



Objectives:

- To reinforce the sense of identity and belonging to the family by repeating family stories.
- To encourage sharing about the family between parents and children.
- To introduce the families to the concepts of traditions, routines, and rituals.



Threads:

- Families begin to explore and practice their narrative skills. The focus here can be on collaborative narrative process. This activity builds to co-construction of the family trauma narrative later in the group.
- Deliberateness of rituals and routines is established during this first session. The link between planning and follow through can be made explicit for families and generalized from group to examples from home.
- This session sets the foundation for community building and using social networks for support.



Preparation:

- Type in the names and print the **Name.Cards** (half-fold cards or cardstock folded)
- Type in the names and print the **Family.Name.Labels** (Avery 5371)
- Print and cut the **SFCR Reminder Postcards** (postcards)
- Print the **Group.Schedules** (Avery 5371)
- Send out postcard to remind families of first group.
- Food and facilities planning and preparation.
- Decide on facilitators' roles.
- Update on the status of each family in the group.
- Anticipate any problems that might arise during the session.



Session Overview:

Activity 1	Family Meal	30 Minutes
Activity 2	What is a Family Tradition?	30 Minutes
Activity 3	Telling Family Stories I	35 Minutes
Activity 4	Establishing Group Rituals	15 Minutes
Activity 5	Closing	10 Minutes



Homework to be Assigned:

- Complete album page
- Relative Interview ([bilingual version](#))



Materials:

Tables (1 for each family)
 Centerpieces
 Nameplates and session schedules (1 for each family)
 Place settings/Napkins
 Nutritious meal/Drinks
 Video camera, remote microphones, and tapes [Research Groups Only]
 Tape recorders and Tapes (1 for each family)
 Materials for family albums (cardboard for covers, paper, hole punch, yarn or string, decorating materials, glue) (1 for each family)
 Toy dinnerware and food
 Pens/Pencils/Markers/Crayons/Paper
 Folders (1 for each family)
 Flipchart/Blackboard



Handouts:

Introduction to Family Traditions and Routines	M1.S1.Intro
	M1.S1.Kids.Game1,
	M1.S1.Kids.Game2
	M1.S1.Adoles.Game1,
	M1.S1.Adoles.Game2
A Story, A Story (condensed version) or Condensed versions of <i>Chave's Memories/Los Recuerdos de Chave</i> or <i>Family/Familia</i> by the same author will need to be created.	M1.S1.Story
Relative Interview	M1.S1.Interview
Family Rating Form	M1.S1.Feedback
Participant Log	M1.S1.Log
Clinician Rating Form	M1.S1.Clinic.Measures



Books:

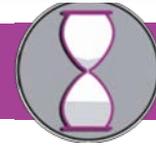
A Story A Story or *Chave's Memories/Los Recuerdos de Chave* (An alternative to this book would be *Family/Familia* by the same author.)
Feast for 10 or *Green Corn Tamales/Tamales De Elote* (The children may pretend they are making empanadas with play dough.)
The Kissing Hand or Spanish version: *Un Beso en la Mano*
Mother Goose Nursery Rhymes or Spanish versions



Posters:

Rules Poster (bilingual version)	Group.Rules.Poster
Group Rituals Poster (bilingual version)	Group.Rituals.Poster
Brainstorming Poser (bilingual version)	Brain.Rules.Poster

Activity 1: Family Meal

30
Minutes**Goals:**

- To facilitate an intimate family interaction.
- To increase awareness of the importance of routine within each family.

**Materials:**

Nametags
Tables (1 for each family)
Centerpieces
Nameplates and session schedules (1 for each family) (*bilingual version*)
Place settings/Napkins
Nutritious meal/Drinks
Video camera, remote microphones, and tapes [Research groups only]

**Posters:**

Rules Poster

**Instructions:**

Facilitators prepare room by setting tables (one for each family). A simple centerpiece for each table is a nice touch. A nameplate and schedule for the session's activities are also placed on each table. Hang the Rules Poster in a prominent place where all can see it.

