

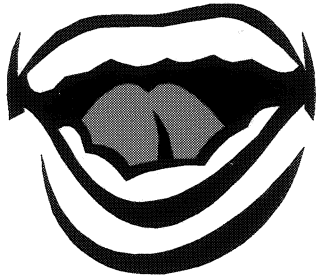
The New American Family Center
presents

SURVIVOR!

for FAMILIES

Adapted with Permission from "Survival Skills for Healthy Families"
Family Wellness Associates
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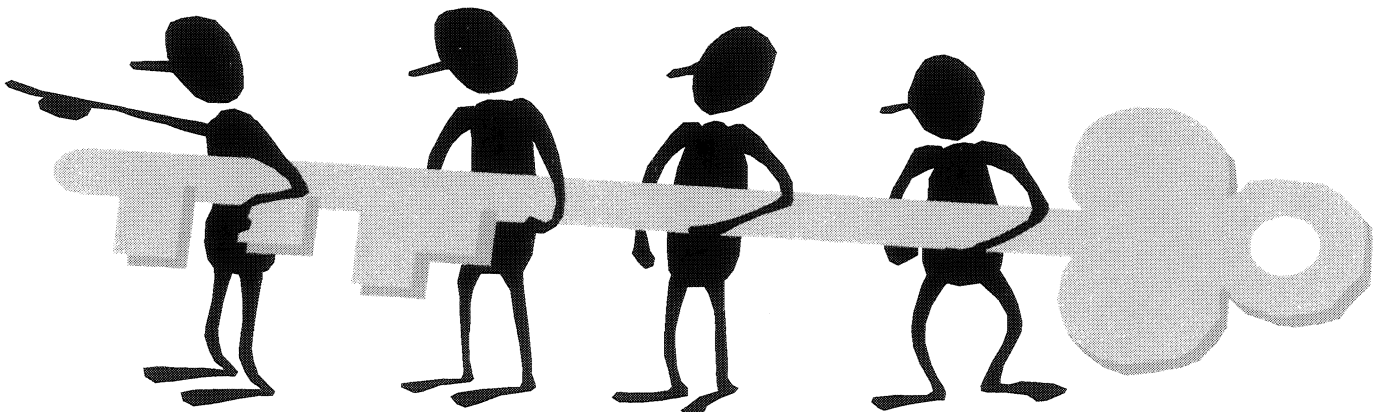
SPEAK

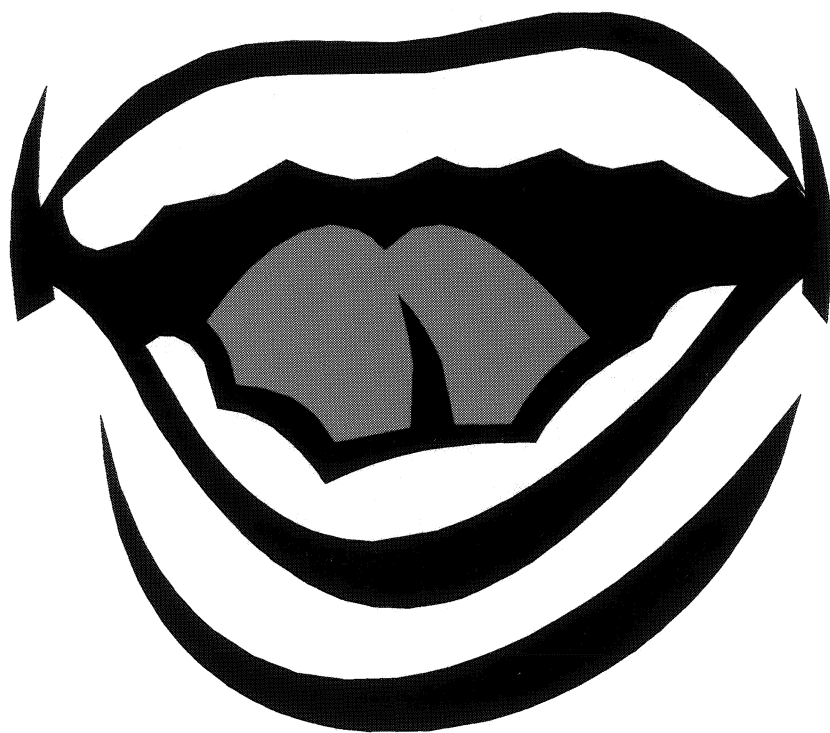


LISTEN



WORK TOGETHER





SPEAK

1. Say who you are

My name is:

My address is:

My phone number is:

**2. Say what you *want* –
not what you *don't want***

Not, “I don’t want to be sad and afraid.”

But instead, “I want to be happy and safe.”

Not, “I don’t want to stay in my apartment all the time.”

But instead, “I want to get out and meet people, and do things.”

