Restorative Parenting: A Group Facilitation Curriculum
Activities
Dave Mathews, Psy.D., LICSW

RP Activities
1. Framework of Resourcefulness
2. Identifying the Broken Contract Articles
3. The Process of Restoration
4. The Effects of Trauma, Loss, and Transition on My Children
5. Letters to my children
6. Father Messages
7. On the Restoration Journey
8. Taking care of Myself
9. Being Responsible To … Not For
10. Re Establishing My Parenthood
11. Creating a new role modeling process
12. Approaching my child from new space
13. Self Defeating Behaviors No More
14. Maintaining and Sustaining Healthy Connections
15. Developing a New Communication Style
16. Discipline Through New Eyes and With New Actions
17. A Father’s Restorative Process
18. Self-care Plan
19. The Perfect Father
20. The Perfect Child
21. My Experience As A Child
22. How My Child Sees Me
23. Co-Parenting in the Aftermath of Violence
24. Developmental Stages and Violence
25. Eight Dimensions
1. Framework of Resourcefulness

 Goals

1. Increase my empathy toward children.
2. Increase my understanding of what realistically can be done or I am already doing to positively contribute to my children.

 Suggested Format

Begin by creating a figure on the chalkboard with 6 columns. As a heading for the first column put the word Experiences. Then ask the group members to state what experiences children who have experienced, witnessed, seen, heard about, or just know that has been violent or trauma related that has happened to them. List their contributions under this first heading. When this column has filled up put as a heading for the next column Thinking. Ask the group members to share ideas of what these children might be thinking to themselves or say to themselves about what they have experienced. Third, ask the group members to share words that describe the feelings that these children might have as a result of these experiences. Let the group members contribute as many as possible and then provide any others that seem to be missing from this list. Next have the group members describe what difficult, challenging or problematic behaviors these children often exhibit and label this column behaviors. Next have the group members think about and look carefully at these lists so far developed. Ask them what it feels like to see all of this information on the board. Ask them if they see any connections between any of the columns. In other words are there any similarities or themes that can be seen among the columns? Then ask what it feels like to deal with the behaviors described in the behaviors column. As a parent or caregiver what types of feelings do I have when I experience this child or these children doing these things? Ask them if there are any similarities and what similarities there are between their feelings and the feelings that these children are having as a result of these experiences?

In the next column put as the heading Need. This column should be things the group members share about what children in these situations and with these experiences need. Finally, put in the last column the heading I do or Can do. Ask the group members to share ways that they can meet some of the needs from the previous column or they already meet some of the needs of these children.

 Things to Think About
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<th>Experiences</th>
<th>Thoughts</th>
<th>Feelings</th>
<th>Behaviors</th>
<th>Needs</th>
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2. Identifying the Broken Contract Articles

   Goals
   1. Take initial step to better understand that and to what degree my behavior had an impact on my children.
   2. Increase my awareness of at least one place to begin to restore my relationship with my children.

   Suggested Format
   The terms of the contract include the following:

   As a parent I agree to the following stipulation (including others to be added) and commit to my child(ren) that:

   I will always be with you.
   I will keep you safe from all harm.
   I will respect you as a human being.
   I will attach to you for the rest of our lives.
   I will view you as my life extension.
   I will notice, acknowledge and accept you for who you are.
   I will respect your decisions and opinions.
   I will guide and influence the formation of your values and behaviors.
   I will always support you as a person.
   I am responsible to you.
   I will provide you with the nurturance to grow and develop.
   I will work for your best interests.
   I will plan for you to succeed.
   I will never leave or abandon you.
   I will make the best decisions for you that I can, until you can increasingly make those decisions for yourself.
   I will increasingly provide you independence as you develop.
   I will allow you to make mistakes.
   I will never hurt you directly or indirectly.
   I will be responsible for myself and my own behaviors.
   I will offer praise, encouragement and support unconditionally.
   I will offer suggestions, ideas, opinions and options.
   I will love you unconditionally.
   I will be sensitive to and considerate of all your ideas.
   I will be sensitive to and considerate of all your feelings.
   I will accept your limitations and focus on your strengths.
   I will accept it when you disagree with me.
   I will allow you to know when I make mistakes.
   I will seek to understand you more than be understood.
   I will let you experience your childhood.
   I will give you opportunity to play.
   I will love you when you don’t feel you love me.
   I will focus more on changing me than you.
   I will learn from you.
I will set limits for you.
I will be a role model to you.
I will provide you discipline.
I will provide freedom for you.
I will listen to you.
I will make decisions at times, which will anger and frustrate you.
I will be open to be confided in.
I will work hard to maintain our relationship.
I will always include you.
I will say I’m sorry when I mean it.
I will be proud of you for your accomplishments.
I will be supportive when you experience hardship.
I will encourage your contact and relationship with other supportive adults.
Add your own.

