

Nurturing Change Together



FACILITATORS GUIDE

**PEACE  
PARENTING  
WORKSHOP**



## ABOUT THIS GUIDE

**Welcome!** This guide is designed for adult facilitators working with parents and primary child caretakers, following the P.E.A.C.E.: Parenting with Empathy and Ahimsa for Child Empowerment program at Center for the Pacific Asian Family. Provided in this guide is a framework overview, facilitator orientation, and module outlines geared for in-person sessions with parents and caretakers with key adaptations for conducting sessions in virtual settings. This guide should be used together with the "P.E.A.C.E. Parenting Handbook" for participants. These materials can also be used following a "training of trainers" model, in which prospective facilitators can gain knowledge and experience with the curriculum from experienced facilitators. There is no singular way to implement P.E.A.C.E., and this guide serves to support facilitators with the tools to adapt the curriculum to their respective communities.

P.E.A.C.E. materials were adapted from [Ruth Beaglehole's Principles and Practices of Parenting with Nonviolence: A Compassionate Guide to Caring for Younger Human Beings](#). For over 50 years, Ruth Beaglehole has been a leading voice in the call to end the violence and oppression of younger human beings.

For Center for the Pacific Asian Family, this facilitators guide was designed to serve Asian & Pacific Islander communities. However, the content of the guide was intentionally created to be applicable for facilitators working with parents of various cultural backgrounds.

## OBJECTIVES

1. Increase awareness of own parenting practices to address gender inequality and harmful traditional norms and practices rooted in gender-based violence
  2. Enhance abilities and skills to articulate own needs and emotions with empathy and gender-inclusive practices
  3. Equip with practical tools to express self towards child/children through empathy and connecting communication
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# PEACE FRAMEWORK

## Module 1 Parenting with Intention

*Explore our expectations and our roles as parents and caregivers.*

## Module 2 Childhood Reflections

*Recognize how our childhood experiences influence our parenting choices.*

## Module 3 The Child's Brain

*Discover the science of a child's brain and its development in the early years.*

## Module 4 Power with Anger

*Understand anger through nonviolence.*

## Module 5 Setting Limits with Supportive Guidance

*Learn how to set and hold limits while staying connected, supportive, and empathetic with our children.*

## Module 6 The Practice of Supportive Guidance

*Practice!  
Practice!  
Practice!*

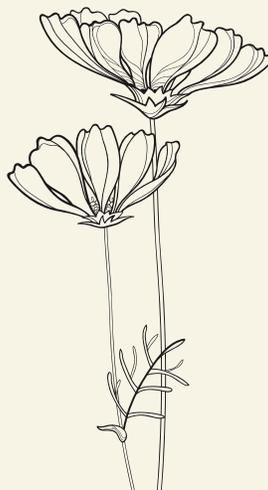
### MODULES

This journey is not linear. It is ongoing, and messy. It requires courageous and humble curiosity and openness.

**BEFORE  
WE BEGIN**

# **FACILITATOR ORIENTATION**

[Principles and Practices of Parenting with Nonviolence: A Compassionate Guide to Caring for Younger Human Beings](#) is a call to action for social change. The theme of social justice runs through every class to raise participants' awareness and inspire them to create a world of justice by parenting within a practice of nonviolence. Being conscious of the trauma inflicted by various forms of violence against children is distressing, yet the hope is that by starting with one family at a time, we can create social change for younger human beings and, ultimately, the future of communities. The work of practicing and sharing parenting with nonviolence is a tremendous and beautiful undertaking. Thank you for your passion and commitment. Together, we are creating a more just and compassionate world for younger human beings and, ultimately, for the future of our communities.



# IMPORTANCE OF CULTURALLY CONTEXTUALIZING THE PEACE FRAMEWORK FOR YOUR AUDIENCE

## Culture and Communication

“Culture refers to the values, beliefs, attitudes, accepted actions, and general characteristics of a group of people. We often think of culture in terms of nationality or geography, but there are cultures based on age, religion, education, ability, gender, ethnicity, income, and more. Consider cultural contexts as you plan and draft your communications. And realize that your consideration occurs through your own cultural lens.”

