



Objectives:

- To help families discover the richness and uniqueness of their traditions from the past and present.
- To facilitate discussion of family heritage and identity between parent(s) and children.
- To illustrate a family's heritage and share it with others.
- To seek a commitment within each family to uphold and further develop this heritage.



Threads:

- The importance of a systemic view of the family is highlighted in this session, including issues of collaboration, a role for each family member, and celebration of the collective nature of the family.
- Themes of nurturing and "taking care of" are introduced.
- Connections to the past and reminiscing are also a focus.
- Strengths and family resilience factors can be stressed as families connect with positive memories of their family of origin.



Preparation:

- Send out postcard to remind families of group.
- Prepare all materials.
- 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.



Homework Due:

- Relative Interview



Session Overview:

Activity 1	Family Meal	30 Minutes
Activity 2	Growing Your Tree	45 Minutes
Activity 3	Sharing a Heritage	15 Minutes
Activity 4	Planting a Family Garden	20 Minutes
Activity 5	Closing	10 Minutes



Homework to be Assigned:

- Diary



Materials:

Tables (1 for each family)
 Centerpieces
 Nameplates and session schedules (1 for each family)
 Place settings/Napkins
 Nutritious meal/Drinks
 Poster boards (1 for each family)
 Pens/Pencils/Crayons/Markers
 Glue/Tape
 Construction paper
 Children's scissors
 Camera
 Old newspaper
 Planting soil
 Containers (pots, baskets) (1 for each family + 1 for group)
 Small plants or fragrant herbs (one for each person in each family + 1 for each family)
 Water



Handouts:

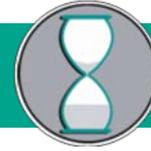
Relative Interview	M1.S2.Interview
Ritual Family Tree Handout	M1.S2.Tree.Handout
Earth Prayer <i>or</i> <i>Himno al Arbol</i>	M1.S2.Prayer <i>or</i> M1.S2.Himno.al.Arbol
Diary	M1.S2.Diary
Family Rating Form	M1.S2.Feedback
Participant Log	M1.S2.Log
Clinician Rating Form	M1.S2.Clinic.Measures



Posters:

Rules Poster	Group.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)
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 poster with group rules listed in a prominent place where all the families 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.

Lead Facilitator: *Estamos muy felices de que estén con nosotros esta noche. Ustedes decidieron empezar la comida con un Ritual de Apertura, así que comencemos de esa manera. We are so happy to have you back with us tonight. You decided to start the meal by Opening Ritual so let's begin that way. Proceed with ritual planned by the group.*

Como la semana pasada, dado que este es un momento del grupo, realmente queremos que todos formen parte de las actividades. Para ayudar a que eso suceda fácilmente, tenemos un par de reglas que están colocadas en la pared. Vamos a repasarlas otra vez ahora. Just like last week, 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 again, now. Refer to poster of rules and review.

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?*

Esta sesión se enfoca en trazar la herencia especial de sus familias. Así, que empecemos. This session focuses on tracing your family's special heritage. So, let's get started

Co-Facilitator _____: *Primero, vamos a agradecer a nombre de 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. 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. Facilitators encourage and model appropriate conversation, sharing, and supervision of children. 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 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: Growing Your Tree



45
Minutes



Goals:

- To help the family discover its roots based on information from the past and present.
- To encourage cooperation and active participation by all family members.
- To facilitate discussion about current rituals important to each family member.
- To encourage deliberate planning in each family.



Materials:

Pencils/crayons/markers
Glue/tape
Poster board (1 for each family)
Construction paper
Scissors



Handouts:

Ritual Family Tree Handout

**Instructions:**

Lead Facilitator: *Esperamos que hayan disfrutado su cena. Ahora es momento de comenzar nuestras actividades para esta noche. Si observan el horario ahora, les diré un poco acerca del grupo de hoy. We hope you enjoyed your dinner. It is now time to begin our activities for tonight. If you will look at the schedule now, I will tell you a little bit about tonight's group.* Proceed with introducing each activity briefly.

Co-Facilitator _____: *Les pedimos que esta semana hablen o se reúnan con alguien que conozca a su familia. Ustedes iban a hacerle un grupo de preguntas acerca de la herencia de su familia. Si ustedes todavía no han compartido lo que hablaron con toda su familia, por favor hablen con su familia ahora y díganles que han aprendido. We asked you to call or meet with someone who knows your family during the week. You were going to ask them a bunch of questions about your family's heritage. If you have not already shared what you talked about with the whole family, please talk with your family now and tell them what you learned.* Each family reviews and discusses important information from their "relative" interview(s). Hand out "Ritual Family Tree Handout" to help families focus on their family's ritual heritage.

Co-Facilitator _____: Give families about 5-10 minutes to complete this. *Ahora, vamos a hacer un árbol de rituales familiares. Cada familia puede pasar y obtener una pieza de cartulina y otros suministros que necesiten para hacer su árbol. Ustedes han visto otros árboles familiares que listan las personas en cada generación; bueno, nosotros vamos a hacer árboles de rituales familiares que trazan los rituales, tradiciones y rutinas que son especiales para sus familias. Now, we are going to make ritual family trees. Each family can come and get a piece of poster board and the other supplies that you need to make your tree. You have seen other family trees that list the people in each generation, well; we are going to make family ritual trees that trace the rituals, traditions, and routines that are special to your family.* Family decides how they want to depict their family tree based on design, color, cutout leaves, flowers, fruits, etc. to depict areas of growth on their tree, routines that have died, etc. Young children are given specific tasks to keep them engaged, for instance, decorate poster board, drawing pictures of family members and pasting them on poster, etc.

