

PARENT TO PARENT – SHARING WISDOM

Group Reflection Exercise

USE THIS EXERCISE TO BUILD:



Nurturing
Parent-Child
Interactions



Social and
Emotional
Abilities



Resilience
and a Growth
Mindset

PURPOSE

Crowdsourcing ideas in a group with other parents can generate connections and bring about innovative, creative ideas. Parents can share ways they connect with their children, ask questions to each other about how to handle tough situations, and help each other brainstorm and problem solve solutions.

SUGGESTED ACTIVITY LENGTH: 1 HOUR

5 minutes for instructions | 45 minutes for discussion | 10 minutes for reflection

MATERIALS

None needed - Conversation based

Notes for the facilitator

- Before opening up the floor to participants for ideas and suggestions, try to frame the conversation around a specific topic. These could include: addressing a specific protective factor, choosing 1-2 parents to present a challenge they're experiencing with their child (like a mini case consultation), identifying low/no cost activities, how to talk to your child about their feelings, etc.
- It's important to create a safe environment for parents to share challenges they are facing with their child. Participants may feel hesitant or uncomfortable sharing if they think they will be judged by other parents or the facilitator. While sharing potential solutions, parents should keep in mind that what might work best for them may not work for everyone.
- This activity is not intended to critique parents or the choices they have made, but rather to offer support and suggestions.
- When asking questions, be sure to use a strengths-based framework; stay away from deficit-based approaches.



HOW TO FACILITATE THIS EXERCISE

- 1 Have the group decide on a topic. You can either choose from the list below or the group can come up with their own.
- 2 Ask someone in the group to share a specific example of a challenge they have experienced with their child related to this topic that they would like support with.
- 3 Next, group members can ask questions for more information, or share what they have done in similar situations.
- 4 Optional: Parents can have small group or 1:1 conversations if that feels more comfortable than opening up to the entire group.

POTENTIAL TOPICS

Free or low cost activities to do with your kids

E.g., "I want to spend more quality time with my kids but everything costs money!"

Activities to do with your kids in under an hour

E.g., "When we only have an hour, I don't know what to do except turn on the TV..."

Ancestral/Cultural knowledge

E.g., "The way my parents raised me was so different from how I'm raising my kids."

Meals to cook together

E.g., "One of my kids is a picky eater, but the other kids are tired of eating the same thing all the time. I can't make separate meals for them everyday."

Work-Life Balance

E.g., "I feel so guilty that I am at work all day and I don't get to see my kids."

Tantrums

E.g., "My kid cries and throws a fit before bed time almost every day."

School

E.g., "I got a call from the school, and they told me that my kid has been acting out. I feel like it's all my fault and the teachers are judging me."

REFLECTION QUESTIONS

- How did it feel to share and brainstorm with other parents?
- What comments, questions, or suggestions stood out to you from the other parents?

Promising Futures



The development of this guide was supported by Grant Number 90EV0532 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services, and by Grant #90CA1850 from the Children's Bureau, Administration on Children, Youth and Families, U.S. Department of Health and Human Services. Points of view in this guide are those of the authors and do not necessarily reflect the official positions or policies of the U.S. Department of Health and Human Services.

Copyright © 2025 Futures Without Violence. All rights reserved.