[Cultural Context | Communication for Professionals \(lumenlearning.com\)](https://lumenlearning.com)

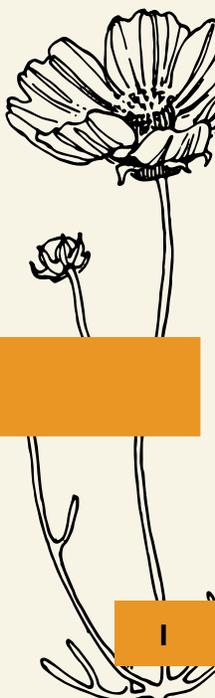
Recognizing the diversity of Asian & Pacific Islander experiences and values within each community, culturally contextualizing this framework begins with an exploration of how these values and beliefs are grounded, and what shapes these attitudes, norms and rituals regarding parenting/caregiving. The value of this exploration is not to evaluate which strategy is better or worse, but to better understand how beliefs and actions are informed.

### Questions to consider:

- What are the roots of important ideas/philosophies/values/norms/traditions in your culture?
- Who determines/creates/influences the values and traditions in your family and communities?
- What is the purpose of rituals/traditions? (how does it serve, the community, your family, you?)

### Note on Gender Stereotypes:

Because the dominant paradigm often relies on traditional gender roles to control the behavior of children (e.g., girls should smile more and boys don't cry), we invite participants to consider how those stereotypes may have shaped their own childhoods.



# What does it mean to parent with nonviolence?

Why do we talk about violence & nonviolence in parenting class?

How do we (adults, society) see children?

Principles of Parenting with Nonviolence (page 3 in the handbook)

Social Justice

We invite participants to redirect on the broader picture of child raising, to think about how their experiences may relate to a bigger story. Why?

By holding a vision of protecting all children, parenting with nonviolence is fundamentally a strategy to prevent child abuse. The transformation of how adults and institutions see children becomes an investment in the future: as younger human beings grow up, they become the adults who raise children with kindness and empathy, holding the practices and principles of nonviolence, generation after generation.

## Keywords & Phrases

- Violence - anything that hurts/harms the mind, body, heart or spirit of a living being
- Parenting with Nonviolence (PNV) - philosophy and practice that honors and deeply respects the life force and soul of each child, no matter what age, what background or who they are. The practice of PNV uses empathy, connecting communication and regulation to help guide children.
- Ahimsa - Sanskrit for "do no harm"
- Childism - "a prejudice against children on the ground of a belief that they are property and can - or even should - be controlled, enslaved, or removed to serve adult needs" (Young-Bruehl, 2012, p. 37)

## Core Principles of PNV

- Connection vs Disconnection
- Seeing and respecting children as whole human beings - as individuals who have the right to have their needs and feelings heard/met

## Questions and Thoughts to Consider

- How do I do this (practice nonviolence) out in the world? Nonviolence is not accepted or practiced in my family or community.
- Feeling judgment (push back) from family/friends/society can make this practice challenging.
- Creating a support network (empathy buddy, support group, etc.)

## Resources

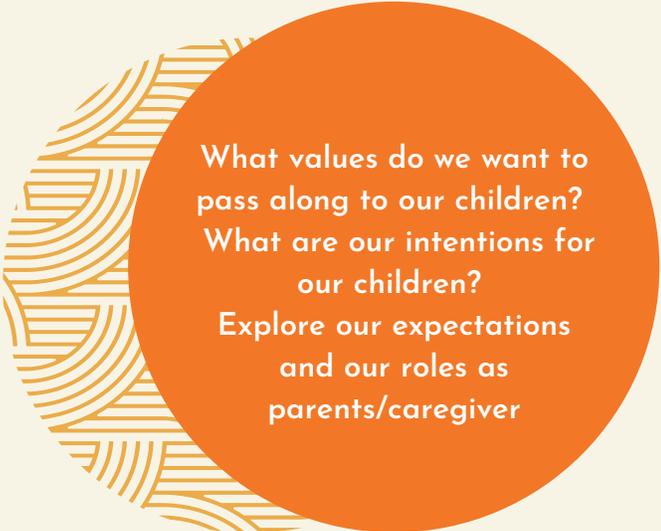
- Provide a list of resources participants can refer to ranging from emotional support services to supplemental information Facilitator can include a Resource List with the handbook