Note 1: Facilitators can help families think about what they want to present about their family tree to the larger group in the next activity. Families may want to share their trees by identifying particular rituals, traditions that are special to them, discuss ways one tradition may have changed over time, identify any special discoveries in this exercise, specify which traditions they wish to continue or renew.

Activity 3: Sharing a Heritage

15
Minutes**Goals:**

- To share a family's heritage with the larger group.
- To heighten awareness of the diversity and richness of a family's history.
- To provide "ideas" to others about developing rituals.

**Materials:**

Family Ritual Trees
Camera

**Instructions:**

Lead Facilitator: *Ustedes trabajaron mucho haciendo sus árboles de rituales familiares, así que por qué no los compartimos? Cada familia tendrá solo unos pocos minutos, así que demostrémosle nuestra atención y respeto permaneciendo callados y escuchándolos. ¿A qué familia le gustaría compartir primero? Bueno, por favor pase con su familia y su poster al frente, así todos podrán ver lo que hicieron.* You put a lot of work into making your ritual family trees, so why don't we share them. Each family will have only a few minutes so let's give them our attention and respect by staying quiet and listening to them. What family would like to share first? O.K., Please bring your family and your poster up here so that everyone will be able to see what you made. Let family present their tree. Take picture of family as they present their tree to the group.

Activity 4: Planting a Family Garden

20
Minutes**Goals:**

- To further develop the idea that family roots are important, that family members grow together and individually, and that the care is needed for each family to fully develop and flower.

**Materials:**

Old newspaper
Planting soil
Containers (pots, baskets) (1 for each family + 1 for group)
Small plants or fragrant herbs (1 for each person in each family + 1 for each family)
Water

**Handouts:**

Earth Prayer or *Himno al Arbol*

**Instructions:**

Lead Facilitator: Prepare materials for planting the family gardens. Cover each table with newspaper. *Ahora, tenemos una actividad especial para ayudarnos a pensar acerca de cómo funcionan las familias. Cada familia va a plantar un jardín familiar. Ustedes recibirán un recipiente y luego una pequeña planta para cada persona en su familia. Planten todas las pequeñas plantas juntas en el contenedor.* Now, we have a special activity to help us think about the way that families work. Each family is going to plant a family garden. You will get a planter and then one small plant for each person in your family. Plant all the small plants together in the one container. While the families are planting, read the Earth Prayer or “*Himno al Arbol*” [If this prayer seems too long, it can be handed out or condensed]. Make the connections between how the plants/roots will grow together and influence each other. Emphasize that, to grow, the plants need taking care of just like family members.

Co-Facilitator _____: *Ahora, vamos a plantar un jardín del grupo para ilustrar la manera en que nos hemos convertido en una comunidad y estamos creciendo juntos.* Now we will plant a group garden to illustrate the way we have become a community and are growing together. Each family chooses a plant and plants it in a multi-family garden basket. Each family takes home their garden, the multi-family garden remains at the facility for the group to tend. *Ahora, limpiemos.* Now let’s clean up.

Note 1: Facilitators can work with each family to help them arrange and plant their family garden. During the activity, encourage parent(s) to have a discussion of individual strengths and how the family helps its members grow. [For kincare/foster/adoptive families, expand discussion to how the new family is influenced by the child and the history/customs the child brings with him/her and vice versa.]

Activity 5: Closing



10
Minutes

**Goals:**

- To increase sense of group cohesion.
- To practice planning and implementation of rituals and routine.
- To assure continuity from one session to the next.

**Handouts:**

Diary
Family Rating Form
Participant Log
Clinician Rating Form

**Instructions:**

Lead Facilitator: *Queremos agradecer a todos por participar en el grupo de esta noche. Ahora, es momento de finalizar esta sesión y al final de cada grupo hacemos unas cuantas cosas para terminar el grupo y prepararnos para el próximo.* 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 do a few things to end the group and to get ready for the next 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. *La próxima semana hablaremos sobre las rutinas familiares. Para estar listos para la próxima semana, queremos que mantengan un diario de sus actividades familiares otra vez. No es necesario que escriban en su diario cada día, pero intenten escribir como tres veces durante la semana. Sólo queremos que piensen acerca de cómo empiezan su día, que hacen en la mitad del día, cómo preparan su cena, y cómo terminan su día. Hay instrucciones en el diario, en caso de que se olviden.* Next week we will talk about family routines. To get ready for next week, we want you to keep a diary of your family's activities again. You don't have to write in your diary each day, but try to write in it about three times during the week. We just want you to think about how you start your day, what you do in the middle of the day, how you do your evening meal, and how you end the day. There are instructions on the diary, in case you forget.

Lead Facilitator: *Queremos asegurarnos que nos mantengamos en contacto durante la semana, así que uno de los facilitadores los llamará otra vez. Ahora, concluyamos con nuestro ritual final.* We want to make sure that we stay in touch during the week, so one of the facilitators will call you again. 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. *Por favor completen el formulario familiar de evaluación y luego entréguenlo. Gracias.* Please complete your family rating form now and hand it in. Thanks.

Facilitators complete participant log and clinician rating form.

**Homework to be Assigned:**

- Diary