

Building Compassion-Based Relationships with Parents



Agendas created in partnership with 
MILWAUKEE PUBLIC SCHOOLS
 Project AWARE

Circle Topic	
CR Section 12: Building Compassion Based Relationships with Caregivers	
Planning	Send the introduction document from Section 12 in the online toolkit at least 4 days prior to the circle to all participants.
Purpose of Circle/ Learning Objectives	We are learning how to create collaborative caregiver-teacher relationships that enhance student supports and prevent compassion fatigue for both the caregiver and teacher.
Materials/Preparation/Time	<p>Time: 45-50 min</p> <p>Materials:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Circle kit <input type="checkbox"/> Values and shared agreements created in first session <input type="checkbox"/> Blank journaling paper <input type="checkbox"/> Writing utensils <input type="checkbox"/> Copies of the following for all participants: Communicating with parents from a place of compassion when there is a challenge <p>Set-up: Up to 15 chairs arranged in a circle without furniture in the middle</p>
Welcome/Check-In (5 minutes)	<p><i>"Education is like a baseball game, it needs all its players: parent, teacher, community, and student."</i> — Brian Harvey</p> <p>(Talking piece) <u>Share a brief example of a positive interaction you had in the last week with one of the "players" mentioned in this quote.</u></p> <p>Explain: In the circle today, we're going to be talking about our relationships with the primary caregivers of the students we serve. When we use the term caregiver, we are referring to parents, legal guardians, grandparents, and whomever is the primary caregiver for a student.</p>

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Circle Topic	
CR Section 11: Wellness and Resilience Strategies: Heart	
Review (5 minutes)	(Talking piece) <u>On a scale of 1-5, how would you rate your practice of self-care since the last session?</u>

Mindful Grounding (5 minutes)	<p>Putting self-check (Steps of Compassionate Action) to practice:</p> <ol style="list-style-type: none"> 1. Practice a grounding activity that can be used prior to meeting with a student’s caregiver. Select from any of the grounding activities from previous circle agendas. 2. Choose one of four essential core beliefs for family engagement as an affirmation to hold in your mind as you do the grounding activity. <ul style="list-style-type: none"> ▪ All families have dreams for their children and want the best for them. ▪ All families have the capacity to support their children’s learning. ▪ Families and schools are equal partners. ▪ The responsibility for cultivating and sustaining partnerships among school, home, and community rests primarily with school staff, especially school leaders.
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Guiding Questions (20 minutes)	<ol style="list-style-type: none"> 1. (Talking piece) <u>Share an example of a challenging behavior by a caregiver that you have experienced in your role at school.</u> (The facilitator should make a list of behaviors participants share out.) 2. (Talking piece) <u>What are some potential meanings behind any of the behaviors listed? What feelings are associated with those behaviors?</u> (The facilitator should make a list of feeling words shared.) 3. Handout: <i>Communicating with caregivers from a place of compassion when there is a challenge.</i> (Give participants a couple minutes to read the article.) 4. (Reflection) Go back to the challenging caregiver behavior you shared. Plan what you now think would be a helpful/compassionate response based on the perspectives shared in the circle and the reading.
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Putting it into Practice (10 minutes)	(Talking piece) <u>What is one discovery or technique discussed today that will have a positive influence on your compassionate action with caregivers?</u>
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Circle Topic	CR Section 11: Wellness and Resilience Strategies: Heart
Closing (5 minutes)	<p>(Talking piece) <u>Share a word of gratitude based on your experience building compassion resilience with the group.</u></p> <p>Share quote with circle participants as a closing thought for your time together:</p> <p><i>"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."</i> — Barack Obama</p>