

Week of Sharing Wisdom



WELCOME and INTRODUCTIONS

Welcome everyone & gather them in a circle (or as close to circle as you can).
Introduce yourselves (Name, child's name, school, maybe even something whimsical like 'if you were a fruit...') and then share opening thoughts on why the Chat is important.

Below are principles we like. Feel free to share your own thoughts!

Parenting is one of the most rewarding, and challenging, jobs that we have. Most of us do it without the benefit of formal training. Parenting styles and techniques vary tremendously. They are also very personal and we are deeply invested in the outcomes (our children). All of this makes it an important, but sometimes difficult, topic to discuss. However, we believe that, by sharing our successes, struggles, experiences, and strategies we can learn from one another and become the parents we aspire to be.

- **Parents* are not alone.** Sometimes just knowing that others are experiencing the same frustrations can be a relief.
- **Parenting is part natural, and part learned.** Much of our parenting comes from our experiences as children; but we also learn a lot along the way.
- **All parents have wisdom to share.** We all need help sometimes. And we also all have ideas, techniques, and strategies that have worked, or failed. Sharing these can help us all be better parents for our children
- **Parents can support one another.** Knowing one another makes it easier to call another parent to check in to see if they really ARE going to sleep over; or if you really ARE the ONLY parent who does X ; or to let them know what you heard/saw their son/daughter say or do.
- **Parent Chats allow the Partnership to connect with parents** throughout Arlington. With your help, these chats will give us an opportunity to hear from parents and share information and resources with them.

* a "Parent" is ANYONE involved in raising a child.