

Favorite Things About Being A Mom



Part 1 Building Sense of Community

| Goal | Objectives |
|--|--|
| <p>Participants feel comfortable with each other and with staff at their second group meeting.</p> | <ol style="list-style-type: none"> 1. Participants continue to get to know <i>Legacy for Children™</i> staff members and become more comfortable interacting with them. 2. Participants continue to get to know each other and become more comfortable talking with each other in a group setting. |

Greetings and Opening Remarks by Group Leader

Group Leader Notes (announcements and pertinent information)

- > **GROUP LEADER WILL ASK PARTICIPANTS IF SHE CAN TAKE PICTURES OF PARTICIPANT AND CHILD TO USE WHEN THEY START WORKING ON THEIR MEMORY BOOKS.**

Icebreaker: M&M's™ Game

Description

Pass around a bag of M&M's™ and ask participants to take some but not eat them. Ask them to say their name as they take out their M&M's™. Participants will be asked to sort their M&M's™ by color. The Group Leader will ask the participants to answer some questions according to the amount and color of M&M's™ they picked out.

Materials

A large bag of M&M's™ and list of questions.



Prior Preparation**List of questions:**

1. **Blue:** Tell us ____ things about yourself.
2. **Red:** Tell us ____ things you like to do with your baby.
3. **Yellow:** Top ____ things you hate to do around the house.
4. **Green:** Top ____ things you would buy at the mall (no price limit).
5. **Brown:** Top ____ favorite junk foods.
6. **Orange:** Favorite ____ celebrities.

Introduction

Group Leader introduces this activity using language similar to the following:

- ❖ *I am going to pass around a bag of M&M's™. When you get the bag take a small handful of M&M's™, but don't eat them! Sort your M&M's™ by color, for example put all the red ones together, your green ones, etc.*
- ❖ *[Once all the moms are done sorting their M&M's™.] Now I am going to ask you some questions according to the amount and the color of M&M's™ you picked out.*
- ❖ *For example: _____ has 3 red M&M's™, so the question for red M&M's™ is: Tell us 3 things you like to do with your baby. Does everybody understand? This is a fun way for us to get to know each other.*

Discussion

Not included in this second session due to time constraints.

Part 2 Main Session Topic

| Goal | Objectives |
|--|---|
| <p>Participants spend time discussing the rewarding aspects of motherhood.</p> | <ol style="list-style-type: none"> 1. Participants share their thoughts and experiences related to parenting and child rearing. 2. Participants engage in discussion related to parenting and child rearing. 3. Participants discuss the positive and rewarding aspects of being a parent. |

Description

The Group Leader will encourage participants to share with each other the good things about being a parent. The Group Leader will note to the group similarities and differences in the participants' responses and comments. The Group Leader will ensure that the discussion focuses only on positive aspects of parenting.

Developmental Age of Children

1½ — 3 months

Main Concepts for Group Leader

1. There are many positive things about being a parent.
2. All participants can find something good to share about being a parent.
3. Focusing on, thinking about, and discussing positive things can make people feel positive and happy.

Topic Introduction

Group Leader introduces activity using language similar to the following:

- ❖ *I am sure that we can sit here and have a lengthy conversation about how, at times, it is difficult to be a mom.*
- ❖ *We want to start out by being very positive. I would like for us to spend a few minutes talking about the wonderful special things about being a mother.*
- ❖ *For the next few minutes, let's pretend it's Mother's Day and you are feeling very happy about being a mom.*
- ❖ *Our goal is that at the end of this discussion we will all come away feeling how wonderful and special it is to be a mom.*

Topic Presentation**Possible Questions to Guide Discussion:**

- ❖ *What is your favorite thing about being a mom?* [e.g., Knowing I am just about the most important person in her life, the way she smiles at me when I walk into a room.]
- ❖ *Are our favorite things different or the same?* [If there are commonalities among responses, mention that mothers have many things in common. If there are differences among responses, mention that motherhood means different things to different people and that is one of the special things about being a mom.]
- ❖ *Share with us what you enjoy most about spending time with your child/children.* [e.g., Noticing all the new things he/she does.]
- ❖ *What do you look forward to in your life as a mother?* [e.g., Watching my baby grow.]

Final Question and Comments**Group Leader will conclude activity using language similar to the following:**

- ❖ *Being a mother is so special and rewarding.*
- ❖ *We have so many things to look forward to as our children grow up. We are so excited to be a part of your lives so that we can watch your babies as they grow.*

Take-Home Handouts

(Not applicable for this session)

Reading Preparation

(Not applicable for this session)

Part 3 Parent-Child Time Together

| Goal | Objectives |
|--|--|
| Participants enjoy time interacting with their children. | <p>A. Participants will spend time interacting with their children.</p> <p>B. Participants will note positive characteristics of their children.</p> |

Opening Songs

Circle Time “Hello Song” Using Puppets
Other Songs – Parents’ choice

Activity: Let’s Meet The Babies!

Area of
Development

(Not applicable for this session)

Objective

Participants will share what they love about their babies.

Description

The Group Leader will have each participant introduce her baby to the group by stating his or her name and what she loves about him or her. After the participant introduces her baby, the Group Leader will take pictures of the participant and baby.

Developmental
Age

Approximately 3 months

Materials & Toys

Camera and film, assorted developmentally appropriate toys for the participants to use on their own with their babies.

Activity
Introduction

Group Leader will use language similar to the following to introduce the activity:

- ❖ *What we are going to do now is get to know all of our babies.*
- ❖ *We’re going to go around the group and I’d like each of you to tell me your baby’s name and then tell me something that you love about him or her.*
- ❖ *If you don’t mind, I’d like to take some pictures of you and your babies so that we can have them when we start to make memory books in a few weeks.*
- ❖ *Let me know if you don’t want me to take pictures of your baby.*
- ❖ *Feel free to use these toys to play with your baby as we get to know each other.*

Closing Song

“Bye-Bye Song”

Part 4



Session Goals

| Primary Goal | Secondary Goals |
|--|---|
| To promote parents’ sense of being part of a community committed to caring for children. | <ul style="list-style-type: none">• To increase parental responsibility and sense of parental self-efficacy.• To enhance the development of a warm and responsive parent-child relationship. |

For Review Only