

Volunteer Leader Training Guide

The Parenting Journey

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Introduction

Parenting is a difficult but vital job. This guide will provide tips on how to be more effective in working with children. It will also suggest ways that those without children in their homes can help those who do.

Target Audience

- EHC leaders and members
- Family and friends of EHC members
- Those who have an interest in the welfare of children

Objectives

- Help those who have children to work with them more effectively.
- Help those with no children at home to help those who do.

Advanced Preparation

- Obtain a copy of A Parenting Journey for each person in attendance and extras for them to give to others who care for children.
- Obtain a DVD of “The Parenting Journey” from your county agent.
- Arrange DVD player and monitor.

Suggestions for Teaching

Most of us have been on car trips or vacations at one time or another. How many of you have? What is good about those trips? *[Welcome all answers. For example, see new places, have fun, wonderful scenery, get away from work, etc.]*

Have you ever had problems on a trip? *[Welcome all answers. For example, car trouble, detours, squabbles, bad weather, etc.]*

Car trips are a lot like raising children. There is excitement and lots of satisfaction. There are also breakdowns, detours and bad weather.

How many of you have children in your lives whom you care about? *[Everyone has children, grandchildren, neighbor children or others they care about!]*

How many of you know people who care about children? *[Everyone! We all know someone who is working to raise good children.]*

How many of you are interested in a guide or map to help you and those you care about raise children with more joy and fewer problems? *[Hopefully everyone is interested.]*

Our family life team at the Extension office has created a map and a video about the parenting journey. *[Provide each person a copy of A Parenting Journey.]*

When you open up your map, notice that there are six communities, three on the front (Wellness, Loveland and Insight) and three on the back (Character Heights, Discovery Point and Reunion Springs). These six communities represent the most important processes in raising children. In each community, there are three or four tips or ideas for those who work with children or who care about children.

To help you understand how you and others can make the journey better, we have a 30-minute video. This video takes us to each of the six communities on your map and gives you some ideas how to work better with children. *[Show the DVD, "The Parenting Journey."]*

That was quite a journey, wasn't it! How many of you know someone who might benefit from these ideas? *[Hopefully everyone in the room knows someone who might benefit from learning more about making the parenting journey more joyously.]*

We have extra copies of A Parenting Journey for you to take to people you know who care about children. You may pick them up from the table when we are finished.

Also, the county agent has copies of the DVD that can be lent to you. But that's not all! The state team has also developed Travel Guides to give additional helps in each of the communities [to be available December 2005]. Our county FCS agent can also point us to more information on the Arkansas Families website (www.arfamilies.org). Not only are there many informational units, there are also lists of great books, links to good family websites and an assessment of parenting skills.

We wish you – and the people you love – success in the parenting journey!