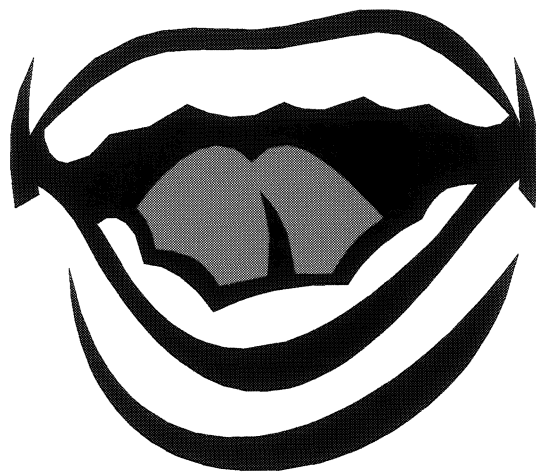
Speak up!

Say what you want.

Say what you need.

Say what you think.

Say who you are.



Because,

What you want is important.

What you need is important.

What you think is important.

YOU are important!

So, Speak Up!





LISTEN

Listen!

Listen to your husband,
your wife and your
children.

Listen to your friends.

Listen to your brother,
your sister, your relatives.

Listen to your boss.

Listen to your fellow-
workers.



Listen!

Listen to what
people say they want.

Listen to what
people say they need.

Listen to what
people say they think.



Because,

When you listen, you show them it is
important to you
to understand what they want.

When you listen, you show them it is
important to you
to understand what they need.

When you listen, you show them it is
important to you
to understand what they think.

When you listen, you show them
THEY are important to you!

So, Listen!





WORK TOGETHER

Work Together!

When we *speak up*, other people know what we want.

When we *listen*, we know what other people want.

Then we can *understand*.

Then we can *work together*.

So, Work Together!



So, Remember

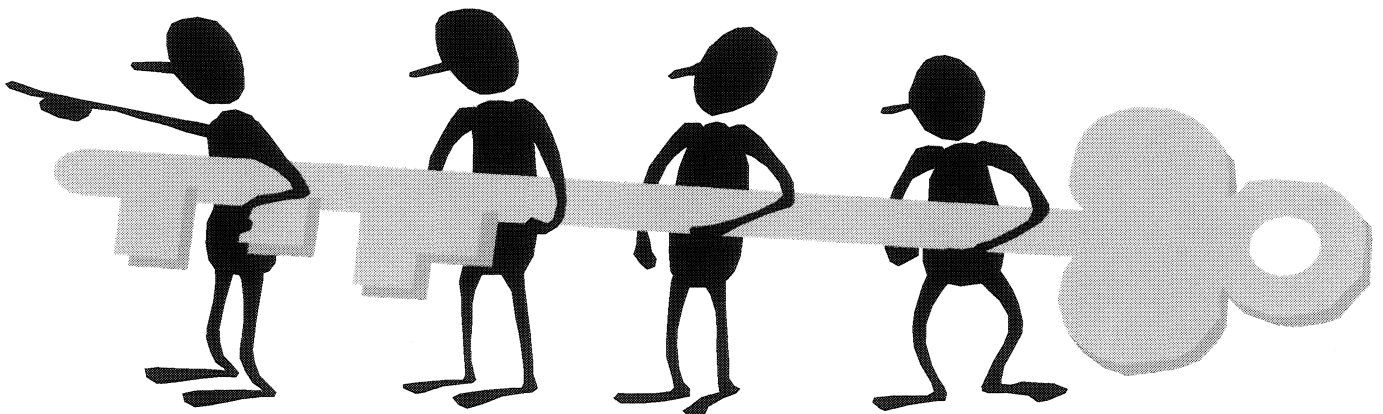
SPEAK



LISTEN



WORK TOGETHER



**Children
learn
from
adults.**





**PARENTS
ARE MODELS**



**PARENTS ARE
MODELS**

**Children learn by
watching parents.**

**Children learn by
listening to parents.**

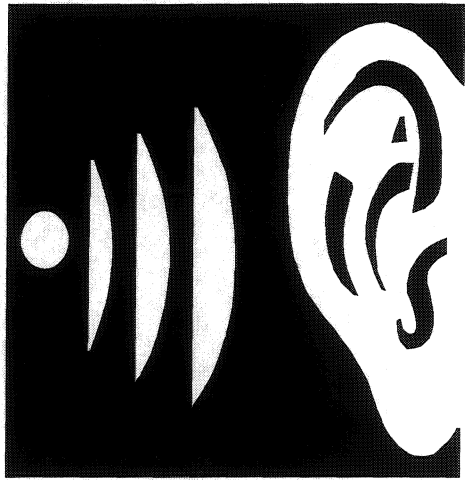
**Children learn by doing
things with parents.**

Children learn
by watching
adults.



*What do
your children
see you do?*

Children learn
by listening
to adults.



*What do
your children
hear you say?*

Children learn
by doing things
with
adults.



*What do
you do with
your children?*



*Remember,
children learn
from adults*

Parents make the rules.

Make rules for what you *want*,
not what you don't want.

Be *clear*.

A good rule is like a map,
telling your child where you
want him or her to go.



Rules for Making Rules

Speak

Explain your rules clearly to your child.

