practicing Equal Parenting

Date:

Materials Needed: (Specify quantity)

- ☐ Handouts or activity sheets
- ☐ Pens/Pencils
- ☐ Additional resources (e.g., props, music, etc.)
 - Case study Sophia and Paul: [Case Study of Paul and Sophia.pdf](#)
 - Work Life Balance definition: [Work-Life Balance.pdf](#)

Training Checklist for Module 4: Domestic collaboration

Session 1: Inner the family - the relationship between parents, and parents with children

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Projector and screen (if needed)
- ☐ Handouts or activity sheets
- ☐ Pens/Pencils
- ☐ Sticky notes
- ☐ Additional resources (e.g., props, music, etc.)
 - Case Study: [Maria](#)

Session 2: Outside the family - the relationship with the school figures

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Projector and screen (if needed)
- ☐ Handouts or activity sheets
- ☐ Pens/Pencils
- ☐ Sticky notes
- ☐ Additional resources (e.g., props, music, etc.)
 - [Case Study M4 S2](#)

Session 3: Outside the family - the relationship with leisure organisations and other parents

Date:

☐ **Materials Needed: (Specify quantity)**

- ☐ Whiteboard and markers
- ☐ Projector and screen (if needed)
- ☐ Handouts or activity sheets
- ☐ Pens/Pencils
- ☐ Sticky notes

Session 4: Outer family - the relationship with the rest of the relatives

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Projector and screen (if needed)
- ☐ Handouts or activity sheets
- ☐ Pens/Pencils
- ☐ Sticky notes
- ☐ Additional resources (e.g., props, music, etc.)
 - Case Study: Sharon

Training Checklist for Module 5: Good Role Models

Session 1: Navigating Parenting: How Mothers and Fathers Shape Child Development

Date:

Materials Needed: (Specify quantity)

- ☐ Notepads or paper sheets - 1 per participant
- ☐ Pens - 1 per participant
- ☐ Sticky notes (preferably 2 colours) - 3 per colour per participant
- ☐ Whiteboard and markers
- ☐ Projector, screen and speakers
- ☐ Additional resources (e.g., props, music, etc.)
 - Michael and Jane's Parenting Journey: [Case Study for Module 5 Unit 1.pdf](#) - 1 per participant
 - Images for the session: [Pictures of different ages of children](#)
 - Poster with the role of the mother and father in the different stages of a child's life: [Poster for Module 5 Unit 1.png](#) - 1 piece
 - Cards with stage of child development: [Cards with stage of child development Module 5 Unit 1.pdf](#) - 1 set
 - Scenario cards for exercise 2 version 1: [Scenario cards for exercise 2 version 1 for Module 5 unit 1.pdf](#) - 1 set
 - Scenario cards for exercise 2 version 2: [Scenario cards for exercise 2 version 2 for Module 5 unit 1.pdf](#) - 1 set

Session 2: Parenting Styles: A Journey Through Generations

Date:

Materials Needed: (Specify quantity)

- ☐ Sheets of drawing paper for each participant
- ☐ Pens
- ☐ Timer
- ☐ Whiteboard and markers
- ☐ Projector, screen and speakers
- ☐ Additional resources (e.g., props, music, etc.)
 - Cards with various parenting actions for the warm up: [Cards for the Warm up Module 5 unit 2.pdf](#) - 1 set
 - The Smith Family's Story: [Case Study for Module 5 Unit 2.pdf](#) - 1 per participant
 - Poster with the 4 types of parenting style: [Poster for Module 5 Unit 2.png](#) - 1 piece
 - 4 cards with images: army general; counsellor; laid-back beach goer and distracted office worker: [4 Cards for Module 5 Unit 2.pdf](#) - 1 set
 - Printable version of the table from Unit 2: [Printable table Module 5 Unit 2.pdf](#) - 1 piece
 - Four types of parenting explanations sheets: [Four types of parenting explanations sheets Module 5 Unit 2.pdf](#) - 1 set
 - Poster for exercise 1: [Poster for exercise 1 Module 5 Unit 2.png](#) - 1 piece
 - Index cards with various parenting scenarios: [Index cards with parenting scenarios Module 5 Unit 2 Exercise 2.pdf](#) - 1 set

