Presented by Diane Bellem
Sheltering Arms Georgia Training Institute

**WHAT IS A PARENT CAFÉ?**

A Parent Café engages participants in guided conversations as a way to facilitate partnerships and to develop parent leadership to build protective factors necessary for families to raise thriving children.

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**PARENT CAFÉ**

A Parent Café follows the World Café model, an innovative yet simple method for hosting conversations about questions that matter.

www.theworldcafe.com
Engaging parents using the Parent Café model - an excellent technique to share deep and meaningful conversations with parents about the topics that build strong families.

What we know: Families thrive when protective factors are robust in their lives and communities.
FIVE PROTECTIVE FACTORS

PARENTAL RESILIENCE
SOCIAL CONNECTIONS
KNOWLEDGE of PARENTING and CHILD DEVELOPMENT
CONCRETE SUPPORT in TIMES of NEED
SOCIAL and EMOTIONAL COMPETENCE of CHILDREN

Be strong and flexible
Parents need friends
Being a great parent is part natural and part learned
We all need help sometimes
Help your children communicate and give them the love and respect they need

COMMUNITY CAFES - WASHINGTON
• COURAGE
• COMMUNITY
• HEALTH
• FREEDOM
• COMPASSION
Protective Factors
Family Friendly Terms - Georgia

- Resilience
- Parents Can Bounce Back!
- Social Connections
- Parents Have Friends!
- Knowledge Of Child Development
- Parents Know How Children Grow And Learn
- Concrete Support In Time Of Need
- Parents Know Where To Turn For Help
- Social And Emotional Competence Of Children
- Children Learn To Talk About And Handle Feelings

Strengthening Families: Creating a New Normal

Families and communities, service systems, and organizations:
- Focus on building protective and promotive factors to reduce risk and create optimal outcomes for children, youth and families
- Recognized and supported parents as decision makers and leaders
- Value the culture and unique assets of each family
- Are mutually responsible for better outcomes for children, youth and families

Café Themes are based on the Protective Factors
Set the Context

- Café Theme/Focus
- Purpose for the Café
- Choose your Target Audience
- What’s “Current” or “Relevant” for your program?
Create Hospitable Space

- Safe
- Inviting
- Comfortable
- "Café" Like
- Welcoming Atmosphere

Image via clip art Image via Sheltering Arms

Explore Questions that Matter

- Café – Time to Give a Voice, not impart information
- 2-3 Questions – Relevant, Important
- Ask “what” and “how”

CAFÉ CONVERSATIONS

Being a Strong Parent

- What are you doing the same, and what are you doing differently than your parents and why?
- When you’re at your best as a parent, what is that like?
- What are you proud of?
- What gets in the way of you being the parent you want to be? How do you stay true to the way you want to parent?
2014 Prevention Resource Guide
Making Meaningful Connections

Encourage Everyone’s Contribution

- People engage deeply when they feel they are contributing their thinking to questions that are important to them.

ENCOURAGE all guests to contribute to the conversation!
Connect and Link Different Ideas
As participants carry key ideas or themes to new tables, they exchange perspectives, greatly enriching the possibility for surprising new insights.

Listen Together for Insights
Listening is a gift we give to one another. The quality of our listening is perhaps the most important factor determining the success of a Café.

Design Team
- Engage a team of 3-4 people, including parents to design the Café
  - Choose the theme
  - Plan the food
  - Decide upon the questions
  - Details matter – assign someone with the gift of “attention to every detail” to coordinate the process!!!
**Café Etiquette**

Focus on what matters.
Contribute your thinking.
Speak your mind and heart.
Listen to understand.
Link and connect ideas.
Listen together for insights and deeper questions.
Play, Doodle, Draw-writing on the cutouts is encouraged!

HAVE FUN!

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**Café “Menu”**

- Welcome and Introductions
- Introduction to Protective Factors
- One-on-One and Reflections
- Café Conversation
- Closing
- Take-Away
  - Commitment Cards
- One-Word Reflection
- Evaluations

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**Café Host**

- Sets the Tone
- Opens the Café
- Shares the Overview of the Café focus & theme
- Guides the Process

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Table Hosts
I’m the Table Host, What do I do?
• Welcome
• Ask the questions
• Encourage
• Briefly share key insights from the prior conversation

Tips for Table Hosts
• Listen with Delighted Attention
• “Let’s give everyone an opportunity to share their story”.
• Ask “What if”
• Offer the Talking Stick

Doodle, Write, Draw, Play
Cutouts for Each Person, Take with Them to each table.
“Rumpers” for Table, Whomever wants to write down a Big Idea to Post.
Guests begin the café at their Home table.

Engage guests in a conversation about the first question.

Encourage guests to write, draw, doodle their personal notes.

Encourage guests to also capture big ideas to post.

Welcome new guests to Your table. Invite comments, pose question #2.

Engage guests in a conversation, encourage guests to write, draw, doodle their personal notes.

Encourage guests to also capture big ideas to post.

Final Round
Welcome guests back to their home table.

Home Table Café Harvesting

- What did you learn from your café conversations?
- What big ideas surfaced for you about (insert your topic)
- What two ideas from what we can do together would you pass on to the ________?
**Café Harvest**
- Involves making a pattern of wholeness visible to everyone
- Invite a few minutes of silent reflection on the patterns, themes and deeper questions
- Sharing by Table Host or invited participants with the larger group

**Final Café Reflections**
**What energizes me about the conversations I’ve had today?**

**What themes have emerged?**

**Café Closing Circle**
Invite participants to form a circle for a closing ritual. Each person shares a One Word reflection about what the café meant to them.
**Café Follow Up**

- Collect the Commitment Cards
- Photo or Save the “I Have a Voice” Wall
- Review Café Evaluation/Feedback Forms
- Debrief with the Design Team
- Plan meetings, events, or whatever is necessary based on the Café Harvest
- Plan for the next Café

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**Café Resources**

- **Café to Go!**
  A concise guide to the World Café
  It includes brief outlines of each principle, a description of Café Etiquette, an outline of key elements of the World Café conversations, and tips for creating Café ambiance.

- **Image Bank**
  A variety of graphic support materials created by talented World Café reflective visual artists

www.theworldcafe.com

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**The World Café Book:**
**Shaping Our Futures Through Conversations That Matter**

Over 50,000 copies sold and translated into nine languages! The most definitive compendium of World Café know-how available, $21.95

Purchase Your Copy from Amazon Now!

For bulk purchases: Berkeley.

ALSO AVAILABLE as an e-Book on Kindle, & now on the iPad, iPhone & iPod Touch!
Café Resources

- Peter Block’s book, *Community: The Structure of Belonging* (San Francisco: Berrett-Koehler, 2008.)

“These are simply guidelines, or “the banks of the river,” as Juanita Brown puts it, for something you are already practicing; if you have ever hosted or welcomed people in your home.”

www.theworldcafe.com

Café Resources

- www.strengtheningfamilies.net
- www.thecommunitycafe.com
- www.ctfalliance.org
- www.childrenstrust.org/CommunityCafes.html
- www.childwelfare.gov (Resource Guide)
- www.bestrongfamilies.net
Café Talk changing to Parent Café in a Box

- www.bestrongfamilies.net

or contact:
- Guy Schingoethe
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  310 S. Peoria, Suite 301
  Chicago, IL 60607
  guys@strengtheningfamiliesillinois.org
  312-421-5200 x 25

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- Great Start Georgia
  http://www.greatstartgeorgia.org

- Prevent Child Abuse GA
  www.preventchildabusega.org