Review the Parenting Contract with all the particular clauses.
Identify and discuss 3 clauses your parents broke while you were growing up:

Describe 2 ways adults in your life actively worked towards healing these broken agreements:

If adults did not work towards healing how did they address their behaviors that were hurtful to you?

Discuss and list on the chalkboard, which ones listed or others might have been broken at one time or another with your child:

List ways you have tried to work towards healing these clauses, successful or not:

Things to Think About
3. The Process of Restoration

Goals
1. Increase my understanding of one possible process for restoring my relationship with my children.
2. Initiate a plan to follow in restoring my relationship with my child.

Suggested Format

Review the restoration process below.
Discuss how able they might be to working towards this restoration using the process
Develop a Restoration Plan

Self-Awareness
- List those abusive behaviors you have done, whether or not your child has witnessed them.
- Having behaved in this way, how are you affected?
  - Describe your feelings about what you have done:
  - How do you take care of yourself in light of these feelings?

Self-Assessment and Behavior Impact
- Identify the behaviors you did that have affected your child (include those behaviors that were reactions to what someone was doing to you):
- Write a list of all the effects your behaviors have had on your child:
- Develop a list of all the articles of the contract that your behaviors broke (add any articles that were broken that are not yet listed):
- Develop a behavior map that demonstrates the three to four level reach of those behaviors your child witnessed or was affected by and the observable outcomes:

Communication
- Identify four different ways you can communicate to your child that you love your child and know that none of the violence he or she witnessed was their fault:
- Identify four ways you can communicate to your child that he or she is not responsible to “fix” the situation:
- List four ways to acknowledge that you behaved the way you did:
- Communicate that you know he or she may not be able to trust you now or for a long time in the future
- Accept responsibility for your behaviors and for not providing a safe environment for your child
- List three specific ways you are taking care of yourself different than before
- List at least two ways to communicate to your child how you are now taking care of yourself
- List three specific actions you are taking to reduce the risk of you ever being violent again
- List at least two ways to communicate to your child what actions you are taking to reduce the risk of you ever doing this again
- List at least two ways to communicate to your child to let your child know that it will be okay to talk about what happened to you at any time in the future
- List at least two ways to communicate to your child to let your child know that it will be okay to talk to any other supportive adult about what you did and how the child feels
- List ways to communicate to your child that it is okay to ask you at this time
- Explain that you will be posting your schedule of ways to be accountable for your behaviors in a place that the child can access
- Explain to the child that you will still be making parental decisions and interacting with the child as a parent, however you may need to get more information or input before you can respond

This process should not necessarily be done in one encounter. You may need to spread the process out over time. This depends on the maturity of the child and to what extent this child is ready or prepared to go through this process. You can at least go through most of this process within the group setting with the other fathers and by writing letters that you do not yet send to your child.

**Things to Think About**
4. The Effects of Trauma, Loss, and Transition on My Children

Goals
1. Increase my understanding of the specific effects of the traumas my children experienced.
2. Increase my self-efficacy in influencing their recovery from the traumatic experiences.

Suggested Format
Review the content of the Framework of Resourcefulness

Complete a Framework of Resourcefulness for your own experience
List those experiences you had as a child that were negative or were potentially negative:

List what thoughts you had while you experienced these things:

List your feelings as a result of these experiences:

List what behaviors you exhibited as a child:

List what you needed from adults at that time of your life:

List who and how some adults provided you with what you needed during these situations:

List how what was provided you may have affected your ability to cope the things you experienced:

What ways do you still need to take care of yourself as a result of what you have experienced?