Listen

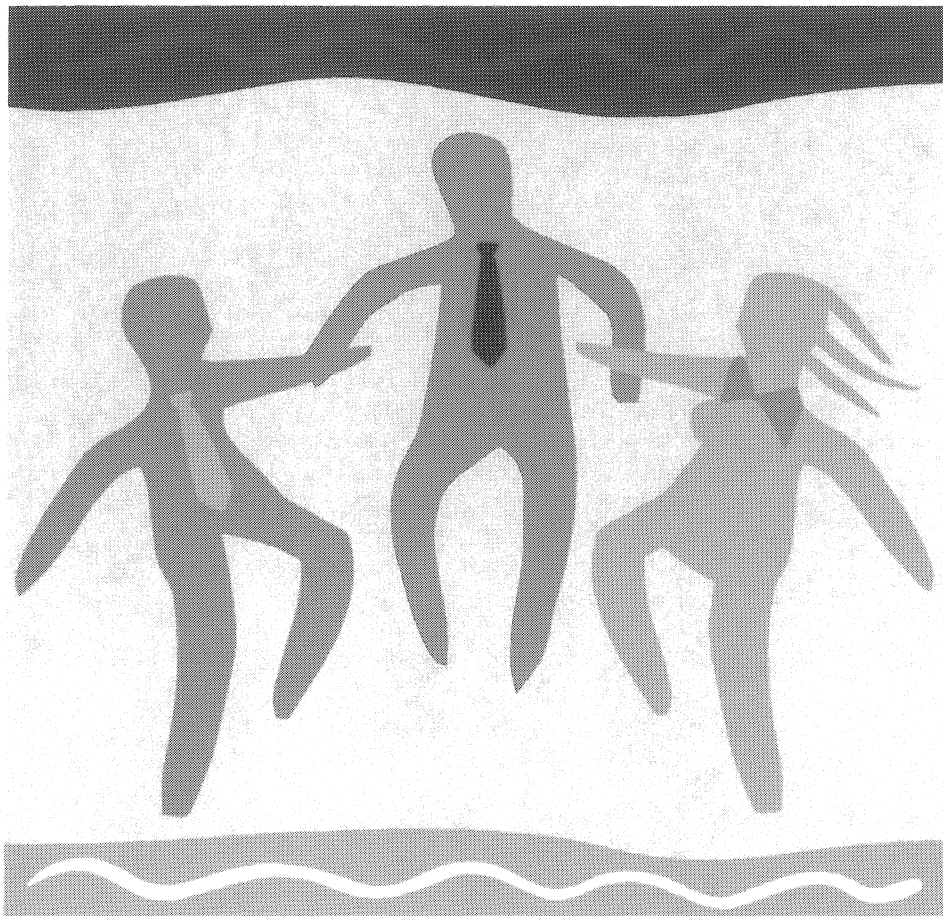
Listening doesn't mean you agree, but shows respect for your child's point of view.

Work Together

Help your child understand that working together and following the rules makes the family strong.

Adults in the family
stay in charge,
and stick together.

Get help if you need it.



Spend time
with your children.



Encourage
your children.

Listen
to your
children.

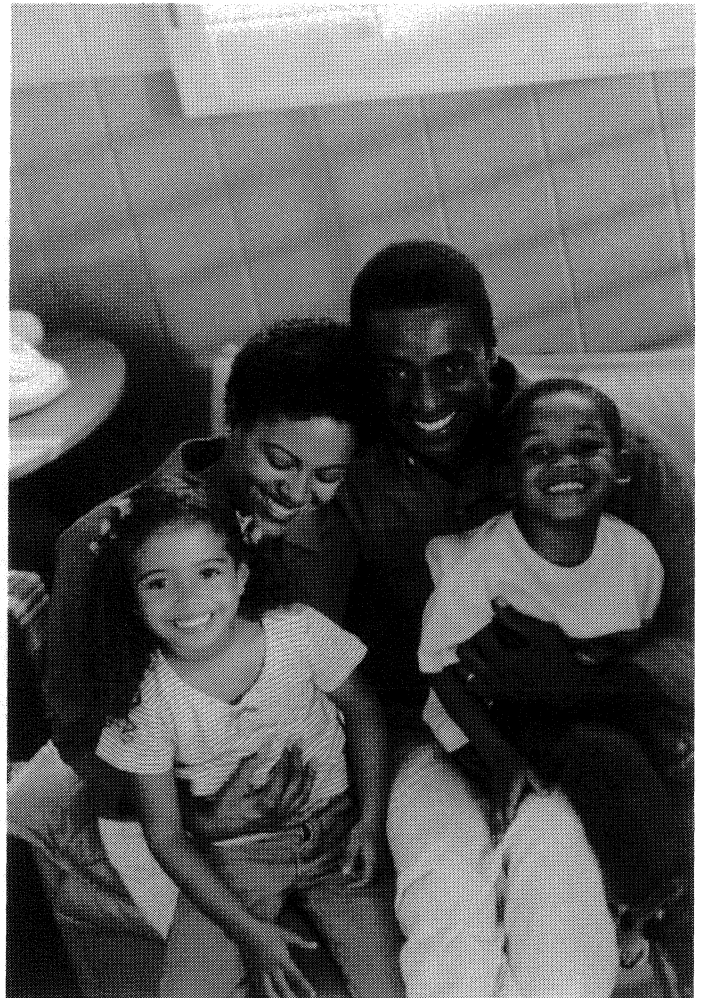


Talk with your children.

Change is a part of family life.