Session 3: How Different Parenting Styles Affect Your Child

Date:

Materials Needed: (Specify quantity)

- ☐ Green, yellow, and red sticky notes - 1 per participant from all of the colours
- ☐ A large board or wall space
- ☐ Pens and markers
- ☐ Whiteboard and markers
- ☐ Projector, screen and speakers
- ☐ Additional resources (e.g., props, music, etc.)
 - George and Claire's Parenting Dilemma: [Case Study for Module 5 Unit 3.pdf](#) - 1 piece per participant
 - Printable version of the table from Unit 3: [Table Module 5 Unit 3.pdf](#) - 1 piece
 - Blank comic strip template for exercise 2: [Blank comic strip template.pdf](#) - 5 pieces

Session 4: Parent-Child Bonding through Challenges

Date:

Materials Needed: (Specify quantity)

- ☐ Pens/Pencils/Crayons
- ☐ Sheets of drawing paper for each participant
- ☐ Whiteboard and markers
- ☐ Projector and screen
- ☐ Additional resources (e.g., props, music, etc.)
 - Set of images showing children with various facial expressions for the warm up: [Facial expressions](#) - you can use the presentation or print them
 - Labels with different emotion words written on them for the warm up: [Labels with emotion words Module 5 Unit 4 Warm up.pdf](#) - 1 set
 - Tom and Sue's Parenting Approach: [Case Study for Module 5 Unit 4.pdf](#) - 1 per participant
 - Poster What children should see in your behaviour: [Poster What children should see in your behaviour Module 5 Unit 4.png](#) - 1 piece
 - Poster Benefits of Active Listening: [Benefits of Active Listening Module 5 Unit 4.png](#) - 1 piece
 - Poster Reasons for Whining and Tantrums of children: [Reasons for Whining and Tantrums of children.png](#) - 1 piece
 - Poster Preferable parent's response: [Preferable parent's response.png](#) - 1 piece
 - Worksheets for exercise 1: [Worksheets for Module 5 Unit 4 Exercise 1.pdf](#) - 1 set
 - Cards with common parenting commands for exercise 2: [Cards with common parenting commands Module 5 Unit 4 Exercise 2.pdf](#) - 1 set

Training Checklist for Module 6: Family Well-being

Session 1: Importance of Family Wellbeing

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Pens/Pencils
- ☐ Additional resources (e.g., props, music, etc.)
 - <https://ccrnj.org/what-is-family-well-being/>
 - <https://www.childwelfare.gov/topics/preventing/promoting/>
 - https://www.twr360.org/ministry/24/familylife-today/lang,1?gad_source=2&gclid=Cj0KCQiApOyqBhDIARIsAGfnyMrGBny9NPAQVlxFxdH-BIZjWpEBTP7D1w5kdp_U70E9n6Fi721TbXMaAgQXEALw_wcB
 - <https://youtu.be/bWvC1NYHtcM>
 - Case study [Session 1 Case study](#)
 - Theory [Family welllbeing Session 1 Theory](#)
 - [Equal parenting project Session 1- Exercise 1 Scenarios](#)
 - [Equal parenting project Session 1- Exercise 2 Template](#)

Session 2: Self-Wellbeing to Improve Family Wellbeing and Developing Communication Skills with Kids

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Pens/Pencils (1 per participant)
- ☐ Timer or stopwatch
- ☐ Additional resources (e.g., props, music, etc.)
 - [Session 2 expanded Theory](#)
 - Case study [Equal parenting project case study Session 2](#)
 - [Equal parenting project Session 2-Mini quiz and Scenario discussion](#)

