



WORK PACKAGE No 3

Workshop Development

BIOLOGICAL PARENTS

Module 1 Coaching of Visits – **MATERIAL WORKSHOP LEADERS**

Module 2 Self-Helping Groups for biological parents – **MATERIAL WORKSHOP LEADERS**

INTERNAL DOCUMENT

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Material of the FALEFOS-Workshops for Biological Parents for Workshop leaders

1. Structure of the Workshop

MODUL 1 Coaching of Visits (1. Day)

Time(frame)	Topic/Aim	Activity	Material
10:00		Welcome coffee, preparation of name padges	Name badges

Material / Method:

- Adhesive labels or name badges (which participants can stick/fix on their clothes)
- Colored pencils for labeling the name badges

10:30-11:00	Welcome	Introduction, every one introduces him/herself	Picture cards
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Material / Method:

- Different colorful photos, pictures from magazines, from the internet about landscapes, trees, flowers, animals, people, cars, etc. The photos and pictures can have different sizes.
- Place the photos and pictures on a table or on the floor and ask participants to choose one picture which they like most.
- Ask participants
 - to introduce themselves (name, age, how do you life (alone, partnership), hobbies, etc.),
 - to show the others the chosen picture,
 - to tell why they have chosen the picture, what it reminds them on.
- When everyone could have introduced themselves, ask participants to place the chosen picture on the floor one after the other (bring the pictures together and create a new one)
- Ask participants to look at the new picture existing of all the chosen pictures from the participants.
- Ask the participants if they like the new picture and what they like most.

11:00 – 12:00	Visiting dates	What do I like about visits with my child and with foster parents – what do I dislike? Discussion and exchange of experiences, finding common experiences	Feather and stone
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Material / Method:

- Bring a feather and a stone
- Explain to the participants that the feather symbolizes easiness and the stone heaviness.
- Ask participants to close their eyes, if they feel comfortable doing that, and to remember in the past situations during visiting dates with their child and the foster family.
- Ask the participants to take the feather and the stone: What was easy (feather) what was challenging (stone) during the last visits in the past. Let the participants pass the feather and the stone trough.

- Collect the “easy” and “heavy” parts on a flip chart and point out what are the common points.

12:00 – 13:00	Time to prepare the lunch	Preparation of lunch together	Shopping basket with various food and cookware
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Material / Method:

- Shopping basket with various food and cookware.
- Consider together what can be cooked from it and implement.

13:00 – 14:00	Lunch	Eating together	Table and dishes
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Material / Method:

- Having Lunch together

14.00 – 14:30	How do I feel now?	Emotion cards – which suits best to my actual feeling Activating game / Coffee	Warming up game, emotion cards
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Material / Method:

- Start with an activating game, participants should get into action, have fun, should move (use a ball, balloons, do some exercises, music, etc.) Find material and methods under the links:
 - <http://www.dramatoolkit.co.uk/drama-games/a-to-z>
 - <http://www.wilderdom.com/games/icebreakers.html>
 - <https://www.youtube.com/watch?v=k6bHltjIYzE>
- Emotion cards (showing different emotions of adults, children, smiles, etc.) www.google.com
- Ask the participants “How do you feel at the moment?” and let them choose an emotion card which shows their feeling at the moment.

14:30 – 15:30	My child is living in a foster family – which kind of parent role is mine	- Family constellation – who is who, different needs, different perspectives - How can I participate, do I want to participate	Pins or small symbols, stones, camera
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Material / Method:

- Divide participants in small groups of 3 persons each.
- Invite participants to talk about their own child/children in the foster family (eg. Who belongs to the foster family, how they live, who has the closest contact to the child...). Each person in the group should describe the situation to the other 2 persons. Show them how to use pins, small symbols, stones in order to create a constellation of the foster family with their child. Let them choose a symbol for themselves and ask them to place this symbol into the constellation.
- Motivate participants to ask each other questions like
 - Who is who in the constellation...?
 - What does the foster mother/father think, say, feel...?
 - What does the child think, say, feel...?
 - What does the biological parent think, say, feel...?
- Take a photo of the constellation (can be used on the 2. day)

15:30	What do we do next?	- Feedback “what did you	Flip chart
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16:00		like, what did you dislike?" - What will we do next? What do you want to do next?	
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Material / Method:

- Flip chart with listed exercises of the day (e.g. – getting to know each other, visiting dates, preparation of lunch, having lunch,...) and an added evaluation method (e.g. How did you like it? Answers with symbols like smiles, weather symbols, ...)
- Ask participants to give feedback on the day.
- Ask participants to tell you, if they will join the group again (why – why not)

16:00 – 17:00	Informal exchange		Coffee, tea, drinks, biscuits, fruits
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Material / Method:

- Offer coffee, tea, drinks, biscuits, fruits.
- Invite participants to stay for an informal exchange.