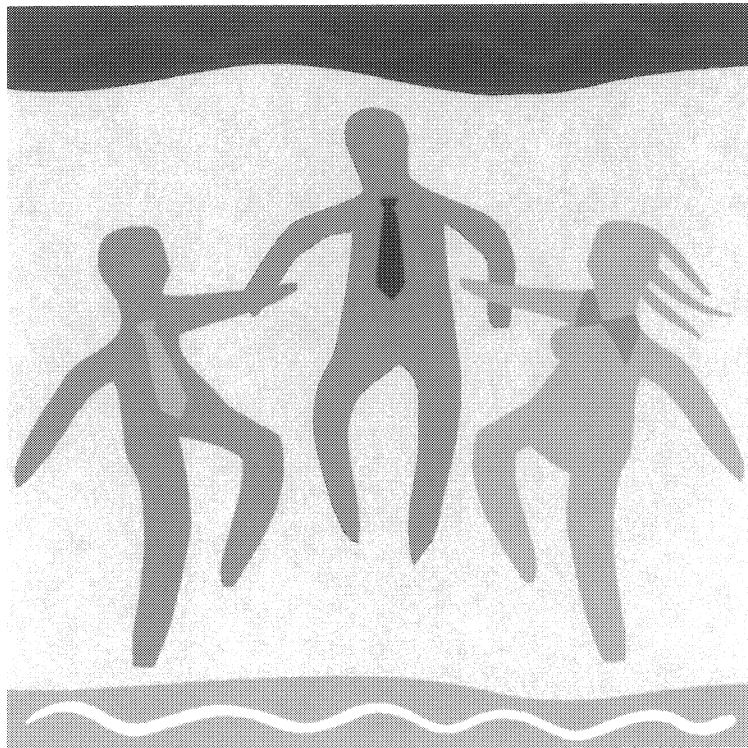
Expect change.

Speak, Listen
and
Work Together
to keep the
family strong
through
changes.



BE A TEAM

- Know What You Want
- Say What You Want
- Listen to What
Your Partner Wants
- Work Together
for Win-Win Solutions



Know What You Want

- What do you want for yourself?
- What do you want for your partner or friend?
- Can you picture what it will look like when you get what you want?

?

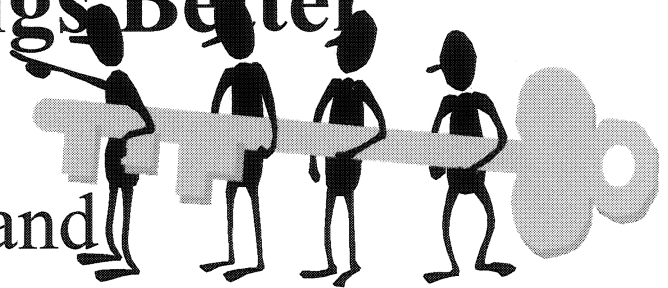


Listen to What Your Partner Wants – And Repeat It Back

and

Work Together to Make Things Better

- Offer trades and compromises
- Come together around things you agree on
- Make short-term agreements
– *Don't plan the rest of your life!*



It is important to
remember....



Do Not Say what you *don't* want

Do Not Criticize

Do Not Bring up problems
from the past

Do Not Ask many questions



Catholic Human Development Outreach serves persons in need so as to build a society that is socially, racially, and economically just.