Complete a personalized version of the Framework as it relates to each of my children:
Child’s name:

List those experiences specifically your child has had that were negative or were potentially negative:

List what thoughts your child may have had during these experiences:

List what feelings your child may have had as a result of these experiences:

List what behaviors your child has exhibited that are challenging or of concern:
List what you think your child needs from adults:

List who and how some adults provide your child with what they need:

List how what is provided your child may affect their ability to cope with the things they have experienced:
List at least five similarities between your child’s experiences and yours?

List at least three similarities between what your child needs and what you needed:

Describe how your child seems to have been able to cope with their situation and list four ways you can or do contribute to meeting your child’s needs:

**Things to Think About**
5. Letters to my children

Goals
1. Increase my emotional connection and understanding of the impact my behaviors have had on my children.
2. Increase my taking responsibility for my behaviors and how they affected my children.

Suggested Format
For each child list what contract clauses were broken

Child’s Name:

Child’s Name:

Child’s Name:

Describe ways in which each child was affected:

What the child might think about you:

How the child might feel:

What developmental concerns could exist for this child:

Write a description of how these facts affect you:

How do you feel?

What do you think about?

Complete the following sentences to write your letter:

When I think about how you have been affected by my behavior I feel …

You have the right to feel safe in our family and the way I think I can help you feel safe is to …

I believe that I have done some things to hurt you and understand that you might think that I am …

I cannot change what I have done in the past and know that whatever I do in the future will either help or hurt our relationship. I commit to the following ten things to work on myself in the next six months that I think will help heal our relationship:

I care for you and want to have a caring relationship with you, I am willing to know more about what would be helpful for you, for this to happen, here are five ideas I have:

Things to Think About
6. Father Messages

Goals
1. Increase my understanding of how messages I received as a child about being a father affect my current behavior.
2. Increase the number of strategies I can develop for sending more positive and appropriate messages to my children as their father.

Suggested Format
Develop a list of what messages your father gave you about:
- Being a man
- Being a parent
- Work
- Being responsible
- Having a family
- Raising children
- Achieving goals

Develop a list of what messages your son may receive from other adults about:
- Being a man
- Being a parent
- Work
- Being responsible
- Having a family
- Raising children
- Achieving goals

Develop a list of what messages your son may receive from peers about:
- Being a man
- Being a parent
- Work
- Being responsible
- Having a family
- Raising children
- Achieving goals

Develop a list of what messages your son may receive from the media about:
- Being a man
- Being a parent
- Work
- Being responsible
- Having a family
- Raising children
- Achieving goals

Develop a list of what messages your son may receive from their mother about:
- Being a man
- Being a parent
• Work
• Being responsible
• Having a family
• Raising children
• Achieving goals

Have the men discuss what similarities and differences exist between the lists and responses.

Develop a list of what messages you would like your son to receive from others about:
• Being a man
• Being a parent
• Work
• Being responsible
• Having a family
• Raising children
• Achieving goals

What are the significant differences or similarities in this list compared to others?
7. On the Restoration Journey
   Goals
   1. **Initiating the strategies and process necessary to restore my relationship with my children.**
   2. **Increasing the number of milestones and monitoring my own journey through this process.**

   **Suggested Format**
   - Know what you are up against, prepare for the worst, understand that whatever you want to communicate with your child about will be directly affected by your past behavior. Prepare yourself by finding ways to take care of yourself so you stay aware of potential buttons that may be pushed in you.
   - Approach your child or the interaction with hopefulness and with the thought of providing a learning opportunity.
   - Enter into contact with specific goals for your communication with the child, engage & connect with respect, provide your main message directly, succinctly, and in a caring manner.
   - Find out if your child understood (not necessarily agreed) with what you said.
   - Ask for their view of what you said, reconfirm your care and love for them.
   - Indicate your optimism for their success, thank them and recognize their willingness to listen and address your concern.
   - Soon thereafter, have an opportunity to talk with another parent or support person and describe what you did.
   - Later review your initial goals and identify what was met and what was not met, add your learning from this experience to being prepared for the next necessary encounter.