1. MODUL 1 Coaching of Visits (2. day)

Time(frame)	Topic/Aim	Activity	Material
10:00		Welcome coffee, preparation of name badges (if they are not available from the first day)	name badges

Material / Method:

- See 1. day

10:30-11:00	How am I today? What happened since our last meeting	Exchange of experiences	Colored cards, weather cards
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Material / Method:

- A) Colored cards or B) weather cards (cards with symbols like sun, cloud, rainbow, thunderstorm,...)
- A) What's the color of your day today? Is it dark like a thundercloud, or is it bright like a star? or B) What's the weather of your day today? Is it sunny, is it cloudy,...?
- Let participants choose cards, and let them describe why they have chosen certain colors. Let them write their name on the cards and pin them on the wall.

11:00 – 12:00	Visiting dates	<ul style="list-style-type: none"> - Family Constellation (fotos from the last meeting) - anything open? - What do I want to do during the next visit with my child – how can I do that? 	Photos Role play
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Material / Method:

- Printed photos taken from the family constellation (1. day), pinned on the wall.
- Ask the participants if there is anything left open and if they want to comment or add something concerning their family constellation and their position.
- Ask the participants, following questions and collect the answers on a flip chart.
 - “What do you want to do during the next visit with my child?”
 - “Do you want to know something; do you want to ask the foster mother a certain question?”
 - “What would you like to say to your child?”

12:00 – 13:00	Time to prepare the lunch	Preparation of lunch together	Shopping basket with various food and cookware
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Material / Method:

- Shopping basket with various food and cookware.
- Consider together what can be cooked from it and implement.

13:00 – 14:00	Lunch	Eating together	Table, dishes
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Material / Method:

- Having Lunch together

14.00 – 14:30	What makes me feel good in my life?	Activating game / Coffee	Warming up game, cards, photos, glue, poster
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Material / Method:

- Start after lunch with an activating game, participants should get into action, have fun, should move (use a ball, balloons, do some exercises, music, etc.). Find material and methods under the links:
 - <http://www.dramatoolkit.co.uk/drama-games/a-to-z>
 - <http://www.wilderdom.com/games/icebreakers.html>
 - <https://www.youtube.com/watch?v=k6bHltjYzE>
- Different colorful photos, pictures from magazines, from the internet about different activities (sport, leisure time) friends, children, animals, landscapes, trees, flowers, animals, people, cars, etc.
- Ask participants, “What makes me feel good in my life?”
- Participants can glue the chosen pictures on a poster

14:30 – 15:30	Who/what supports me, who can I count on? What else helps me to cope with my situation?	<ul style="list-style-type: none"> - My friends, my family, my hobbies, my strength - New ideas of helping systems. 	Prepared posters
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Material / Method:

- Reflection of the created posters
- Ask participants, “Who supports you, who can you count on?”, “You have already managed challenging situations in your life, what helped you to manage these situations. What helps you to cope with so that you can manage to come here?”
- Summaries helping systems

15:30 16:00	Do you want to continue, how do you want to continue?	<ul style="list-style-type: none"> - Feedback on the workshop - Future plans 	Flip chart Handout for parents “Tips for parents”
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Material / Method:

- Flip chart with listed exercises of the day (e.g. – how am I today; family constellation, lunch, what makes me feel good, etc.) and an added evaluation method (e.g. How did you like it? Answers with symbols like smiles, weather symbols, ...)
- Ask participants to give feedback on the day.
- Ask participants to tell you, if they want to continue to exchange experiences, how they want to continue
- Hand out “Tips for parents”

16:00 – 17:00	Informal exchange		Coffee, tea, drinks, biscuits, fruits
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Material / Method:

- Offer coffee, tea, drinks, biscuits, fruits.
- Invite participants to stay for an informal exchange.

MODUL 2 – Self Helping group – Getting to know each other better

Time(frame)	Topic/Aim	Activity	Material
10:00 - 11:00	Warm-up/The members of the new group should try to become familiar with each other in different phases of their gathering, they should try to get rid of restraints; some kind of group dynamics should be developed. A loose (or rather trusting?) atmosphere is important for that.		Warming up games

Material / Method:

- Find material and methods under the links:
 - <http://www.dramatoolkit.co.uk/drama-games/a-to-z>
 - <http://www.wilderdom.com/games/icebreakers.html>
 - <https://www.youtube.com/watch?v=k6bHltjIzE>

11:00 - 11:15	Break		Coffee and biscuits / fruits
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Material / Method:

- Offer coffee, tea, drinks, biscuits, fruits.

