

Life is a roller coaster



Time _____ to _____ (15 mins)

- Equipment needed**
- PowerPoint slides 1.8 to 1.10
 - Flip chart and paper



Slide 1.8

Talk about

Life as a parent can be compared to being on a roller coaster – there are ups and downs, twists and turns. We experience the thrills and joys of the ride, but also we can experience fears and scary moments!



Slide 1.9

Let's think about our experiences so far as parents and consider the surprises, disappointments, hopes and joys.

What are the ups and downs of being a parent? Have there been any scary moments for you?



Activity

Note: This is a useful activity for gauging the parents' needs and experiences. It also helps them get to know each other and to normalise their experiences of being a parent.

Ask the parents to turn to their handbooks and write down in the space provided the up-moments, the down-moments and any scary upside-down moments.

Allow the group five minutes to do this and then invite them to share their experiences. Encourage them to think back over the years they have been a parent, not just to consider how they feel now.

Talk about

Parenting is a unique experience and yet there are lots of feelings that all parents share. Identifying what these are can help us feel less isolated and more supported.

What issues about your child concern you at the moment?





Ideas

- School
- Bullying
- The Internet
- Playing out

Write the parents current concerns on flip chart paper and keep it to refer back to at the end of the course to see if the course has helped them with their current issues. There is also space provided in their Parent Handbooks for them to make notes.



Slide 1.10

Break

Time _____ to _____ (10 mins)