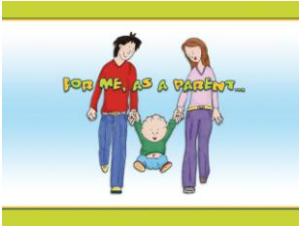


## Training workshop



Developing an approach that gives parents a voice and builds on their strengths: The *For Me, as a Parent...* kit

Workshop leader: **Suzanne Lavigneur**, Ph.D.

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### **The *For Me, as a Parent...* kit**

Designed for professionals working with parents of children between the ages of 0 to 11 years, the *For Me, as a Parent...* kit is a set of communication tools to enhance the implementation of educational support programs currently provided in different individual or group settings (CLSCs, youth centres, community organizations, CRDIs, private practice).

The kit provides visual materials that encourage discussions with mothers and fathers about their experience of parenting. The communication tools in the kit address a variety of topics: *children's qualities; parenting skills; shared pleasures; self-care activities; support from the social network; parental concerns; parental challenges and development.*

Using the kit will facilitate activities that: (a) are based on the parents' perspective; (b) promote parents' teaching behaviours and their attachment to their children; and (c) use social network resources to best advantage. *For Me, as a Parent...* received the 2008 professional award from the *Ordre des psychoéducateurs et psychoéducatrices du Québec* (OPPQ).

The CECOM of Hôpital Rivière-des-Prairies is the coproducer and distributor of the kit (phone: 514 328-3503; fax: 514 323-4163; email: [cecom.hrdp@ssss.gouv.qc.ca](mailto:cecom.hrdp@ssss.gouv.qc.ca))

### **TRAINING WORKSHOP**

The training workshop will present the *For Me, as a Parent...* kit.

Learning about the approach and the content of the kit's tools, watching videos of interventions with parents (individually and in group sessions), doing practical exercises and discussing with other workshop participants—all of these activities will facilitate the implementation of parental support programs in which participants are already involved.

## SPECIFIC OBJECTIVES

1. To become aware of the importance of listening to parents (mothers and fathers) in the context of providing educational support.
2. To become familiar with the underlying principles and the content of the *For Me, as a Parent...* kit.
3. To identify concrete ways of incorporating this tool into each participant's own intervention context.

## WORKSHOP PROGRAM (TOTAL 6 HOURS)

### 1. General presentation of the kit (45 MIN.)

- 1.1 Introduction: Giving parents a voice: a matter of continuity
- 1.2 The research program that inspired the kit
- 1.3 Theoretical foundations: a multimodal model based on resilience
- 1.4 Overview of the kit's contents

### 2. Introduction to the 7 themes and tools that make up the kit (*children's qualities; parenting skills; shared pleasures; self-care activities; support from the social network; parental concerns; parental challenges and development*). These will be covered one after the other, using the same teaching approach (APPROXIMATELY 4.5 HOURS).

The two first themes will be developed in depth (*children's qualities*, including an individual exercise, approx. 30 min., then *parenting skills*, including an exercise to be done in break-out groups, approx. 45 min.). Once the intervention approach has been established through these two activities, the 5 remaining themes will be covered more rapidly.

- 2.1 Description of the available materials
- 2.2 Individual or group awareness-raising exercises on the theme
- 2.3 Examples of using the materials in interventions with parents and testimonials by professions (DVD extracts)
- 2.4 Discussions among participants: suggestions for using and adapting the tools in different intervention contexts

### 3. Reflection on the proposed approach (45 MIN.)

- 3.1 Conditions for success and potential benefits
- 3.2 Comments, suggestions, follow-up

## CONDITIONS

The workshop is designed to accommodate 15 to 30 participants. It consists of a 6-hour training day, spread over a morning and afternoon.

When open to individual enrolment, the cost of the training is \$100 per participant.

When provided through an organization (regional agency or another agency), the professional fees for the workshop are \$1000, to cover the presence of two trainers; see bios on the next page. The costs of travel (from Montreal), lodging and accommodation, as well as the costs of copying materials to be distributed to participants, are additional.

## Biographical summaries of the two trainers

**Suzanne Lavigueur** is the first author of the *For Me, as a Parent...* kit.

She holds a Master's degree in psychoeducation and a Ph.D. in biomemmedical sciences (specialization in psychiatry) from Université de Montréal. She is an honorary professor at Université du Québec en Outaouais, where she has been associated with the Department of Psychoeducation and Psychology for more than 25 years. A member of the QEMVIE research group, she is especially interested in parents living with particular challenges, in their educational strategies and their support networks, as well as in the area of psychosocial intervention with these families. She is the author of the book *Ces parents à bout de souffle* (440 pages, 4<sup>th</sup> edition, 2009, Éditions Quebecor).

**Claude Desjardins** is a developmental pediatrician. Throughout his career, he has focused on the area of child development. He has worked with children with physical and intellectual functional disabilities at the *La RessourSe* Rehabilitation Centre and at the Children's Hospital of Eastern Ontario. He has also worked with children who present with ADHD and learning disabilities. He is the author of *Ces enfants qui bougent trop* (2<sup>nd</sup> edition, 2001, Éditions Quebecor). He was production advisor for the *For Me, as a Parent...* kit.