

STRENGTHENING FAMILY COPING RESOURCES Module One: Session Three – *Family Diary*

Date:

Facilitators Present:

Rachel

1. Family Meal – _____

Facilitators encourage and model appropriate conversation, sharing, and supervision of children. Remember to be sensitive to and empowering of the parent(s). *Introduce conversation prompts.

- Welcome
- Give thanks for those who helped prepare the food and get the room ready

Opening Activities: _____

- Rules (Facilitator)
- Check in with each family
- Review schedule for the evening
- Opening ritual: Watering the plant

1. Sharing Diaries (30 minutes) _____ Pricsiilla

- Sharing diaries/filling in post-its. Hand out colored post-its – one color for each family. Using their homework diaries as a base, have families fill out a post-it for each activity they do. EX: brush their teeth in the morning, get dressed – each would be a post-it.
- Daily Schedule Poster. Now, we are going to complete the daily schedule poster. We will start in the morning. Who would like to go first? Facilitate family members bringing their post-its up to the poster and placing them within the corresponding time. Ask families as they share their schedule how they feel at that time of day, if the time goes smoothly, etc. Try to point out routines, look for conflict, and gives lots of praise to families as they share. Afterwards, can look at overall patterns by family or time of day.

2. Small groups (30 minutes)

- Adults: _____ Alivia _____ Review “Daily Routines” handout and discuss for about 10 minutes. Then, hand out the “Routine Change Worksheet” for parents to complete. Guide them in focusing on one or two problem areas (i.e. developing routines related to getting ready for bed in the evening is a good choice). Use the homework dairies to talk about times during the day that routines are not working. Help construct new routines looking at the number of tasks involved, consider the timing and ordering of the tasks, and look for an organizing action for establishing the routine. Focusing on evening routines is often productive to help with regulation and encourage good sleep hygiene

***This guideline is not intended to replace the comprehensive instructions provided in the manual**

- Adolescents _____: Review “Teen Daily Routines” handout and discuss for about 10 minutes. Then, hand out the “Routine Change Worksheet, Adolescent Version” for teens to complete. Help the teens see the connection between independent functioning and their own routines. Guide them in focusing on one or two problem areas, looking at the number of tasks involved, consider the timing and ordering of the tasks, and look for an organizing action for establishing the routine.
- Older Children _____: Divide the children in to two teams. Read a routine category. Have the teams write down all the activities that make up that routine. Allow teams about 1 minute for each category and count the responses.
- Younger Children _____ Rachel _____: Introduce the sequencing cards and let each child have a turn putting a set in order and telling about it. If they have difficulties, let them rearrange the cards however they think they should go, and then have them tell the story of what was happening. During telling the story, sometimes they realize their mistake, and when this happens, tell them that they can rearrange the cards again if they want to, and encourage the other kids to help.
- Toddlers and Babies _____: Lead the toddlers in a game of “Simon Says” or “Follow the Leader”. Use songs/activities such as “So Early in the Morning” or “This Little Piggy” to engage the babies.

5. Family Chore Chart (20 minutes) Rachel

- Our last activity tonight is to help everyone in your family take part in making sure that the things that need to get done get done.
- Hand out the “Family Chore Chart” and make sure each member of the family has a task.
- After 10-12 minutes, have the families share with the group.
- Give the family stickers to take home and use during the week, as jobs are completed as planned.

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6. Closing Activities (10 minutes) _____

- Thank everyone for taking part in tonight’s group
- Check that everything was covered/summary of session
- Share a good thing about each family
- Introduce topic for next week - We will be talking about safety and how to make families feel safer.
- Review tasks/homework for the following week – Take some time this week to observe ways that your children express feeling scared. Handout “Observations”. And, remember to bring back your job charts covered in stickers so that we can see how everyone worked together.
- Planning contacts for the week
- Closing ritual: Affirmations

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