Parent Café Model

Parent Cafés are based upon the World Café model, this model
• honors the wisdom and learnings of the entire group
• encourages connection through relevant and reflective conversation
• does not offer advice but seeks solutions from within the group
• encourages participants to continue involvement on issues of their choice.

Parent Cafés:
• consist of small group discussions within a larger group context.
• supported by a trained Parent Café Coordinator who has attended a training by an Ohio Children’s Trust Fund certified trainer.
• are led and facilitated by parent hosts who pose parenting questions and scenarios to the group.
• encourage parents to join in a conversation at one table relative to the specific question/issue.
• capture parents responses to the conversations by recording at the table and as a larger group.
• are recommended for a maximum of 36 parents per session.

Parent Cafés Structure

Schedule: Parent Cafés are offered as part of a series. Each of the sessions:
• lasts for 2 hours – includes 30 minutes for family gathering and 90 minutes of theme discussion
• has its own topic
• consists of 3 questions related to the topic

Set- up:
• The room is set with tables that allow seating for only 4-5 parents per table.
• Each table has an assigned host (1 host per 4-5 parents maximum or 2-3 parents minimum
• Each table has a question and a large piece of paper and markers for record keeping.
• Each table is set with table cloth, candy and flower or welcoming item.
• Large easel paper is hung on the walls for group reporting.
• Parent Café rules are posted.

Session Plan:
• Introduction of Parent Café – facilitator.
• Ice Breaker.
• Parents respond to initial question through relevant conversation – host facilitates.
• Group report out – facilitator.
• Once answered, the parents will move to another table to join in a conversation about another question and report out until parents have responded to each of the 3 questions.
• Final report out and closing – facilitator.

Supplies:
• Sign-in sheets.
• Evaluations.
• Table cloths and flowers or other welcoming touches.
• Plates, cups and serving utensils as needed.
• Flip chart paper and masking tape.
• Pens and markers.
• Name tags.
• Deck of cards.
• Parent Café question cards.
• Food and refreshments.
• Sound system (optional).

Possible Supports:
• Dinner/refreshments.
• Child care and transportation assistance.
• Stipends for parent hosts.

**Parent Café Topics**
*Three-part Series (offered at the start of each new group)*
• Taking Care of Yourself,
• Being a Strong Parent and
• Building Strong Relationships with Your Children

**Additional Topics (must align with protective factors)**
• Goal Setting: It’s Just Beyond Your Reach
• Creating Your Own Style of Effective Discipline
• Staying in the Parent Child Relationship
• Support Your Child’s School Success
• Can’t Save the World on Empty
• Help Your Child Stand Straight and Tall

**Parent Café Roles**
• 1 Facilitator (time keeper)
• 1 Host per table (3 minimum, 9 maximum)
• 1 Recorder
• 1 Social Worker/Logistics Manager

**Parent Café Location**
Parent Cafés can take place at early childhood centers, schools, community/rec centers, churches, public libraries etc. Consider the following:
• Room that can hold 3 – 9 small tables and is safe and comfortable,
• Space for child care (if offered) that is close but not too close so parents can be available but not disturbed,
• Good parking, public transportation access and accessible to those with disabilities, and
• Good acoustics and blank wall to post easel paper.

**Parent Café Scheduling**
Each Parent Café takes 2 hours and time is needed for set up and reflection afterwards. Recommend holding sessions 2 -3 weeks apart. Schedule based upon the following considerations:
• When it is most convenient for parents – when are parents not at work?
• When is child care available?
• When is the space available?
• Are there events you want to avoid conflicting with?
• Are there better times of the year to reach parents?

For additional information about Ohio Children’s Trust Fund certified trainers and training costs, please contact the Ohio Children’s Trust Fund at octf@octf.ohio.gov

Developed by 4C for Children 5.2011
## Parent Café Train-the-Trainer

### Café Structures: Requirements versus Recommendations

<table>
<thead>
<tr>
<th>Structure</th>
<th>Requirement</th>
<th>Recommendation</th>
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<tbody>
<tr>
<td><strong>Parent Café Roles</strong></td>
<td>• Hosts and facilitators must be parents.</td>
<td>• Parent hosts and facilitators reside in community where café is offered.</td>
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<td>• Staff used as hosts cannot hold a position of “authority” and should only be used to supplement when building a pool of parent hosts.</td>
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<tr>
<td></td>
<td>• Hosts and facilitators must be trained (this includes staff).</td>
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<td>• A social worker or family resource coordinator must be present at each café.</td>
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<td>• A recorder is designated.</td>
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<tr>
<td><strong>Themes and Questions</strong></td>
<td>• Each café has its own theme and identified questions to be addressed during the café.</td>
<td>• Three questions are addressed during each café.</td>
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<td>• Questions connect to or bolster at least one of the SF protective factors.</td>
<td>• New café series are launched by offering three foundational cafés.</td>
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<td>• Questions are open-ended and are not limited to “one right answer.”</td>
<td>• Parents help to develop themes and questions for cafés.</td>
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<tr>
<td><strong>Parent Café Format</strong></td>
<td>• Room has adult seating arranged in small groups (6-7 max).</td>
<td>• Room is arranged with separate tables, 4-7 chairs per table.</td>
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<td>• At least one host is assigned to each parent group.</td>
<td>• Ice-breaker involves parents sitting in pairs and reflecting on an opening question that relates to the theme.</td>
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<td>• Parents participate in an ice-breaker.</td>
<td>• Parents move into different conversation groups for each café question.</td>
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<td>• Parents are engaged in reflective conversation regarding each café question. Parents share key points of discussion with large group.</td>
<td>• Large paper and markers are on each table for capturing ideas during the conversations.</td>
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<td>• Parent feedback is recorded.</td>
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<tr>
<td><strong>Dosage – Frequency and Duration</strong></td>
<td>• Café sessions are 90-minutes in duration.</td>
<td>• Cafés are offered as one-time events, in a series of multiple events or on-going (1 time a month).</td>
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<td>• Cafés are offered weekly, twice a month, every three weeks or once a month.</td>
<td>• Frequency of cafés is based upon parent need and availability.</td>
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<td><strong>Evaluations</strong></td>
<td>• Parent Café evaluations are collected after each café.</td>
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<td>• Host reflective forms are collected after each café.</td>
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<td>• PFS demographic data is collected on all parents participating in Parent Cafés.</td>
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<td>• PFS questions are collected as pre and post test for series of three or ongoing.</td>
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