

# PARENT CAFES

## Parent Cafes give you a chance to:

- Establish relationships with other parents
- Exchange thoughts and feelings about being a parent
- Learn to utilize parenting tools and skills

**FREE childcare and dinner are provided!!!**

**January 22, 2013**

**February 28, 2013**

**March 14, 2013**

**April 11, 2013**

**May 14, 2013**

**September 12, 2013**

**October 15, 2013**

**November 14, 2013**

**December 3, 2013**

**At  
5:30pm**



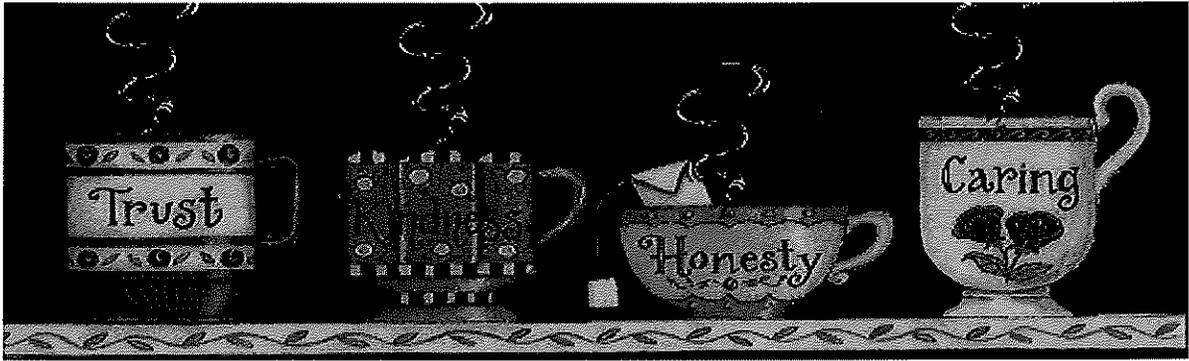
### Sponsored by:

Waukesha County Health and Human  
Services & Waukesha Head Start

To Register for childcare, RSVP,  
or for questions, call  
262-548-8080

### LOCATION:

Center for Excellence  
N4W22000  
Bluemound Rd  
Waukesha, WI 53186



# PARENT CAFÉS

## LOVE IS NOT ENOUGH

Research from the Center for the Study of Social Policy and Strengthening Families of Illinois shows that when six Protective Factors are present in a family, the family is stronger and children are safe. Through Parent Cafés, parents are working to build these Protective Factors.

Parent Cafés take place at early childhood center and in other-friendly environments. Over the course of the three evenings parents discuss three separate themes:

1. Taking Care of Yourself
2. Being a Strong Parent
3. Building Strong Relationships with Your Children

These themes incorporate all of the Protective Factors and provide a way for parents to apply them to their own families. Guided by trained Parent Hosts, parents gather in small groups, exploring questions that really matter to them. Every parent participates in gathering and sharing the group's wisdom and connecting diverse perspectives. Together, they listen for patterns, insights, and deeper questions. Through the Parent Cafés process, parents harvest and share collective discoveries that unlock doors to transformation.

**Parents Cafés are transforming parenting education and efforts to prevent child abuse and neglect.** They tap into the collective wisdom that is present in every community. As parents lead their own learning and growth, they gain confidence, recognize what they already know, and realize what supports they already have around them. They become clear about what their families' challenges are. With other parents, they devise ways to solve problems and resolve issues in their own families. They identify issues and find ways to address them, committing to individual action. And they build trusting relationships, social support, and connections with other parents.

In the supportive environment of the Parent Café, parents come together to deal with the pressures, worries, and challenges that many have struggled with alone. Through the Parent Café process, parents move beyond isolation to give and receive the support they need to keep their families strong.

### *Protective Factors*

1. **Parental Resilience:**  
Be strong and flexible
2. **Social Connections:**  
Parents need friends
3. **Knowledge of Parenting and Child Development:**  
Being a great parent is part natural and part learned
4. **Concrete Support in Times of Need:** We all need help sometimes
5. **Social and Emotional Competence of Children:**  
Parents need to help their children communicate
6. **Healthy Parent-Child Relationships:** Give your children the love and respect they need