   Another way to frame it is:

   **Prepare**
   - Understand all the issues related to your child and what they have experienced
   - Develop an understanding and principles for looking at the issues of violence and abuse
   - Have a network of supportive and challenging peers who can teach you
   - Have your self-care plan established and ready for use

   **Approach**
   - Have a full understanding of what your child has experienced
   - Accept their experience as true, real, fact
   - Actively find ways to take care of yourself
   - Identify what things you are thinking and feeling
   - Specifically identify your goal in restoring your relationship with your child
   - Identify possible challenging situations or ways you may become sidetracked from staying on this journey
   - Prepare your mind set for success in accomplishing what you need to with hope for what is possible through this healing process

   **Engage & Connect**
   - Ask your child to talk
Find out about their day, how they are, what interests them about school right now, and any other information about them
Let him or her know that you recognize that you have done some things that have affected your relationship
Ask them if they feel prepared to talk about your behavior and what you did
Let them know if at anytime they want to stop they can and you can continue at another time

Intervene
Use your restoration process and communication plan from above

Debrief
Find another adult to share how this process went for you
Describe your thoughts and feelings as you talked with your child
What were the most significant things that happened in this process?

Evaluate
Identify what went well and what you did to contribute to it going well.
Identify what you still want to communicate to your child.
Identify what did not go well and what you can do to making it better the next time.

Integrate
Feel good about what sharing and information you communicated.
Look for ways to use what you learned from this interaction into future situations.
Follow through with your commitments to take care of yourself and to being open to talking about this again.

Things to Think About
8. Taking Care of Myself

Goals

1. Increasing the number of strategies that focus on taking care of myself.
2. Implementing and practicing new methods for taking care of myself.

Suggested Format

Review the four ways to take care of yourself
- Leave the situation
- Address the situation or the person in an assertive manner
- Change your self-talk
- Provide yourself with nurture, compassion, and care

Describe a time when you have seen or know an adult in your growing up years used one or more of the ways to take care of themselves:

Describe a time when you have seen or know another parent who has used one or more of these ways to take care of oneself:

Describe a situation when you might feel safe in leaving a situation to take care of yourself:

In this situation from above describe how you could be assertive:

In this same situation describe the type of self-talk statements that would be helpful for you to use:

In addition to the self-talk statements list at least four ways you might apply compassion or nurturing to yourself in this situation:

Describe four situations in which you have used each of the ways to take care of yourself:

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<tr>
<th>Situation</th>
<th>My thinking</th>
<th>My Feelings</th>
<th>Way to take care of myself</th>
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Things to Think About
9. Being Responsible To … Not For

Goals

1. Increasing understanding of those messages that I received that promote my being responsible for other people.
2. Increasing my opportunities to take responsibility for my own behaviors.

Suggested Format

Identify as many messages as you can about what it takes to be a father

Pair these messages with the people you think most likely or most often sent these messages

Circle the messages that are realistic and positive

Identify those messages or things in the messages that I have control over:

Identify and list those things in the messages I do not have control over:

Single line cross out those messages that are unrealistic expectations for you, either suggest that you can control someone else’s behavior or need to be responsible for something you had no control over

Create any new and necessary positive messages to counterbalance the ones that were sent which essentially said that you are responsible for other people

Things to Think About
10. Re Establishing My Parenthood

Goals

1. Increasing my options and opportunities for restoring my relationship with my children.
2. Increasing my understanding for methods and implementing these methods for re-establishing my parenthood.

Suggested Format

Identify what parts of my effectiveness as a parent have been lost as a result of my behaviors.

Identify the developmental elements of my child that may have been affected by the experiences of violence in the home:

List the strengths and resiliencies my child has to overcome experiencing the violence in the home:

List those parenting situations that may be the most challenging for me:

Under each challenge identify a specific problematic situation that has occurred or possibly could occur with my child:

What are those elements regarding parenting that are out of my control?

List how I want my parenting behaviors to be. How do I want to respond to my child in tense or stressful situations?

When I discipline my child will remember:

When I discipline it will be helpful for me to think about:

When I am angry with my child’s mother my child will remember:

When I am angry with my child’s mother it will be helpful for me to think about:

When I am angry with my child, my child will remember:

When I am angry about one of my child’s behaviors it will be helpful for me to think about:

If I change how I approach my child by taking into account all of the above, list the positive results that could happen:

Things to Think About
11. Creating a new role modeling process
   
   Goals
   1. Understanding the effects of my role modeling on my children.
   2. Increasing strategies for providing my children healthy role modeling.
   
