



**Dufferin Parent Support Network Board of Directors  
Meeting Minutes, January 2012**

**Present:** Paula C., Pat G., (recorder) Kolleen McL., (Chair),  
Phyllis N., Joan O'B-C.,

**Regrets:** Barbara H.

- i. **Call to Order:** Kolleen called to order at 3:09 at DCAFS
  
- ii. **Presentation by Holly Greenwood-** copies of presentation *Mindful Parents: Resilient Children* distributed. Mindfulness Based Parenting is a research based approach to parenting. Means paying attention to each experience. Anyone can do it with practice. Most of us are functioning in auto pilot and are not fully aware of what is around us. Slowing down gives us choice. Allows us to cultivate a different way of being. Non judgmental. Being in the moment keeps us calm & able to make wise choices. Helping people find balance. Being rather than doing. Being mindful of body cues. Mindful parenting brings these techniques to the relationship with children. Leads to resilient children. No one size fits all approach- people would take away what works for them. A workshop would include review elements of what it is and practice mindfulness in the session as well as take away exercises. Being present isn't always positive. Takes practice of changes made. Provide available resources for participants to continue. Mindfulness is not a new concept in itself but the parenting focus is relatively new. Could be presented in a way that supports current workshops such as anger management & how this improves the parent/child relationship. Discussion followed as to whether DPSN could support these practices in the community. Market as another tool to help parents parent better. Could target families with spirited children. Holly's perspective would be from the personal experience perspective. Lee Freedman (researcher) may be potential speaker for major event. Potentially, Lee could speak at a community event to introduce the subject followed by a series of 3 (?) workshops by Holly to learn how to use & practice the skills, possibly with both parents and children in the last session. More can be learned about this topic at Lee's website.  
<https://ucsdcfm.wordpress.com/tag/m-lee-friedman/>  
**Action:** more discussion to determine how best to proceed and/or offer this topic to the community- **All**
  
- iii. **Presentation by Stacy Dittman-** highlights from lit review from the work done in the fall on engaging parents in parent education. Complex topic & the hardest thing to do. Not well funded. Part of a continuum- those who sign up-come weekly-use skills & those who say they will sign up but never come. Review looked at who faces barriers? Low income, Aboriginal, Multi cultural, those with disabilities, substance abuse issues, (immediately urgent needs), parents of teens, (limited access to supports), fathers, rural families.  
Barriers:  
**Accessibility** (childcare, transportation, poor marketing, not aware of own needs), location, methods of delivery,  
**Acceptability;** psychosocial aspect, how does this relate to me? What will I get out of it? Stigma will prevent access. Relational- between facilitator and group. SES-(build on strengths).  
**Engaging parents:** intenders & non intenders. Non intenders are difficult to get to come as they set up multiple barriers. Intenders will minimize barriers & make every effort to come. Stacey presented a change Plan Worksheet that has been used to help parents commit to attending workshops. Could be modified for our use. Normalizing parent education. Consistent messaging where parents are: restaurants, churches,

doctors offices. Using ambassadors as volunteers who have benefitted from courses etc. Local context is the key. Get info from parents' themselves-focus groups.

**Best delivery model is coordinated through all agencies.** Could DuCk be the catalyst to move towards a seamless delivery of services?

**Final report to Susan Nichochuk – who will send?**

**iv. Minutes**

To accept the minutes of the December 21, 2011 meeting as presented.

- i) M/ Phyllis S/ Paula

**3). Strategic Planning**

- Environmental Scan Coordinator: posted in paper, no responses yet, may need someone else for interviewing team. Unable to reach Julie W as of yet.
- Spring Fundraiser Ideas- ? Review Leah's website for possible presentation.  
**Action: Joan will check into availability.**
- Michael Reist offers a session on bullying that we haven't offered before. He is currently booked until the end of April-could consider having in May. Michael Reist has a session on bullying that we have not had before- could he do in early may? Or fall?
- **Action: Joan will contact re availability**
- Upcoming event being offered at Rec Centre that includes parenting aspect. Discussion as to whether DPSN could play a role in this? Unsure of details at this time.

**4) Coordinator Activity Report reviewed**

- i. *A Ask a Parent:* March topic could be article that would help to normalize parenting education- who would write?
- ii. *Spring Workshops:* request to independent facilitators sent on Jan 5<sup>th</sup> and requested response by January 16<sup>th</sup>. Have verbal commitments from Susan Willnecker @ County, Paula Cornish at John Howard, Lynette Pole at FTP, Gloria Campbell at DCAFS, Robin Berger & Nina Little and Claire at Kerry's Place.
- iii. *Dufferin District School Council:* Meeting January 18. PRO grants coming out in May. May be possible to offer workshops at schools depending on topic etc., would like to make it open to community.
- iv. *DuCK Highlights:*
- v. Asked to speak about the new 'Tell Us about You used at her fall parenting teen's workshop. We also had an opportunity to use the form at Susan's 'Unconditional Parenting' workshop whereby she provided us with suggestions. I reported at the meeting that we are to make some modifications and use it for our spring workshops as well.
- vi. Brenda Courtney is organizing CAN'S training on 'Child Adolescents Needs and Strength Training on Jan 17 and 18<sup>th</sup>
- vii. Darla Fraser is chairing a new committee called Evaluation and Outcomes using RBA offering help to committees.
- viii. Susan Nicholchuck talked about a 'Healthy Communities Grant' opportunity coming soon with priorities on smoking, alcohol, mental health. Need to address two priorities. New round of funding is not announced yet.
- ix. DYAN – Next Meeting Mar 6<sup>th</sup> at the Library.

**5) Reports**

- Treasurer- \$13400 in bank

- Fundraising- check email for county response. Paula & Barb to complete reports to United Way and Dufferin NFP respectively as per last minutes.

**6) Next Meeting: February 13, 2011 at DCAFS 3:00-5:00pm**

**7) Adjournment** at 5:22