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Grand Rapids, MI 49507

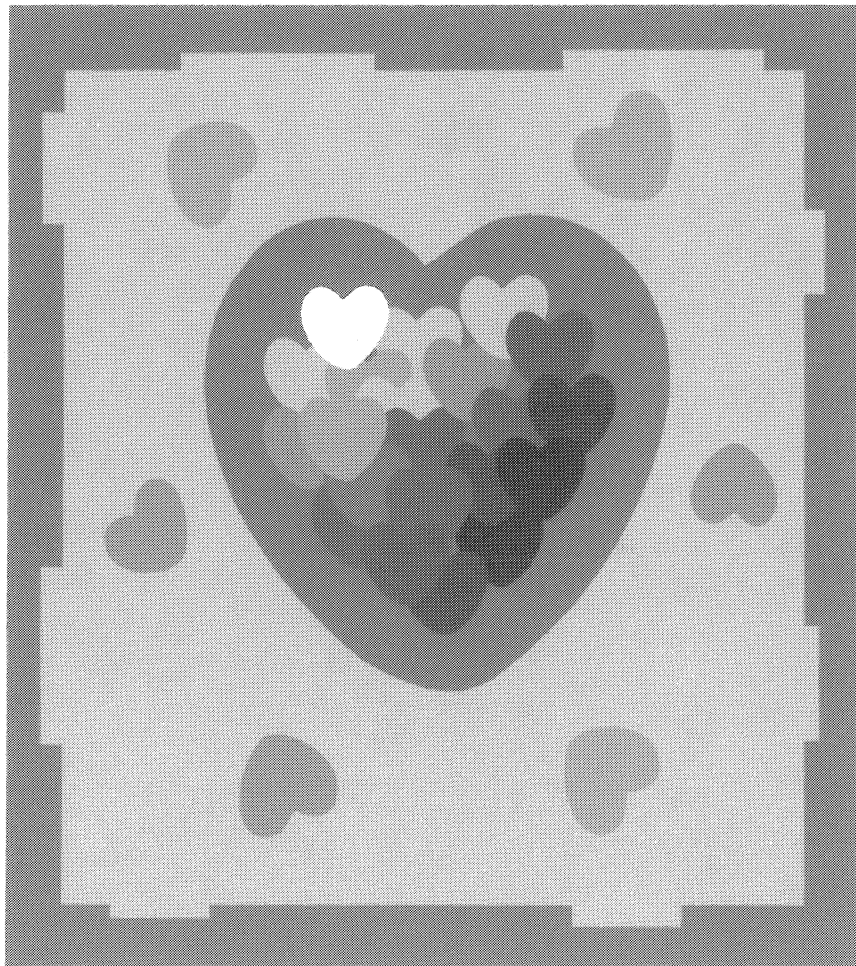
T: 1.616.248.3030
W: www.CHDO.org

F: 1.616.248.3437

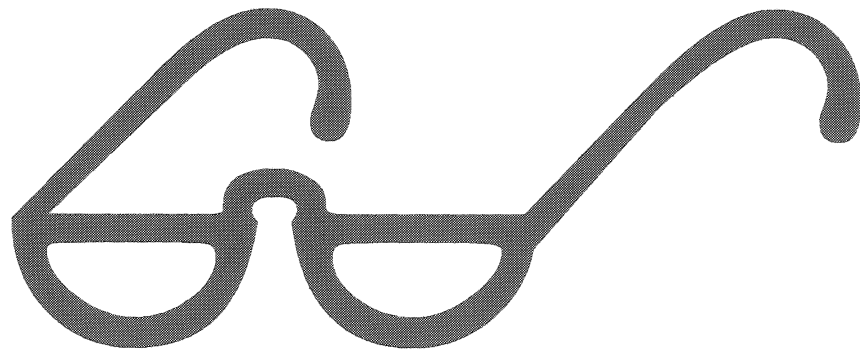
**Thank Your Partner
for Working With
You!**

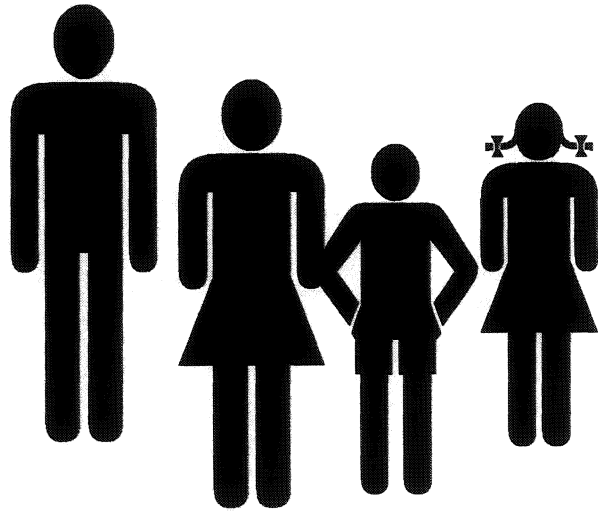


Values are those things
we believe and feel
to be most important
in life.



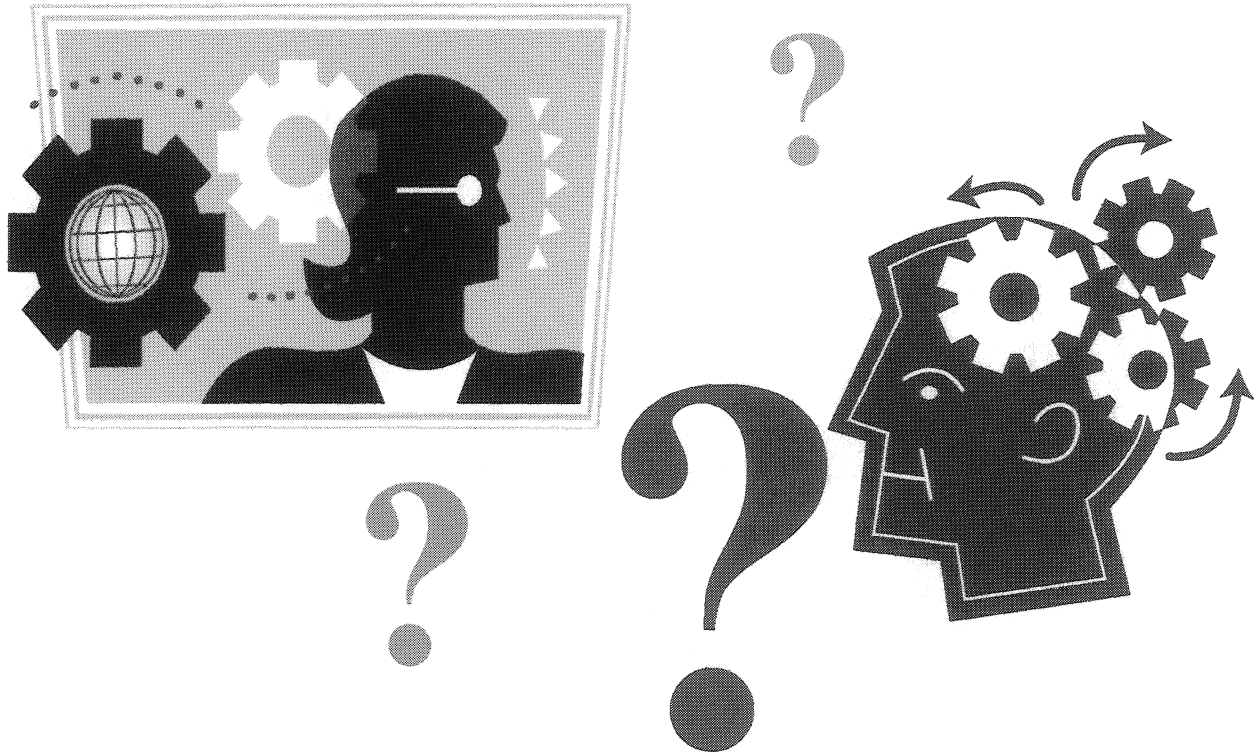
Culture is the lens
(like a pair of glasses)
we look through to
understand how
the world works, and how
human beings should live
with one another.