   Suggested Format
   Identify three role models you had as a child.

   What two qualities for each of these role models seemed important?

   Of these qualities which ones do you currently have?

   Describe specific situations when you use these values, qualities or characteristics in a positive manner:

   Which characteristics would you like to role model for your child?

   Describe at least three specific ways to role model the attributes you listed:

   When you demonstrate these values to your children list what you suppose they will think about you:

   **Things to Think About**
12. Approaching my child from new space

Goals
1. Increasing my understanding of what new strategies need to be implemented for establishing a safe space for my children.
2. Practicing the use of new strategies for approaching my children.

Suggested Format

Review my child’s Framework of Resourcefulness.

List what developmental concerns my child may have relative to experiencing violence in the home:

List any of our culturally related elements that could be present in situations that I and my child connect:

List specifically my child’s feelings:

List five potential ways my child will view me when I interact with my child:

Before the next time I visit with or connect with my child describe two probable situations:
Where we will meet:
Who else will be there:
How long will I have in this situation to be with my child:
What activity will we be doing:
What types of things will I say:
What I will be thinking if my child starts to behave in a negative manner:
What sorts of feelings might I have during this time:
What supports of structure or people will I have available:
How I will express myself in an assertive manner to my child:

Remember these elements when I need to engage with my child again.

Things to Think About
13. Self Defeating Behaviors No More

Goals
1. Increase my understanding of the self-defeating behaviors I have developed.
2. Increase my understanding of what positive alternatives I can choose.

Suggested Format
Review the self-defeating behavior process

List at least 5 situations while you were growing up that you experienced a trauma, life transition, loss or violent incident:

From each situation develop a separate list of ways in which you coped with it:

List with these coping strategies what feelings they protected you from feeling:

List with these coping strategies what thoughts they protected you from thinking:

List any coping strategies you continue using today.

List any rewards I get from using these strategies even though they may be quick and short lived:

List the consequences I receive when I use these strategies:
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<th>Beliefs Protected</th>
<th>Coping Strategy Used Today</th>
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List any positive alternatives you now use instead of the coping strategies:

List the rewards I receive for using these positive alternatives:

List the consequences I receive when I use the positive alternatives:

Identify the ways I can take care of myself

**Things to Think About**
14. Maintaining and Sustaining Healthy Connections

Goals
1. Increase my net of support for developing my ability to parent.
2. Increase my points of contact in times when I will benefit from support.

Suggested Format
Identify at least 10 people I know.

Rate these people in terms of level of how overall comfortable I feel with them, 1 is the lowest level and 10 is the highest level:

Under each person’s name identify the types of issues or concerns you would feel okay in sharing with this person:

Commit to making a contact with at least three of these people each week at a rated level of connection.

Describe how you will make these connections.

Decide whether you want to let this person know you have them on this support list:

Hang this list in an observable spot or carry it with you in a way that you will see it on a regular basis:

On a weekly basis with the group and record on the following chart, report how often you followed through on your commitment:

Things to Think About
15. Developing a New Communication Style

**Goals**

1. Increase my understanding how I learned how to communicate with children.
2. Increase my empathy of how my child sees me when I try to communicate with my child.
3. Improve my communication with my child.

**Suggested Format**

Identify three ways one of your parents communicated to you:

For each way of communication identify one positive and one negative effect on you about this style:

List at least three ways you want to communicate to your child that you learned from one of your parents:

List at least three ways you want to avoid communicating to your child that you learned from one of your parents:

List all the experiences your child has had regarding violence in the home:

List at least two past problematic situations you have had with one of your children:

Knowing what you know now what assertive methods might you use to address these situations?

What red flags and signals do you need to stay aware of?

What ways are you going to take care of yourself when you become aware of these signals?