Food should be pre-cooked and ready to serve. Food can be served buffet or family style.

Latino Adaptation: Facilitators welcome families at the door and engage in small talk with families before start of group.

Parent(s) gather their children around a table and share a meal together. Before serving the food:

Lead Facilitator: *Estamos muy felices de que ustedes y sus familias nos acompañen esta noche. Lo primero que haremos es que cada persona se presente. We are so happy to have you, and your family, join us tonight. The first thing we will do is introduce everyone.*

Proceed with introductions starting with the families and then the facilitators. Start with one parent and have the parent introduce her/himself first and then each of the other members of the family. *Pasaremos las próximas 15 semanas juntos compartiendo acerca de las tradiciones familiares. Hablaremos de las maneras en que las familias pasan su tiempo juntos; celebran las cosas buenas que les pasan y se ayudan unos a otros a superar los malos momentos. Hablaremos de grandes eventos familiares y de cosas que pasan diariamente en las familias. Tendremos actividades, juegos y compartiremos temas acerca de nuestras familias y de nosotros mismos. We will be spending the next 15 weeks together sharing about family traditions. We will talk about*

the ways that families spend time together; celebrate the good things that happen to them, and help each other get through the bad times. We will talk about big family events and things that happen every day in families. We will make things, play games, and share things about our families and ourselves.

Como somos un grupo, realmente queremos que todos participen en todas las actividades. Para que esto suceda fácilmente, tenemos unas cuantas reglas que están colocadas en la pared. Ahora vamos a repararlas. Since this is a group time, we really want everyone to take part in all of the activities. To help that go smoothly, we have a couple of rules and these are posted on the wall. Let's go over them now. Refer to poster of rules and review. Have the group add additional rules, if they want.

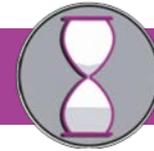
Otra manera en que podemos ayudar a que el grupo vaya bien es preguntar a cada familia como están y si está pasando algo en sus vidas que dificultaría su participación el día de hoy. Another way we can help the group go well, is to check with each family to find out how they are doing and if there is anything going on in their lives that will make it difficult for them to take part today. Ask each family the following question: *Así que, está pasando algo que pueda impedir la participación de su familia en el grupo de hoy?* So, is there anything going on right now that might get in the way of your family taking part in today's group?

Co-Facilitator _____: Al comienzo de cada grupo, vamos a compartir una comida. Primero, vamos a agradecer a las personas que prepararon esta maravillosa comida. Por favor pasen a servirse. Padres, pueden servir primero a sus hijos y luego prepararse un plato para ustedes. At the start of every group, we will share a meal. First let's thank name of cooks for fixing this wonderful meal. Please help yourselves to some food. Parents, why don't you serve your children first and then make a plate for yourself.

Note 1: Facilitators who are not talking should spread around the room, monitoring families' reactions and level of participation. This is an opportunity to observe the families' mealtime interactions.

Note 2: One facilitator should take on the role of process monitor making sure that the session runs smoothly and proceeds in a timely fashion. The process facilitator should encourage families to start finishing their dinner and cleaning up their tables after about 20 minutes to make sure that this activity is finished within 30 minutes and the group is ready to begin the next activity on time.

Activity 2: What is a Family Tradition?

30
Minutes**Goals:**

- To increase adult and child understanding of family traditions, routine, and rituals.

