



# Parenting Videos Workshop Overview

## Introduction

This series of five 60-minute workshops has been developed to help parents, families, and caregivers understand their child's development and 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 five workshops cover the following skills and topics:

- Words and Stories
- Relationships and Community
- Play and Imagination
- Media and Technology
- Investigations and Discoveries

Each topic features a short video that shows a number of parents interacting with their preschool-age children (ages 3–5). A Facilitator's Guide and Parent Tips are also provided as PDFs to download, print, and distribute. You can distribute the Parent Tips at the beginning or at the 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, so you can 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 participants to ask questions. Also, be sure to leave enough time (during or at the end of the workshop) to answer participants' questions individually and/or privately.
- Make a list of supplies, books, refreshments, and other materials you need to bring. For instance, for the Words and Stories workshop, you will need to bring a picture book in order to demonstrate reading strategies.
- 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 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 to 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 the introduction. 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.

### Icebreaker Activity

A topic-appropriate icebreaker activity is suggested for each workshop. If you prefer to do another activity, choose one 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 and discuss their responses.
- *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 participants noticed in the video.
- *Trying It Out:* Have participants try out some activities to reinforce the best practices discussed.

## Wrapping Up

At the end of the workshop, leave time to:

- Do a final activity to help participants bring new knowledge home.
- Sum up the workshop experience.
- Distribute handouts for participants to take home.
- Have participants browse the books, materials, or other resources you may have brought.
- Allow participants to ask additional questions.
- Mingle and chat with one another.
- Allow participants to 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: Digital Hub

The five workshops have been developed in conjunction with other resources for parents, families, and caregivers of preschool-age children. Check out the “Activities for Parents” section at [www.resourcesforearlylearning.org/](http://www.resourcesforearlylearning.org/). In addition to fun and easy activities, each of the

following nine themes includes an overview, highlighted activities, videos and interactive games, more activity ideas, and tip sheets:

- Friends & Family
- Colors
- Sound
- Music
- Ramps & Rolling
- Houses & Homes
- Plants
- Plants We Eat
- Water

### **Children's Development**

To provide further information for participants 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), and 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*, available 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, families, and caregivers understand the many stages of child development (from birth to 14 years) and includes

suggestions for fun, low-cost family activities. It is available in English, Spanish, and Portuguese.

For more about children's development, visit the Child Development section of the PBS Parents website, especially the "Preschool and Kindergarten" page at <http://www.pbs.org/parents/child-development/preschool-kindergarten/>.

### **Massachusetts Guidelines for Preschool Learning Experiences**

The workshops have been designed to meet the Massachusetts Learning Guidelines for Preschoolers. The purpose of these guidelines, developed for the EEC in 2003 by the Massachusetts Association for the Education of Young Children, is to provide a comprehensive view of the development of young children 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>.