**Communication Guide**

- Listen
  - Accept the perspective without condoning the behavior
  - Be alert to your own buttons
  - Be alert to how your child may be viewing you
  - Ask for clarification whenever possible
  - Seek to understand more than to be understood
  - Find points of agreement

- Use active respect
  - Tone of voice
Body language
Timing of your message and any response
Use assertive approach
Be honest
Be direct
Language

Things to Think About
16. Discipline Through New Eyes and With New Actions

Goals
1. Increase my empathy toward my child when I discipline my child.
2. Increase my understanding of practical strategies for more effectively address my child’s behaviors that I have problems with.

Suggested Format
Identify one specific behavior your child does that you want modified or changed:

List any ways this behavior could be connected to what violence the child has experienced in the home:

Identify specifically any developmental components of this behavior:

Identify what sorts of rewards the child may experience from behaving in this way:

Identify how this behavior affects you
   Identify what makes this a challenging or difficult behavior for you to accept:

   When your child does this what goes through your mind?
   What are your biggest fears regarding this behavior?
   What buttons of yours are being pushed?
   When your child does this what feelings do you have?

Identify what behavior you would prefer the child to do:

Develop how you will communicate what you want from your child
   When you I feel
   I want you to and when you do this you can count on me to

Develop a reward system for when the child does these positive alternative behaviors
   List at least two rewards for doing this wanted behavior
   Provide at least two ways this child will receive these rewards

Things to Think About
17. A Father’s Restorative Process

Goals
1. Increase my understanding of a process for me to begin to restore my relationship with my child.
2. Initiate a strategy and complete a process that I can use in the future when necessary to improve my relationship with my child.

Suggested Format
Establish your steps for taking care of yourself during this process of self-examination and honest self-assessment
List the experiences your child has had
List how your child might think about these experiences
List what feelings these experiences are raised
List all other ways your child might have been affected by what she or he has experienced
   Psychologically
   Cognitively
   Developmentally
   Spiritually
Circle those ways you directly affected your child by your behavior
Identify and list your feelings as a result of examining how you affected your child
Identify which effect you have had in your child to you is the most impact
   Explain why you believe this one is the most significant
   How does knowing this and accepting this affect you now?
List one way you are going to take care of yourself at this point
Identify which parts of the contract were broken by your behaviors
List two steps you will take in the next week to begin or continue restoration of this relationship
State the name of one support person you can share with about this plan and what happens after you have followed through with your steps

Things to Think About
18. Self-care Plan

Goals
1. Increase my understanding of the three levels for taking care of myself.
2. Complete a plan that addresses the three levels for taking care of myself.

Suggested Format

Crisis - At the time of feeling like I am escalating:
4 Ways to take care of yourself:
• Leave the situation, physically.
• Address the situation or the person(s) in an assertive manner.
• Change or alter your self-talk.
• Provide yourself the necessary nurturing, compassion, and self-care.
When I started recognizing the signals I:
Am thinking Am feeling Feel my body

When I have these feelings I usually:

Three ways for me to take care of myself when I experience these feelings are:

Maintenance - At the time when I can focus on living healthy:
Activity and physical exercise:
Ways to eat that help me:
Leisure activities:
People to be around:
Places to go:

Management - At the time when I am doing my normal daily activity and I recognize I am experiencing some problematic feelings:
Being prepared:
Approaching a situation:

Things to Think About
19. The Perfect Father

Goals

1. Increase my awareness of how I view being a father and what expectations I place on myself.
2. Increase my understanding of what will be helpful when I experience difficult feeling about being a father who has been violent.

Suggested Format
If you were writing an ad for the classifieds searching for the perfect qualities of the perfect father for yourself what would they be?

Identify which qualities you actually experienced from your father or male caregiver:

Identify which qualities are ones you wish you had had when growing up:

List who you knew growing up who appeared to have these qualities from a father:

Knowing that you did not have this experience list what feelings you have:

Grief is one of the feelings often experienced by fathers, describe at least two other situations you have felt grief:

Taking care of yourself is necessary when experiencing the grief or feelings of loss from not having what you deserved to have. List two ways you can hold on to the negative feeling and still take care of yourself through the process:

Things to Think About
20. The Perfect Child

Goals
1. Increase my understanding of the expectations I placed on myself while I was a child.
2. Increase empathy toward my child for how my child feels stressed from the expectations my child may feel.
3. Increase my awareness of how to use positive strategies to build my empathy toward my child

Suggested Format
If you were writing an ad for the classifieds searching for the perfect child for you to parent what would the qualities be of this child:

Circle the 5 qualities that are of highest priority in your mind for that child to have.