**Materials:**

Toy dinnerware and food
Unbreakable mirrors
Materials for scrapbook pages (paper, hole punch, glue)
Decorating materials
Share pictures from *Family Pictures* and *In My Family* by Carmen Lomas Garza (see below)

**Handouts:**

Introduction to Family Traditions and Routines
Family Ritual and Routine Charts

**Books:**

The Kissing Hand
Feast for 10

**Instructions:**

Lead Facilitator: *Esperamos que hayan disfrutado su cena. Ahora es momento de comenzar nuestras actividades para esta noche. Cada noche durante los rituales del grupo seguiremos un horario. Una copia del horario estará en sus mesas cada semana. Si observan el horario ahora, les diré un poco acerca del grupo de hoy.* We hope you enjoyed your dinner. It's now time to begin our activities for tonight. Each night during rituals group, we will follow a schedule. A copy of that schedule will be on your tables every week. If you will look at that schedule now, I will tell you a little bit about tonight's group. Proceed with introducing each activity briefly.

Ahora es momento de dividirnos en pequeños grupos. Haremos ésto casi cada grupo, así que tomaremos un minuto para hablar de cómo lo haremos. Cada facilitador tomará un grupo distinto, uno con los adultos, otro con los adolescentes, otro con los niños mayores, otro con los niños menores y otro con los bebés. Esta noche, porque es nuestro primer grupo y todavía nos estamos conociendo, nos dividiremos en sólo tres grupos. Los padres irán con (nombre del facilitador), los jóvenes irán con (nombre del facilitador), y los miembros más pequeños irán con (nombre del facilitador). It is now time to break into smaller groups. We will do this almost every group; so let's spend a minute talking about how we will do it. Each facilitator will take a different group, one for the adults, one for the teenagers, one for the older children, one for the younger children, and one for the babies. Tonight, because it is our first group and we are still getting to know each other, we will split into just three groups. The parents will go with (facilitator's name), the youth will go with (facilitators' name), and our youngest members will go with (facilitators' name). Facilitators gather their groups together. When the groups are formed and quiet, facilitators move one group at a time to their designated areas.

Let the families know that if information is shared in the small groups that is concerning, facilitators may talk with parents/guardians after the group about what the child said or did.

Lead Facilitator (Adult group): Handout “Introduction to Family Traditions and Routines” (bilingual version). Ask parents to reminisce about the way things were done in their families when they were growing up. *Piensen por un minuto acerca de tener 5 años de edad. Piensen cómo era ser parte de su familia cuando ustedes eran pequeños. Piensen acerca de qué significaba ser parte de su familia mientras crecían. Think for a minute about being 5 years old. Think about what it was like to be a part of your family when you were little. Think about what it meant to be part of your family as you were growing up.*

Prompting questions: ¿Qué tradiciones tuvieron mientras crecían? ¿Qué tradiciones se mantienen sólo en su país de origen? ¿Qué tradiciones se han perdido debido a los tiempos que estamos viviendo ahora? ¿Qué tradiciones aún se mantienen en Estados Unidos? ¿Qué tradiciones les gustaría todavía tener con su familia en los Estados Unidos? What traditions did you have growing up? What are traditions held only in country of origin? What traditions have been lost because of the times we’re living in now? What are traditions still held in U. S.? Which ones do you wish you could still have here with your family in the U. S.?

Encourage them to share memories about special events, birthdays, holidays, bedtime, etc. Use these descriptions to teach about the important characteristics of ritual and routine. Refer to the Facilitator’s discussion guide for this activity. The most important points to be covered are highlighted. Some group members may have difficulty with this activity if they grew up under stressful, abusive, or unhappy circumstances. Do not push anyone to share more than they are comfortable sharing. Acknowledge that sometimes family memories can be painful. Facilitator should begin to wrap up this activity in about 25 minutes.

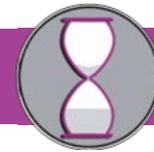
Co-Facilitators (All Youth Group) _____: Introduce the concept of family traditions by asking youth to discuss how their family marks and celebrates certain holidays, special events, birthdays, as well as day-to-day routines such as bedtime, dinnertime and going off to school. Show Charts. Encourage each participant to share one of their family’s routines or traditions. Once everyone has had a chance to share, facilitators will distribute the scrapbook pages, one per youth, asking them to draw or write about their favorite routine or tradition within their family. Explain that these pages will become part of a family memory book that the youth can share with their parents/caregivers upon rejoining the larger group. Youth may be prompted to share their scrapbook page with the group. (Facilitator prompt: Share pictures from the book, “Family Pictures” and “In My Family” by Carmen Lomas Garza.)