We receive
our culture
from our families,
our tribes, our religion,
and our homeland.

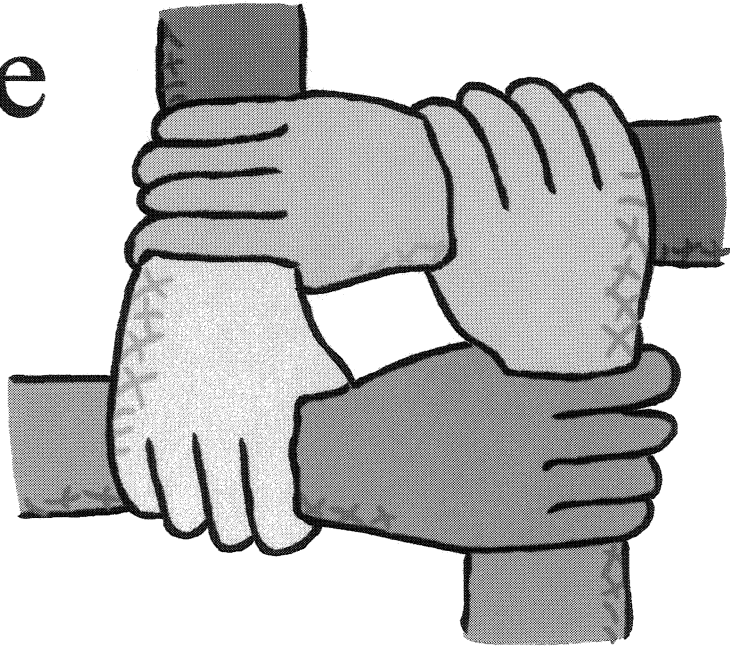
Remember,



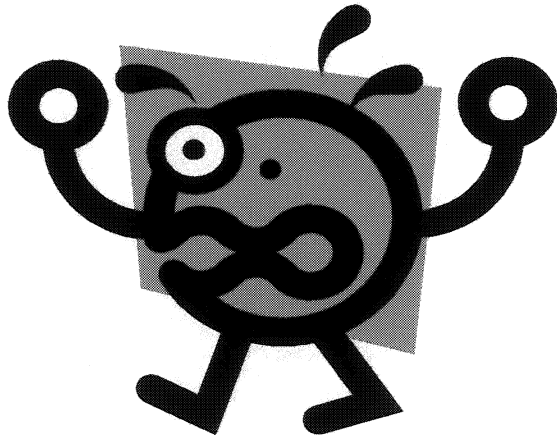
All cultures make sense to themselves, even if they do not make sense to us.

Honor your original home culture, *and* learn to live in your new home culture through:

- Respect
- Understanding
- Choosing not to judge



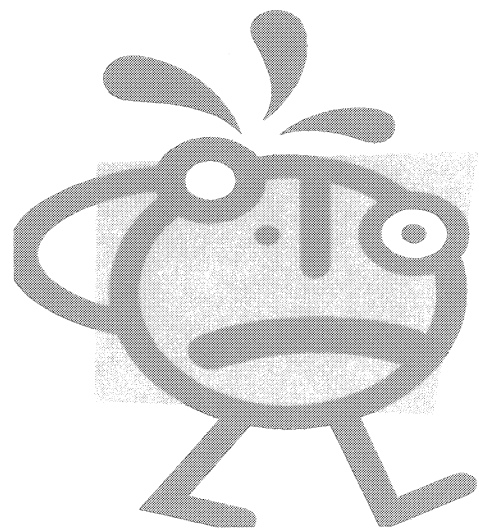
Know When You Are In Hard Times



Having a
problem

you don't know how
to solve creates "stress."

Stress is the sign
that something
new is needed.
Something needs
to change.