11:15 - 12:00	That's me - what I am good at/getting to know myself and other people better	Individual work	One-page-profile (template and guide – see Annex) http://www.helensandersonassociates.co.uk/reading-room/how/person-centred-thinking/one-page-profiles.aspx
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Material / Method:

- One-page-profile.
- Ask participants to fill in/create the one-page-profile.
- Take a photo of each participant and print the photo in order to put it on the one-page-profile.
- Create a gallery with the one-page-profile.
- Motivate participants to feel free to ask questions concerning the profiles.

12:00 - 14:00	Cooking/eating together - strengthen trust and cooperation	Shopping basket with ingredients - consider together what can be cooked from it and implement	Shopping basket with various foods, cookware
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Material / Method:

- Shopping basket with various food and cookware.
- Consider together what can be cooked from it and implement.

14:00 - 15:30	Selection of topics for self-help group	Group work	Flip chart PPT
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Material / Method:

- Ask participants, “Why are you here”, “Which situations and experiences connect you with the other participants? What do you have in common?”, “Is there a topic you want to talk about with others?”
- Collection of answers on the flipchart.
- Presentation “Why self help group?”

15:30	Say goodbye, evaluate first meeting and summarize – present next steps		Cards, Flip chart
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Material / Method:

- Emotion cards (showing different emotions of adults, children, smiles, etc.) www.google.com
- Ask the participants “How do you feel at the moment?” and let them choose an emotion card which shows their feeling at the moment.
- Evaluation poster to put a mark on it (I liked the first meeting – I am not sure, if I like the first meeting - I didn't like the first meeting)
- Ask participants, “Will you join the group next time again?”, “why – why not”
- Agree on next meeting

ANNEX I

Good Practice for One Page Profiles (Guide)



Information for you

If you cannot read this or if you need help just ask.



Photo

Each one-page profile has a photo of you.

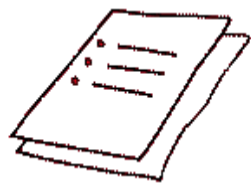


Like and **Admire**

Admire is what somebody thinks is good about you.

This section is the positive things and talents that you have. It does not include what you have done or your rewards. Make sure you use strong, positive statements, and not 'usually' or 'sometimes'

What is important to you?



This is a bullet list of what really matters to you. This is from your point of view. This is even if others do not agree. It should be detailed and specific to you.



This section needs to have enough information. This is so that someone who does not know you can understand who you are. It is not a list of what you like and do not like. It is about what and who is most important to you.

This could include:

Who are the important people are in your life? When and how your spend time together.

What you are like doing and anything that is of interest to you.

Anything you have that is important to you

Information about how you live your life. This could also include what you do every day in your life.

How to support you?



This is a bullet list of how to support you. This includes what people need to either know or do. It is not a list of general hints.

It has to be specific enough. This is so if you suddenly need support someone can support you. It can include what is helpful, and what is not.

Who did this and where did the pictures come from?



Together All Are Able did this.



The pictures came from the Valuing People Clipart Collection.

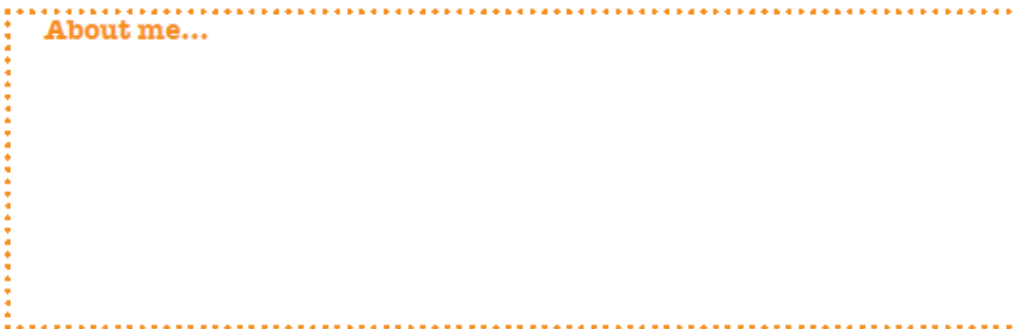
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Annex II

one page profile



About me...



What's Important to Me...



How best to support me...