Co-Facilitator (Younger Child & Babies group) _____:

Separation issues may arise when these very young children are asked to leave their mothers/caregivers. Facilitators need to be sensitive to this issue and use strategies to help with separations. Some ideas include having the baby take something of the mother's to the breakout group, having the mother's hug the baby, tell them where they will be and how long they will be apart, using the "The Kissing Hand" or "Un Beso en la Mano" book. Facilitator reads "Feast for 10" or "Green Corn Tamales/Tamales De Elote" and shows everyone the pictures. The children play at having their own feast with toy plastic food provided. The children make empanadas or soup with Play-Doh. Facilitator plays with the babies using Peek-a-boo and mirror play.

Note 1: Facilitators for each group should start wrapping up the discussions or games after 25 minutes to allow 3-4 minutes to transition back to the family meeting room.

Activity 3: Telling Family Stories



35
Minutes



Goals:

- To reinforce family story telling.
- To help families create a shared history.



Materials:

Tape recorders (5)
Materials for 5 family scrapbook (cardboard for covers, paper, hole punch, yarn or string, glue)
Decorating materials



Handouts:

A Story, A Story (condensed version)



Books:

A Story, A Story



Instructions:

Lead Facilitator: As we get started with the next activity, I have a book to share with you. Read/summarize "A Story A Story".

Co-Facilitator _____: *Me atrevo a apostar que todas y cada una de las familias aquí presentes tienen grandes historias para compartir. Esta noche vamos a tener la oportunidad de escuchar algunas de esas historias. Por favor, reúnan a su familia y siéntanse cómodos. Ahora tomen unos minutos para pensar acerca de algo bueno que toda la familia vivió junta en los últimos años. Cuando hayan decidido sobre algo bueno que le sucedió a toda la familia, platiquen sobre ese evento. Simplemente pretendan que estaban reunidos y que alguien mencionó ese evento.* I am willing to bet that each and every family here has some great stories to tell. Tonight we are going to get a chance to hear some of those stories. Please gather your families around and get comfortable. Now spend a few minutes thinking about something good that the whole family experienced together in the past few years. Once you have decided on something good that happened to your family, discuss this event. Just pretend that you were sitting around and someone brought it up. [Facilitators should turn on the tape recorder for each family.] Allow about 10-15 minutes for storytelling.

Note 1: Facilitators should spread around the room, monitoring families' reactions and level of participation. Facilitators encourage each family to share important memories/stories collaboratively. Facilitators should not become part of the family conversation but might want to gently encourage families to elaborate, to get everyone's point of view, to talk about how they felt at the time, etc.

Co-Facilitator _____: About 10 minutes into this activity, start handing out the materials for making a family scrapbook. *Queremos que puedan recordar este grupo, pero mucho más importante, queremos que construyan recuerdos familiares. Compartiendo historias familiares es una manera de hacerlo, haciendo un álbum es otra manera. Esta noche, queremos que hagan la página de un álbum relacionada a su historia familiar para un nuevo álbum familiar. El álbum será para que ustedes lo tengan. Trabajen juntos como familia por 15 minutos para empezar su página.* We want you to be able to remember this group, but more importantly, we want you to build family memories. Telling family stories is one way to do that, making a scrapbook is another way. Tonight, we want you to make a scrapbook page about your family story for a new family album. These will be yours to keep. Work together as a family for about 15 minutes to start your page.