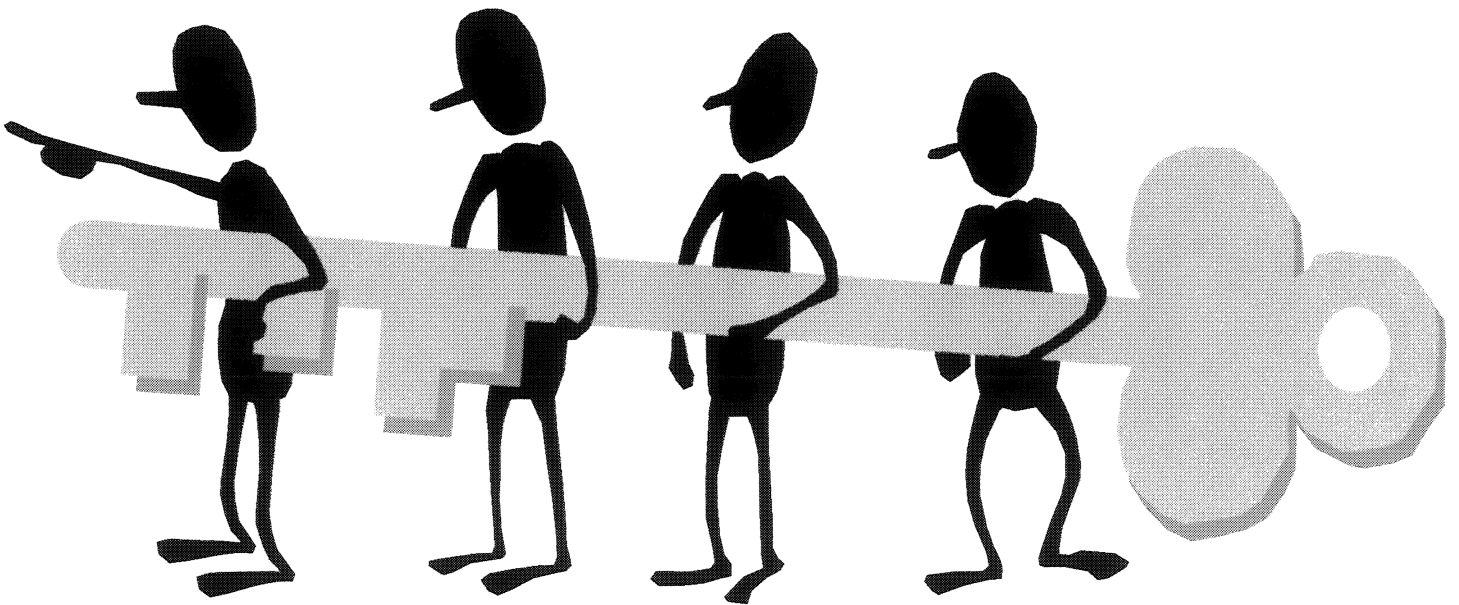
Work Together

- Ask for help.
- Talk it over.
- Get clear on the result that you want.



Solve the Problem

- Make a plan.
- Carry out the plan.



Asking for Help

A. List three things that are happening in your life that you are excited or happy about.

1.

2.

3.

B. List three things that are problems or that you are worried about.

1.

2.

3.

C. As a family, take turns telling each other these excitements and problems. Listen carefully to each other.

Family Wellness
Training Module #2 (for Bantu Women's Group)

Focus: Honoring Your Values and Culture

Initial Role Play (trainers)

Issue: VALUES (Mom and Grandma role play)

Questions to think about

Regarding Learning Goals for this session

“Here are some questions to think about for today's session.”

1. What are values?
2. What is culture?
3. How can you honor your original home culture and at the same time learn to live in your new home culture?

Lesson

1. What are values?

“Values are those things we believe and feel to be most important in life.”

What are your values?

How did you learn your values?

Who passed them on to you?

How do you pass them on to your children?”

Make rules that reflect your values, and stick to them.

We cannot just “give” our values to your children. Every human being develops their own values. We can only guide them.

Be sure you “live” your values in what you say and do, so your children can see you are sincere.

Talk to your children so they understand your values, and know why you make certain rules.

2. What is culture?

“Culture is the lens (like a pair of glasses) we look through to understand how the world works, and how human being should relate to one another.”

“We receive our culture from our families, our tribes, our religion, and our homeland.”

“There are many different cultures, and we should always remember that they all make sense to themselves, even if they do not make sense to us.”

3. How is culture different from values?

“Culture tells us what and how things should be done, and why.”

“Values are underneath culture, and tell us what is most important.”

4. How can you honor your original home culture, and at the same time learn to live in your new home culture?

“We can learn to live in, be a part of, and understand the culture of our new home without turning our back on our original culture.”

“We can do this through:

- ◆ Respecting other people’s cultures
- ◆ Trying to understand other cultures (while we admit we may never completely understand another person’s culture)
- ◆ Choosing to see the differences between cultures as simply “different,” instead of “right” or “wrong.” It is hard to accept something about another culture, we can learn to step back and choose not to make a judgment about it, but just to say ‘it is different.’ This is not easy, but it is possible.

Learning Reinforcement Object (something to take home to remind them of what they learned)

Item: tiny clay jar with scented oil

Rationale: *It represents what we carried with us from our homeland and culture. Introduce the clay jar, and the concept that the most important things we have to bring to our new homes, to our families, to our friends are intangible, not material. They are carried in our hearts, and shared much like fragrance, like a perfume we wear that is shared with those near us.*

1. What is the most important thing you brought with you when you left your home country?
2. How and where did you carry it:
Was it heavy?
Could you see it, touch it?
3. How can you share it?
with your family?
with new friends who are not from your home country?

