

STRENGTHENING FAMILY COPING RESOURCES

Module Two: Session Four – *Feeling Safe I*

Date: 10/22/24

Facilitators Present:

~~Ade, Rachel, Olivia, Priscilla and Nikk~~

1. Family Meal – _____ Rachel _____

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

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

Opening Activities: _____ Rachel _____

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

Water the plant

Priscilla

2. Stress Inoculation: Sit Back, Relax (40 minutes): _____ ~~Olivia~~ _____

- Share chore charts from previous week. Ask how many parents observed their children.
- This session focuses on safety. Let's get started. It is now time to break into smaller groups. Each facilitator will take a different group, only tonight each family is going to be a small group. Facilitators should join their assigned family at this time.
- Family Break Out Groups (Facilitator-Family Assignments)
 - In small family groups—Introduce topic of relaxation, and plan to develop a relaxation routine that the family can use.
 - Handout the “Stress” and “Relaxation Handout” and discuss importance/benefits of relaxation for about 5 minutes with family.
 - After discussion, shift to teaching family specific relaxation strategies they can use. Teach them several relaxation strategies including deep breathing and progressive muscle relaxation. Use techniques appropriate for the children in the family. Ask them which one they like the best.
 - Introduce the idea of guided imagery using “My Safe Place” handout as a guide. Have family members shut their eyes and imagine a place where they feel safe. Have them go to that place. Ask them to spend some time in that place. Have them look around. Have them identify sights, sounds, smells, feel, etc of their safe place.
 - Discuss how the family can relax at home. Work with the family to complete the “Relaxation Routine Development Worksheet”. Ask families to complete the “Relaxation Routine Log” as homework and to bring it back the following session.

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

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Rachel

3. Telling Family Stories II (15 minutes): ~~Priscilla~~ _____

- Tonight we are going to get a chance to hear some more family stories. Gather your families around and get more comfortable.
- Spend a few minutes thinking about a time that something a **little bit** scary or **somewhat** stressful happened to your family over the past 2-3 years. Once you have decided on something to talk about, just pretend you were sitting around and someone brought it up.
- Provide digital recorders. Allow 10-15 minutes for storytelling.

Priscilla

4. Knowing the Limits (25 minutes): ~~Adolescents~~ _____

- Adults, Adolescents, and Older children: ~~ASE~~ _____
 - Handout “Setting Limits” and lead a discussion for about 5 minutes on the importance of clear expectations and limits for family safety. Talk about predictability and knowing what to expect. Also discuss guilt and problems keeping high expectations when you are feeling bad about things that have happened.
 - Hand out fences and cards. Have each family build their fence. Explain that fences are for setting boundaries and so are limits. Have families brainstorm and write limits on the cards.
 - From these cards, have each family decide on the 3 most important limits for their family and put these inside their fence.
 - Handout “Family Limits Worksheet” and have the families write their three limits inside the fence. On the other side, have the families list behaviors that fall outside the limit and the consequences for these behaviors.
- Younger Children & Babies: ~~Priscilla~~ Rachel _____
 - Young children – Read *Peter Rabbit* and discuss limits. Play a game.
 - Babies – Play with developmentally appropriate toys.

Rachel

5. Closing Activities (10 minutes): ~~Rachel~~ _____

- Thank everyone for taking part in tonight’s group
- Check that everything was covered/summary of session
- Share a good thing about each family (Team)
- Introduce topic for next week - We will be talking some more about safety and how to make families feel safer.
- Review tasks/homework for the following week – We know you will all feel relaxed after practicing relaxation all week. Also, hand out extra copies of the chore chart and stickers so the families can keep working together to get everything done.
- Planning contacts for the week
- Closing ritual: Water and affirmations

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