**Family Leadership Council**

**March 14th, 2024**

**6:00 – 7:30 pm**

**Meeting Notes**

**Attendance:** Adriana Medina, Kris Coomes, Katharine Ryan, Kathryn Dumas, Rio Annsa, Sol Granado, Vinny Zarafe. Jen Cisneros, Adrian Pollut, Megan Miller, Susan Salinas, Brenda Brown, Ethiopia Messelu, Lisa Milton

**Guest speakers:**

**Katharine Ryan, Community Quality Coordinator with PacificSource**

**Kris Coomes Early Childhood Hub of Lane County Co-Director**

**Parenting Education (classes, workshops, events, parent groups, meet-ups):** What have been your experiences? Do you see parenting education is something for you or for someone else? What are barriers to Parenting Education? How do you feel about home visitors? What kind of parenting education/support most appeals to you?

**Initial comments/experiences:**

* Child in Relief Nursery classes. Learned new ways of guiding children while coming from a difficult and different culture.
* Seeking resources for children after 5 years old. What is available?
* There is an 8-month waitlist for therapy for families and children. ([Center for Family Development](https://www.c-f-d.org/) may be able to offer faster services.)

Is parenting education for you, and if not, why?

* Received early intervention and support group connections through ARC while enrolled in studies. Things that made me feel welcomed: childcare support so I could bring my children & remained focused, dinner or meal provided. Home Visitors: educators that do practical things for the family is helpful & reduces stress.
* All therapy services have long waitlists.
* Prefer series vs short events. Riverview Center for Growth services are helpful: provide childcare & parenting class is private. (Childcare provided even if class is virtual.)
* Accessibility wasn’t good for me. Classes didn’t end on time. Food and childcare unavailable.
* Parenting Now infant group; I loved connecting with those parents as a single parent; had good home visitor experience with Healthy Families.
* Would love parenting group for single parents.
* Great way to meet other parents when I moved here, applied some things, and kept those relationships. Food during meal times was important.
* 90x30 classes are good
* Meet-ups at the park more appealing
* Interest in parenting tips through text messages or reminders about meet ups in my area. Feedback: Some apps are not personalized and behavioralist theory should be called out and transparent.
* Contact Kris with interest/ feedback about https://brightbytext.org/

**Discussion summaries**

* Consider terms other than ‘class’. (Favorites include: groups, meet-ups, parent cafes, affinity groups.) Parent Education needs to be flexible, culturally appropriate/inclusive with a focus on intersectionality, noting there is no one right way to parent and that the advice given in classes may not work for every child. Curriculum needs to be presented in an inclusive way, recognizing that many materials are presented through a white, cis-gendered, heteronormative lens.
* Looking for places that foster openness, curiosity, empathy and warmth. Finding the humanity with groups of people you may not have much in common with, and what you can learn in those spaces.
* Pediatricians and schools recommending classes more broadly may lessen stigma and shame (not targeting families specifically)
* Providing food and childcare, especially during meal times, was repeatedly mentioned.
* Follow-up and continued connection during the week or after a series end would be helpful
* Trauma-informed lens is crucial. Many parents are traumatized by their own childhoods and are in survival mode.

**Legislative Session**, possible resources going forward:

* [Dana Hepper](https://childinst.org/who-we-are/our-staff-team/dana-hepper/), Children’s Institute
* Michelle Sheng- Palmisano, our Hub’s OHEC [Upstream Initiative](https://www.oregoncollaborative.org/upstream-initiative) leader

**Announcements or other news good for the order**

* Discussed racially motivated violence in our middle schools. [Dr. Johnny Lake](https://www.drjohnnylake.org/) and [Nancy Willard](https://www.embracecivility.org/about/) were brought up as possible resources to guide parents on how to discuss race with their children. A follow-up meeting was scheduled for Saturday, April 13th.
* Adriana is leading a session at the OPEC Spring Conference. She will be discussing parent engagement/leadership and leading the session in Spanish. (There will be translation into English.)

**Next meeting date: Saturday, April 13, 2024 time TBA**