Identify which qualities listed you have control over in one column and which qualities you have influence over in a second column and which qualities you have absolutely no control over your child developing.

List the experiences you would like this child to have in their life:

List those things you can do to contribute to having your child described above have these experiences:

Things to Think About
21. My Experience As A Child

Goals

1. Increase my understanding of developmental stages I experienced.
2. Increase my understanding and awareness of how the developmental stage my child is might be affected by the violence my child has experienced.

Suggested Format

Have each group member share an experience they remember when they were a child that was positive. List the age that they believe they were at the time of the situation. Encourage them to think of an experience as early in their life as possible. Have them identify the people that were there and briefly what happened. Have the group members describe the three feelings that seem to surround this situation.

Describe the most pleasurable memories of these experiences:

Have each group member share an experience they remember when they were a child that was negative. List the age that they believe they were at the time of the situation. Encourage them to think of an experience as early in their life as possible. Have them identify the people that were there and briefly what happened. Have the group members describe the three feelings that seem to surround this situation.

Describe the most difficult memories of these experiences:

Outline the Erikson Psycho-Social stages on the chalkboard.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Age</th>
<th>Issue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant</td>
<td>0-1</td>
<td>Trust vs. Mistrust</td>
</tr>
<tr>
<td>Toddler</td>
<td>2-3</td>
<td>Autonomy vs. Shame and Doubt</td>
</tr>
<tr>
<td>Preschooler</td>
<td>3-6</td>
<td>Initiation vs. Guilt</td>
</tr>
<tr>
<td>School age</td>
<td>7-12</td>
<td>Industry vs. Inferiority</td>
</tr>
</tbody>
</table>

Describe the elements of the stages and meaning behind the Issues. Ask the group members to identify how their experiences may have affected the Issues for that stage they were in at the time of the experiences.

Have the group members identify what age their children are and list these ages next to the stage that they are in. Ask the group members to identify how the experiences of violence in the home may affect their child in their respective psychosocial stage.

Things to Think About
22. How My Child Sees Me

Goals
1. Increase my understanding of how my child sees me.
2. Increase my empathy toward my child.

Suggested Format
What behaviors has my child seen me do, know I did, or believes I have done that were hurtful to his mother or other family members?

My child was affected by this information and experience. How did it affect my child?
Emotionally
Psychologically
Developmentally
Cognitively
Spiritually

When my child sees me raising my voice, she or he feels

When I am providing discipline to my child, she or he is thinking

When my child is behaving in a negative and hurtful manner, she or he views me as

Things to Think About
23. Co-Parenting in the Aftermath of Violence

Goals
1. Increase my understanding of how my child sees me.
2. Increase my empathy toward my child.

Suggested Format
Have the group members list ways in which some one may be a co-parent:
Married
Married or Partnered with a step parent to your child
Separated from the other birth parent of the child
Have the group members choose or describe with who and how they are a co-parent:

Have the group members describe what it might feel like being a child in the middle:

Have the group members begin to list what choices and strategies this child could use to try and stay out of the middle:

Identify strategies they can use to keep their child out of the middle:

Have the group members describe what they can control about their child:
List what they cannot control:
Describe what their goals are as a co-parent:

Have the group members identify what vision do they have for one of their children:
What types of values do you want your child to have:
What kinds of opportunities and experiences would you like your child to have:
What sort of cultural connections would you like your child to have:

What ways might they as parents contribute to these:
Values:
Opportunities:
Experiences:
Cultural connections:

Have the group members develop a plan to strategically work on these four areas:

Things to Think About
24. Developmental Stages and Violence

Goals
1. Increase my understanding of how my child sees me.
2. Increase my empathy toward my child.