Lead Facilitator: *Sabemos que no han terminado todavía; pueden llevar material a casa y terminar el álbum allí. Será una linda oportunidad para que su familia haga algo junta durante la semana.* We know that you aren't finished yet; you can take some materials home and finish there. It will be a nice chance for your family to do something all together during the week.

Note 2: Facilitators who are not talking should spread around the room, monitoring families' reactions and level of participation. A facilitator might stop at the table of a family and offer encouragement, praise, and suggestions for managing different situations (behavior management, cueing, discipline). Work with families on interactions/behaviors occurring "in the moment". Remember to be sensitive to and empowering of the parent(s).

Note 3: The process facilitator should encourage families to start cleaning up their tables to make sure that this activity is finished within 35 minutes and then help the group make the transition to the break-out activity next. Plan 3-5 minutes for this transition.

Note 4: Facilitators should remember that other materials made by the families as well as pictures taken during the group can be added to the scrapbook.

Activity 4: Establishing Group Rituals



30
Minutes



Goals:

- To increase sense of group cohesion.
- To practice planning and implementation of rituals and routine.



Materials:

Markers
Flipchart



Posters:

Brainstorming Rules Poster
Rituals Poster



Instructions:

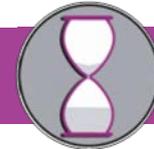
Co-Facilitator _____: *Tenemos una actividad más para esta noche. Los rituales y rutinas no solo pertenecen a las familias; otros grupos comparten rituales y rutinas como una manera de estructurar su tiempo juntos. Cuando ustedes asistan a este grupo cada semana, tendremos un horario que será mayormente el mismo cada semana. Nosotros también podemos compartir alguna s tradiciones, como por ejemplo, una manera en la que les gustaría iniciar o concluir el grupo cada semana o algo especial que les gustaría incluir como parte de la comida familiar cada semana. Planeemos esto ahora con una “lluvia de ideas”. Lluvia de ideas es una técnica para resolver problemas que muchos grupos usan. La lluvia de ideas tiene unas cuantas reglas que son simples. We have one more activity for tonight. Rituals and routines are not just part of families; other groups share rituals and routines as a way of structuring their time together. When you come to these groups every week, we will have a schedule that will be pretty much the same each week. We can also share some traditions, for example, a way that you might like to begin or end the group each week or something special that you would like to include as part of the family meal each week. Let’s plan those now by “brainstorming”. Brainstorming is a problem-solving technique that many groups use. Brainstorming has only a few simple rules.*

Refer to poster and review the rules. *En los proximos 8-10 minutos, escribiré todas las ideas que puedan pensar. In the next 8-10 minutes, I will write down as many ideas as you can think of. Let the group generate ideas for about 8-10 minutes and record them on the flipchart.*

Ahora, decidamos cuál de ellas nos gustaría intentar cada semana. ¿Podría alguien pasar a escribirla en nuestro Panfleto de Rituales del Grupo? Gracias. Now, let's decide which of these we would like to try each week. Will someone come and write these on our Group Rituals Poster? Thanks. Help the group decide on some group rituals.

Ésto funcionó muy bien y tuvimos grandes ideas! La lluvia de ideas es algo que pueden hacer con su familia cuando estén tratando de planear o resolver problemas. Es una buena manera de asegurarse que todos en la familia tengan "voz". That worked well and we came up with great ideas! Brainstorming is something that you can do with your family when you are trying to plan or solve problems. It is a good way to make sure that everyone in the family has a "voice".

Activity 5: Closing



10
Minutes



Goals:

- To increase sense of group cohesion.
- To practice planning and implementation of rituals and routine.