# MODULE 1

## Parenting with Intention, Shifting the Paradigm

Key Messages and Session Objectives .....	1.a.
Welcome, Intro, Agreements, and Grounding .....	1.b.
What to Expect .....	1.c.
Setting our Intentions as Parents/Caregivers .....	1.d.
Keywords & Phrases .....	1.e.
Dominant (Mainstream) Paradigm .....	1.f.
What Does it Mean to Parent with Nonviolence .....	1.g.
Homework & Close Out .....	1.h.
Course Materials in Handbook .....	1.i.



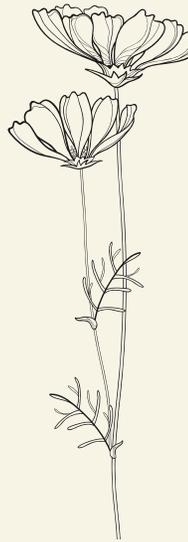
What values do we want to  
pass along to our children?  
What are our intentions for  
our children?  
Explore our expectations  
and our roles as  
parents/caregiver



# MODULE 1

## PARENTING WITH INTENTION, SHIFTING THE PARADIGM

*What values do we want to pass along to our children? What are our intentions for our children? Explore our expectations and our roles as parents/caregivers.*



### SESSION OBJECTIVES

- Gain an understanding of what nonviolence means in the context of PNV
- Reflect on our intentions for learning and parenting
- Understand our roles as parents/caregivers

### Key Messages for Module 1

This module establishes the core values of Parenting with Nonviolence and helps us explore our own expectations as parents/caregivers. Younger human beings learn by imitating and internalizing our actions and words, so what are the values and qualities we would like to model for our younger human beings?

Violence is anything that hurts/harms the mind, body, heart, and spirit of a living being. Nonviolence is not non-violent (not just an absence of violence), but an active and intentional practice of mindfulness and empathy. Parenting with nonviolence honors and deeply respects the life force and soul of each child, no matter what age, what background or who they are.

How do the values/intentions you hold for your children align with the philosophy of nonviolence? What does it mean to shift toward a paradigm of nonviolence/power-with younger human beings?

### NOTES FOR FACILITATOR

For a virtual setting: utilize a cloud-based platform such as Google Docs to create a template for participants to capture highlights from breakout room conversations - examples and questions can be referenced in future modules.

# HOMework & CLOSE OUT

*Bringing it Home: explain one concept to child*

## REFLECTIVE QUESTIONS



How will you model for your child this week?



Are there ways (touchstones) that will be helpful in holding your intentions?



Am I treating my child the way I would want to be treated?



Did my interactions with my child help?



Will my words and actions strengthen the connection I have with my child?



Are the words, tone and action a model of the qualities that I value for my child and myself?



Was I able to give empathy when my child was having a hard time? If not, what made giving empathy difficult?



# MODULE 6

## The Practice of Supportive Guidance

Key Messages and Session Objectives .....	6.a.
Welcome, Agreements, and Grounding .....	6.b.
Keywords and Phrase .....	6.c.
Session Content .....	6.d.
Homework & Close Out.....	6.e.
Course Materials in Handbook .....	6.f.



This guide was created by



**CENTER FOR THE  
PACIFIC ASIAN FAMILY**  
NURTURING CHANGE TOGETHER

Center for the Pacific Asian Family (CPAF) was founded to help address domestic violence and sexual assault in the Asian and Pacific Islander communities.

Our mission is to build healthy and safe communities by addressing the root causes and consequences of family violence and violence against women. We are committed to meeting the specific cultural and language needs of Asian and Pacific Islander women and their families.

Our vision is of an Asian and Pacific Islander community that embraces healthy relationships and works in partnership with other communities to eradicate all forms of violence.