Suggested Format

Review the 6 stages of psychosocial development of children. If violence is experienced at each developmental stage, have the group discuss and brainstorm how this experience may affect that stage:

Stages of development can be affected by what children experience during these times. It is important to understand the possible effects to be better prepared for how children behave in the aftermath of experiencing violence in the family. Have the group members complete the statements for each stage:

0-2
- Possible effects of experiencing violence:
- Possible observed behaviors:
- What the Child Needs at this stage:

2-3
- Possible effects of experiencing violence:
- Possible observed behaviors:
- What the Child Needs at this stage:

3-6
- Possible effects of experiencing violence:
- Possible observed behaviors:
- What the Child Needs at this stage:

6-12
- Possible effects of experiencing violence:
- Possible observed behaviors:
- What the Child Needs at this stage:
- What I can control in regards to my child:
- What I can do to address what my child needs:

Describe what you learned from the above activity, what is important information and describe any additional strategies you might use with your child:

Things to Think About
25. Eight Dimensions

Goals
1. Begin to create a restoration of relationship plan with one’s children
2. Lay a foundation of work before having any direct connection with the child(ren)

Suggested Format
Begin the activity by explaining that there are 8 dimensions of strengths that are helpful to understand levels of strength that exist for each participant. Having strength in each of these dimensions will allow the participant to build a foundation on which the plan for restoring the relationship with his child can be. In order to get started the participant will need to put in their own words what the dimension is or means to them. Second they will need to develop strategies and activities that will assist them build strength within this dimension. Each of the group participants should have completed the Men’s Parenting Assessment. Each group participant should have a specific understanding of their respective dimensions and areas to put significant efforts for strengthening and those areas that are in need of moderate efforts and the areas that are current strengths. Have the group participants complete the first two questions for each dimension that has significant efforts needed to build this area as a strength.

1. Understanding and awareness of the children’s perceptions
2. Empathy toward the children
3. Empathy toward the children’s other parent
4. Parenting skills and awareness of addressing situations in the aftermath of violence in the home
5. Parenting self-efficacy in the aftermath of violence in the home
6. Cultural understanding with regard to parenting and domestic violence
7. Parental self-care skills and self-awareness needs and resources
8. Readiness for change/ restoring or working toward reconnecting with the children

Things to Think About

Worksheets for Group Participants

1. Understanding and awareness of the children’s perceptions

What do I understand this statement to mean?

Possible strategies or activities to strengthen this dimension for me are:
Things I am learning that strengthen this dimension:

Ways (actions and specific things I might say) I might be able to communicate this understanding to my children:
2. Empathy toward the children

   What do I understand this statement to mean?

   Possible strategies or activities to strengthen this dimension for me are:

   Things I am learning that strengthen this dimension:

   Ways (actions and specific things I might say) I might be able to communicate this understanding to my children:
3. Empathy toward the children’s other parent

What do I understand this statement to mean?

Possible strategies or activities to strengthen this dimension for me are:

Things I am learning that strengthen this dimension:

Ways (actions and specific things I might say) I might be able to communicate this understanding to my children:
4. Parenting skills and awareness of addressing situations in the aftermath of violence in the home

What do I understand this statement to mean?

Possible strategies or activities to strengthen this dimension for me are:

Things I am learning that strengthen this dimension:

Ways (actions and specific things I might say) I might be able to communicate this understanding to my children:
5. Parenting self-efficacy in the aftermath of violence in the home

What do I understand this statement to mean?

Possible strategies or activities to strengthen this dimension for me are:

Things I am learning that strengthen this dimension:

Ways (actions and specific things I might say) I might be able to communicate this understanding to my children:
6. Cultural understanding with regard to parenting and domestic violence

What do I understand this statement to mean?

Possible strategies or activities to strengthen this dimension for me are:

Things I am learning that strengthen this dimension:

Ways (actions and specific things I might say) I might be able to communicate this understanding to my children:
7. Parental self-care skills and self-awareness needs and resources

What do I understand this statement to mean?

Possible strategies or activities to strengthen this dimension for me are:

Things I am learning that strengthen this dimension:

Ways (actions and specific things I might say) I might be able to communicate this understanding to my children:
8. Readiness for change/ restoring or working toward reconnecting with the children

What do I understand this statement to mean?

Possible strategies or activities to strengthen this dimension for me are:

Things I am learning that strengthen this dimension:

Ways (actions and specific things I might say) I might be able to communicate this understanding to my children: