



Parenting Videos Workshop Overview

Introduction

This series of five 60-minute parenting workshops has been developed to help parents understand their child's development, as well as the best ways to support their child's learning. You may choose to offer a series of workshops or focus on one particular topic. The workshops cover the following skills and topics:

- Exploring & Discovering
- Playing & Learning
- Reading & Writing
- Singing & Dancing
- Talking & Listening

Each topic features a short video that shows a wide variety of parents interacting with their infants and toddlers (up to age 3). A Facilitator's Guide, as well as Parent Tips (available as PDFs to download, print, and distribute), are also provided. The Parent Tip called "Additional Resources" offers recommended reading on parenting in general, as well as books and articles related to the topics. You may want to distribute the Parent Tips at the beginning or end of each workshop.

Preparation

- Watch the video several times. As you watch the video, make notes about particular points you'd like to emphasize, parts of the video you may want to show again, and any additional resources or activities you'd like to include in the workshop.
- Read the Facilitator's Guide. Each Facilitator's Guide is made up of three sections, which will help you target the discussion on key areas of information.
- Using the Facilitator's Guide and your notes, create an agenda for the workshop (see sample below). Plan how much time you want to spend on each section and activity. Adapt the workshop as necessary to meet the needs and interests of your group.
- Be sure to leave a few minutes at the end of each section for parents to ask questions. Also, be sure to leave enough time (during or at the end of the workshop) to answer parents' questions individually and/or privately.

Workshop Overview (CONTINUED)

- Make a list of supplies, books, refreshments, and other materials you need to bring. For instance, for the Reading & Writing workshop, you will want to bring examples of good children's books and/or general parenting books for parents to browse through, as well as samples of children's artwork and writing.
- Just before the workshop (and earlier if possible), check your video and other equipment to make sure everything is running smoothly.

SAMPLE WORKSHOP (60 MINUTES)

- **Welcome & Introductions** 5–10 minutes
- **Icebreaker Activity** 5–10 minutes
- **Section One** 10 minutes
 - Leading Your Group
 - Chat and Share
 - Watching and Learning
 - Reviewing and Reflecting
 - Trying It Out
- **Section Two** 10 minutes
 - Leading Your Group
 - Chat and Share
 - Watching and Learning
 - Reviewing and Reflecting
 - Trying It Out
- **Section Three** 10 minutes
 - Leading Your Group
 - Chat and Share
 - Watching and Learning
 - Reviewing and Reflecting
 - Trying It Out
- **Wrapping Up** 10 minutes

Leading Your Workshop

Welcome and Introductions

Greet the participants and explain the topic and goals of the workshop. Encourage people to participate and remind them that there are no “stupid” questions or “wrong” answers. Everyone is there to learn and exchange ideas and information.

Ask each person to introduce herself or himself. Depending on your audience, you may want to ask people to include where they live, the ages and names of their children, and why they've come to the workshop. Don't forget to introduce yourself!

Be careful not to take too much time on this part. Although it's important for everyone to have a chance to speak, it's also important that you leave enough time for the workshop itself. You may want to use a timer (easily available on a smartphone) or another device (a little bell is a gentle reminder) to keep each person's introduction brief.

Icebreaker Activity

Choose an activity that will help people feel comfortable and ready to share. Depending upon the size of the group and how well participants know each other, you may want to use a whole-group activity, a self-reflection activity with volunteer sharing, or a partner or small group activity where participants can share with each other.

Sections One, Two, Three

- *Leading Your Group:* Provide information about the topic before watching the video
- *Chat and Share:* Ask questions to elicit participants' thoughts and ideas about the topic.
- *Watching and Learning:* During Section One, watch the entire video all the way through with the group. You'll have a chance to revisit parts of the video in Sections Two and Three.
- *Reviewing and Reflecting:* Lead a guided discussion about what parents noticed in the video.
- *Trying It Out:* Have parents try out some activities that they can later do with their children.

Wrapping Up

At the end of the workshop, leave time to:

- Sum up the workshop experience.
- Distribute handouts for participants to take home.
- Have parents browse the books you may have brought.

- Allow parents to ask additional questions.
- Mingle and chat with one another.
- Talk with you individually.
- Preview the next session (if you are delivering a series of workshops).
- Provide feedback forms as needed.

Resources for Early Learning

The five workshops have been developed in conjunction with other resources for parents of infants and toddlers. Check out the “Activities for Parents” section on this site. In addition to fun and easy activities, each of the following seven topics includes an overview, highlighted activities, more ideas, and related tips:

- Math
- Music & Dance
- Playing
- Reading
- Science
- Talking & Listening
- Writing

Children's Development

To provide further information for parents about their children's development, you may want to print out and distribute the following five learning guides, developed by the Massachusetts Department of Early Education and Care (EEC), available in English, Spanish, Haitian, Khmer, Chinese, and Portuguese:

- *Approaches to Learning*
- *Cognitive Development*
- *Physical Health and Well Being*
- *Social Emotional Development*
- *Talk to Me! You Are Your Child's First Teacher*

You may also want to print out and distribute “Learn and Grow Together” at <http://www.mass.gov/edu/birth-grade-12/early-education-and-care/parent-and-family-support/>. This 16-page guide, also developed by the EEC, helps parents understand the many stages of

child development (from birth to 14 years) and includes suggestions for fun, low-cost family activities. It's available in English, Spanish, and Portuguese.

For more about children's development, visit the Child Development section of the PBS Parents website, especially the Baby and Toddler Milestones at <http://www.pbs.org/parents/child-development/baby-and-toddler/baby-toddler-milestones/>.

Massachusetts Early Learning Guidelines for Infants and Toddlers

The workshops have been designed to meet the Massachusetts Early Learning Guides for Infants and Toddlers. The purpose for these guidelines, developed by the Massachusetts Association for the Education of Young Children for the EEC in 2010, is to provide a comprehensive view of the development of infants and toddlers while documenting the experiences that support this development. The guidelines are for parents as well as early education and care professionals.

At the end of each Facilitator's Guide you will find a list of the applicable guidelines. For more information about the guidelines, including definitions of terms, visit <http://www.mass.gov/edu/birth-grade-12/early-education-and-care/curriculum-and-learning/>.