

# Unit 8: The Dynamics of Change

## ***Session Objectives:***

Parents will be able to . . .

List the three elements of change

Describe the difficulties in implementing change

Discuss the process of change

Participate in a support group session

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## ***Before We Begin Unit 8***

*Take a minute to elect every support group member to one of the group roles.*



### **Session Roles:**

**Group Facilitator:**

**Group Reporter:**

**Group Time Keeper:**

**Group Nurturers/Cheerleader(s):**

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# Parent Project, Sr.

## Unit 8: Content Evaluation

Parent's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Are both parents attending tonight?     Yes     No

Names of other parents/caretakers attending with you tonight? \_\_\_\_\_

What group role did you play?

Group Facilitator     Group Reporter     Group Timekeeper     Group Cheerleader

How well did you do? \_\_\_\_\_

### Session Objectives

1. List the three elements of change
2. Describe the difficulties in implementing change
3. Discuss the process of change
4. Participate in a support group session

### Session Evaluation

1. The thing I liked best about tonight was: \_\_\_\_\_
2. What would have made learning easier or better for me tonight was: \_\_\_\_\_
3. The most powerful thing I learned tonight was: \_\_\_\_\_
4. During the last seven days, I remembered to show/tell my child how much I love him/her:  
 Every day     Almost every day     A few times     I forgot     I was unable to
5. What were your child's reactions to your open displays of love and affection?  
 Positive (Good)     Indifferent (So what)     Negative (Poor)
6. Reflecting on the last seven days, how do you feel about your efforts to do the right thing?  
 Excellent     Good     Fair     Troubled     Unsatisfied
7. Generally speaking, things at home are:     Pleasant/Peaceful     Getting better  
 OK     Troubled     Please don't make me go home!
8. The most interesting or unique community resource our group discovered was:  
 \_\_\_\_\_
9. For me, the most useful community resource discovered by our group is:  
 \_\_\_\_\_
10. My child's negative behavior I/we plan to decrease by using negative consequences is:  
 \_\_\_\_\_
11. My child's positive behavior I/we plan to increase by using positive strokes is:  
 \_\_\_\_\_
12. Parents' comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

# Unit 13: Consistency

## ***Session Objectives:***

Parents will be able to . . .

Discuss why it may be difficult for parents to maintain consistency with their children

List at least three areas in which parents should demonstrate consistency with their children

Describe two or more of the negative messages sent to children when parents are inconsistent

Actively follow the support group format

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## ***Before We Begin Unit 13***

*Take a minute to elect **every** support group member to one of the group roles.*



**Session Roles:**

**Group Facilitator:**

**Group Reporter:**

**Group Time Keeper:**

**Group Nurturers/Cheerleader(s):**

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# Parent Project, Sr.

## Unit 13: Content Evaluation

Parent's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Are both parents attending tonight?     Yes     No

Names of other parents/caretakers attending with you tonight? \_\_\_\_\_

What group role did you play?

Group Facilitator     Group Reporter     Group Timekeeper     Group Cheerleader

How well did you do? \_\_\_\_\_

### Session Objectives

1. Discuss why it may be difficult for parents to maintain consistency with their children
2. List at least three areas in which parents should demonstrate consistency with their children
3. Describe two or more of the negative messages sent to children when parents are inconsistent
4. Actively follow the support group format

### Session Evaluation

1. The thing I liked best about tonight was: \_\_\_\_\_
2. What would have made learning easier or better for me tonight was: \_\_\_\_\_
3. The most powerful thing I learned tonight was: \_\_\_\_\_
4. During the last seven days, I remembered to show/tell my child how much I love him/her:
  - Every day     Almost every day     A few times     I forgot     I was unable to
5. What were your child's reactions to your open displays of love and affection?
  - Positive (Good)     Indifferent (So what)     Negative (Poor)
6. Reflecting on the last seven days, how do you feel about your efforts to do the right thing?
  - Excellent     Good     Fair     Troubled     Unsatisfied
7. Last week my favorite positive message I gave my child concerned:
8. My child's response was:     Pleasurable     Agreeable
  - Indifferent     Upset     Angry
9. Please rate your own parenting behavior in being consistent with your child.
 

**The week before starting this class I would rate myself as:**

  - Consistent     Usually consistent     Rarely consistent

**Last week I was:**

  - Consistent     Usually consistent     Rarely consistent
10. Parents' Comments \_\_\_\_\_