Session 3: Families with Equally Involved Parents

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Pens/Pencils
- ☐ Sticky notes
- ☐ Index cards
- ☐ Additional resources (e.g., props, music, etc.)
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5365149/>
 - https://www.researchgate.net/publication/254078927_How_Mothers_and_Fathers_Share_Childcare_A_Cross-National_Time-Use_Comparison
 - [Equal parenting project Session 3 case study](#)
 - [Equal parenting project Session 3-Exercise 1 Scenario cards](#)
 - [Family chart Equal parenting project](#)
 - Cards for exercise 1&2 <https://www.twinkl.com.au/resource/t-c-158-sen-communication-cards-household-chores-boy>

Session 4: Equal Division of Childcare and Housework Amongst Couples

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Projector and screen (if needed)
- ☐ Pens/Pencils
- ☐ Sticky notes
- ☐ Timer or stopwatch
- ☐ Additional resources (e.g., props, music, etc.)
 - [Equal parenting project Session 4 Full case study story](#)

Training Checklist for Module 7: Overparenting

Session 1: Breaking Overparenting: Recognizing its Forms and Impacts

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Pens/Pencils
- ☐ Sticky notes
- ☐ Timer or stopwatch
- ☐ Additional resources (e.g., props, music, etc.)
 - <http://www.freekidsproject.com/>
 - [Equal parenting project Scenarios for Session 1- Exercise 1](#)
 - [Equal parenting project Identifying Overparenting Exercise 2 scenarios](#)
 - <https://bigthink.com/the-present/top-10-helicopter-parenting-backfired-on-americans/>
 - [Are Helicopter Parents Ruining a Generation?](#)
 - [Consequences of Over Protected Children- Jordan Peterson](#)

Session 2: Identifying Signs of Overparenting in Oneself

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Pens/Pencils
- ☐ Sticky notes
- ☐ Timer or stopwatch
- ☐ Additional resources (e.g., props, music, etc.)
 - [Equal parenting project Session 2-Expanded Case Study: The Helicopter Parent's Self-Reflection – Tom's Realization](#)
 - [Parenting Style and Role Plays Current.pdf](#)
 - [Equal parenting project Session 2 -Exercise 1/Self-reflection Role-play scenarios](#)
 - [Equal parenting project Session 2-exercise 2/ Scenarios for analysis and assessment](#)
 - [4 Parenting Styles and Their Effects On You](#)
 - [5 Parenting Styles and Their Effects on Life](#)
 - [Parenting Styles - Modern Family](#)

Session 3: Setting Healthy Boundaries and Embracing Self-Care

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Projector and screen (if needed)
- ☐ Handouts or activity sheets
- ☐ Pens/Pencils
- ☐ Sticky notes
- ☐ Timer or stopwatch
- ☐ Additional resources (e.g., props, music, etc.)
 - [Session 3 Warm-up exercise template](#)
 - ["Establishing Boundaries in the Johnson Family" Session 3 case study](#)
 - [Session 3 Theory background support information](#)
 - [Session 3 Case study discussion questions](#)
 - [Session 3 Exercise 1 worksheet](#)
 - [Session 3 Exercise 2 worksheet](#)
 - [Self-Care Bingo Card Example](#)
 - [How to Set Healthy Personal Boundaries](#)
 - [Good boundaries free you | Sarri Gilman | TEDxSnolsleLibraries](#)

Session 4: Balancing Care: Navigating Away from Overparenting

Date:

Materials Needed: (Specify quantity)

- ☐ Whiteboard and markers
- ☐ Handouts or activity sheets
- ☐ Pens/Pencils
- ☐ Sticky notes
- ☐ Timer or stopwatch
- ☐ Additional resources (e.g., props, music, etc.)
 - [Session 4 Case study](#)
 - [Session 4- Theory](#)
 - [Independence Plan Worksheet](#), for exercise 1
 - [Parenting Style and Role Plays Current.pdf](#) , for exercise 2
 - [Session 4 Practice cards](#), for exercise 2
 - [How to avoid overparenting](#)
 - [Parenting Expert: The No. 1 Mistake Parents Make](#)
 - [Alison Gopnik: The Pitfalls of Overparenting](#)



How to find us

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