Handouts:

Family Rating Form
Participant Log
Clinician Rating Form



Instructions:

Lead Facilitator: Queremos agradecer a todos por participar en el grupo de esta noche. Es momento de finalizar esta sesión y al final de cada grupo, haremos unas cuantas cosas para terminar el grupo y prepararnos para el próximo. Así que tomemos un minuto para hablar acerca de cómo lo haremos. Primero, nos aseguraremos que todas las actividades de hoy estén terminadas. Luego, hablaremos sobre lo que pasará la próxima semana y les diremos qué pueden hacer para prepararse. Antes de irnos, revisaremos que todos sepan qué trabajo tienen para ayudar a limpiar. Finalmente, cerraremos con el ritual final que ustedes han decidido durante el grupo de esta noche.

We want to thank everyone for taking part in tonight's group. It is now time to finish this session and at the end of every group, we will do a few things to end the group and to get ready for the next group. So let's spend a minute talking about how we will do it. First, we will make sure that all of tonight's activities are finished. Then, we will talk about what will happen next week and tell you what you can do to get ready. Before we leave, we will check that everyone knows what jobs they have to help clean up. Finally, we will close with the ending ritual that you decided on during tonight's group.

Co-Facilitator _____: *¿Hay algo que todavía necesitamos hacer para finalizar las actividades de esta noche? Quiero dejar saber a cada familia que hicieron un muy buen trabajo. Is there anything that we still need to do to finish tonight's activities? I want to let each family know what a good job they did. Tell each family or a family member one thing that they did especially well.*

Co-Facilitator _____: Introduce and review the topic for next week. Hand a copy of 'Relative Interview' to each family. *La próxima semana hablaremos sobre su herencia familiar. Para estar listos para las actividades de la próxima semana, tenemos un simple proyecto para que ustedes realicen. Elijan una o muchas personas para hablar, que puedan darles información acerca de la historia de su familia. Llamen por teléfono o visiten a esa persona y averiguen sobre qué tradiciones han sido importantes para su familia a través de los años. Next week we will talk about your family's heritage. To get ready for the activities next week we have a simple project for you to do. Pick someone or several people to talk with who can tell you about your family's history. Call or visit that person and find out about what traditions have been important to your family over the years.*

Hand out the "Relative Interview". *En este folleto encontrarán instrucciones y algunas preguntas que pueden hacer a la persona con la que hablen. Antes de irse esta noche, por favor dígnanos una idea sobre con quién les gustaría hablar acerca de su familia. Simplemente llenen la parte de arriba del formulario y entréguenlo a alguno de los líderes. Traigan esto con ustedes la próxima semana; lo necesitarán para las actividades planeadas. También, durante la semana, por favor reúnan a su familia por lo menos una vez para terminar las páginas de su álbum. Traiganlo la próxima semana así todos lo podemos ver. There are instructions on this handout and some questions that you might want to ask whomever you call. Before you go tonight, please give us an idea of whom you might like to talk with about your family. Just fill in the sheet on top and hand it to one of the leaders. Bring these back with you next week; you will need them for the activities planned. Also, during the week, please get your family all together at least once to finish your scrapbook pages. Bring them back next week so that we all can see.*

Lead Facilitator: *Queremos asegurarnos que nos mantengamos en contacto con ustedes durante la semana; así que un líder del grupo les pedirá su número de teléfono y les preguntará cuál es el mejor momento para llamarles. We want to make sure that we stay in touch with you during the week, so a leader from the group will get your number and find out the best times to call you. Each facilitator obtains phone numbers and best times to call from two families. They make plans to call each family during the week to remind them of their homework and to attend the next session. Ahora, concluyamos con nuestro RITUAL FINAL. Now, let's end by CLOSING RITUALS. Families share closing rituals, if desired. Cue families to acknowledge the end of group to other family members as well. Antes de que se vayan cada semana, tenemos un corto formulario para que llenen y nos hagan saber cómo estuvo el grupo. Por favor complétenlo ahora y luego entréguenlo. Gracias. Before you leave every week, we have a short form for you to fill out to let us know how the group went. Please complete it now and hand it in. Thanks.*

Facilitators complete participant log and clinician rating form.



Homework to be Assigned:

- Complete scrapbook page
- Relative Interview