Wrap Up

Restatement of Focus, and Issues:

1. Our values are those things that we believe and feel to be most important in life.
2. We pass on our values to our children by living our values, in what we say, in what we do, not just in our homes, but in all life.
3. Our original culture is a gift we received from our family and our homeland
Our culture is a way of understanding how the world works, how people relate to one another.
4. We can learn to live in, be a part of, and understand the culture of our new home without turning our back on our original culture.
We can do through respect, understanding and choosing to see the differences between cultures as simply “different,” instead of “right” or “wrong.”

Final Question/Homework:

“Can you name one of your most important personal values, and think of how you can share it with your children (or spouse, or best friend) in a way they will be able to understand and accept?”

Family Wellness
Training Module #1 (for Bantu Women's Group)

Focus: PARENTS and ADULTS IN STRONG (HEALTHY) FAMILIES

(Trainers, Rahma Mohamed, certified Family Wellness instructor, Christine Mwanyika, trained Family Wellness Educator, Alliance of African Women)

1. Initial Role Play and Welcome (trainers)

Issue: **Parents and Adults Make the Rules and They Must Stick Together**

Role Play: About children rebelling against rules, i.e. Muslim girls refusing to wear head scarves, or boys refusing to do their homework, and parents/adults don't know what they should do. Two adults are talking about this problem, but they have not communicated with each other, and they don't agree what to do.

Summary Questions/Statements: **Rahma**

"What did you notice about what these people? Are they working together? Have they communicated?"

"Here are the important points to remember."

In strong families, adults are in charge. They make and communicate the rules.

In strong families, parents and adults work together and communicate with each other.

2. Statement of Learning Goals for the Session **Christine**

"Today we are going to talk about how to keep our families strong, and how to be good communicators."

Show communication pictures and talk about what it means to communicate,

“To be a good parent, we need to learn to be a good communicator. We need to learn to:

Speak, Listen, and Work Together. Rahma and Christine go through the basic “speak, listen, work together visuals

3. Lesson Rahma will lead, Christine will assist

Main Points:

I. Parents and adults are leaders of the family.

A. Parents and adults make the rules.

Make rules for what you want, not what you don’t want.

Make rules specific.

Be clear there are both rewards and consequences to rules.

(Take time to explain this, use an example.)

****Let children help make rules, if appropriate.**

*****(Maybe we don’t talk about this yet??)***

Be sure children know the rules. *(Tell children the rules, ask them to tell you what they heard you say about the rules, ask them to repeat rules.)*

B. Parents and adults must stay in charge.

Say what you want from child.

Follow through with consequences.

Ask for help if you need it!

This is important for single moms especially. Just because there is no husband or father in the house doesn’t mean the woman has to do all the work alone. This concept is also helpful for young parents who could benefit from the help of older adults in the community or extended family. This leads directly to the next main point – who can help?

C. Parents and adults must stick together.

(use “who can help?” picture)

“Who are the adults that you know who can help you with your children? These people can be your partners.” Ask them to think of

people. Examples might be friends, relatives, case workers, volunteers, teachers, doctors or nurses, maybe even neighbors. Help these women identify people they can depend on to help them with their parenting. Make sure they do not feel alone.)

With the help of your partners, make rules you all believe in.

Agree together. It's not good for children to get different answers about the rules from different adults in the family.

Support each other.

II. Parents act as models or examples for children.

A. Plan to spend time with your children.

Children learn by watching and imitating parents.

Show your love by actions, not just words.

B. Encourage your children.

Praise them when they try, and when they do well.

Show you understand their point of view, even if you disagree.

C. Listen to your children.

Listen and repeat back what your children say to you.

Save teaching for later, when children choose to talk to you.

D. Talk together with your children.

4. Participation Activity if used*

Issue:

Think about what is most important – your relationship with your child.

“Imagine that you can only say 10 words to your child today, and you will not be able to speak to them again for many years. What are the 10 words?”

Summary Questions/Statements:

“What have you learned from this activity?”

“The important thing to remember is that our relationship with our children is what is most important. Our children need to know that we love and value them. They need to know the rules we make are because we love and value them.

**Rahma and Christine: Be sensitive to this issue. Is this true for these women? Is relationship seen as the most important thing? They have had children get sick and die, they have lived in dangerous places. Maybe they do not see relationships as most important. Maybe they think food and safety are the most important priorities for a parent. Use your best judgment. We don't have to use this part. It's a good activity, but maybe not helpful for them right now if it is confusing or painful.*

5. Handout Christine *(hand out cards)*

Questions/Statements: (hold up the “speak, listen, work together” card)

“What do these pictures (and words) say to you?” *(encourage them to answer, to remember what we talked about)*

“The important thing to remember when you look at is ...”
(read the card as you point to the pictures)

6. Wrap Up Rahma

Restatement of Focus, and main points

So remember,

In strong families, adults are in charge. They make and communicate the rules.

In strong families, parents and adults work together and communicate with each other.

“To be a good parent and a good communicator, we need to learn to:”
(use first page of the “speak, listen, work together” visuals)

“Speak Up, Listen, and Work Together”

“I have homework for you to do for next week. I want you to promise yourself and me to do one thing that you learned today. What might that be?” *(ask them to talk about it)*