



# A Celebration Day for Girls™

## **Online Sessions and Hand in Hand Parenting**

20.4.20

Hi Everyone,

The **CDG Online Sessions Team** has had two very productive meetings and I wanted to pass on our recommendations as this may be of use to you *right now!*

If you have the capacity to offer free sessions from home you might like to know that it is common marketing wisdom that those who keep promoting and being visible during a downturn come back strongly afterwards.

We have discussed what will work best online and have come up with the following guidelines.

### **If you have had to postpone a scheduled CDG**

You may like to schedule an online session with the mums, not to run the Mother's Session as such, as this is best done in person and close to CDG. This could be the same time as the in-person Mother's Session was due to run, to provide some consistency in these topsy turvy times.

This will be a less formal session to share/discuss concerns, share resources and strategies, and basically keep the mothers 'warm' for when you can reschedule the CDG and Mother's Session.

We suggest you prepare a few points of discussion, a few things to share with them, and allow time for sharing and questions.

See below for general online facilitation guidelines.

### **If you would like to offer a general information session**

Through local networks you could offer an online session for mothers of 'tween' girls. We recommend framing it around key topics/or questions for wider appeal rather than as an info session about CDG specifically.



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For instance:

- How do I talk to my daughter about puberty and periods?
- How can I best support my daughter during puberty?
- Key information and skills girls need to thrive through puberty
- Key resources to support girls through puberty and menarche
- What information and skills does my daughter need for a stress-free puberty? (or menarche)
- Supporting girls to manage puberty and periods with confidence

It's important the topic sings for you. Ask yourself: what is the problem you'd like to help them solve?

Plan some structure, for instance a topic 'starter', Q&A, resources to share, but with spaciousness for flow and conversational meandering as the group seems inclined. Keep your eye on the time so you can allow for a wind-up that includes everyone, and your 'what next' message.

Consider whether you want to offer ongoing sessions, or one off. If ongoing we recommend you still establish a finish date (you might meet for 4 weeks for instance), otherwise the sessions can just peter out as the edge comes off participants most urgent needs.

If you get into the groove of this you might like to offer monthly info sessions. It's easier to keep it going once you have a plan and put it out through socials regularly.

*THEN* during the session you can mention CDG as a natural part of what you're discussing, as in 'during CDG we ...' .

*FINISH* with the resources you particularly want them to leave with – your email, CDG website, links, either in a chat box or by email. Ask if you can add them to your mailing list.

*IF* you have worked closely with another facilitator you could run this together.



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*BE AWARE* that when we offer online sessions people can join in from anywhere and some mothers may live much closer to another facilitator. Please refer on or check facilitators on the website, and know that others will be doing this on your behalf too. You may like to contact the facilitator to let her know you are referring an interested mum to her. As we support each other in this way we are creating a strong web that benefits us all.

## **General Online Facilitation Guidelines for running a virtual women's circle**

Platforms – 1) Zoom offers a free account, for 4 or less participants for up to 40 mins. A paid account is about \$US15 er month. (2) WhatsApp - free - limit of 4 (3) FaceBook Live.

Time – 60 to 75mins is ideal. Stick with your advertised time. If you are in the middle of something juicy when time is nearly up you can then ask if participants would like to go on. Allow time for those who need to leave to go. Make another finish time, say, in 15-20mins. Or another time to meet.

Confidentiality – the issues are somewhat different with online sessions, and less controllable. Introduce confidentiality as usual, to assure all and request from all, and ask for acknowledgement, by either a nod or by raising a hand. Encourage everyone to use ear buds or headphones of some sort as we can't know who else is in the room out of sight.

Recording – if you plan to record, or not, let participants know. Or discuss.

Meeting etiquette – run through when to mute/when to turn video off / how to use the chat box (on Zoom)

Preparation – it's still valuable to prepare the space for yourself and your group, even if requirements are somewhat different.

- Decorate your backdrop as a warm and welcoming space; consider lighting and sound
- Ensure you have a quiet place for you as facilitator and for them as participants, minimise distractions and interruptions



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- Light a candle, place flowers or other meaningful objects to render the space sacred – whatever will support you and your participants.
- Make sure there will be enough light for your face to not be too shadowy.

All this is with the aim to drawing everyone close and remedying the disembodied nature of the situation.

Welcome and introduction – welcome each participant and invite them to introduce themselves. At the end make sure everyone has a chance to check out – you may invite a word or comment or share from everyone.

Physicalising – help participants get into their body. You may like to start with a simple process to be present: conscious breathing, with feet steady on the floor, hand on heart, feeling the chair and earth beneath them, with eyes closed for those who are comfortable, massaging hands or ears. Not all at once!

Remember – to mention CDG as a natural part of the discussion, as in ‘during CDG we ...’. And finish with the resources and links you particularly want them to leave with – your email, CDG website, either in a chat box or by email. Ask if you can add them to your mailing list.

Keep in mind we are offering this as a response to social isolation in extraordinary times. Make it easy and joyful for yourself.

Thank you everyone who has so warmly and thoughtfully contributed:

Kath Callinan-Moore, Anna Cole, Sahara Contempree, Victoria Dufour, Angela Fraser, Grace Funk, Friedel Kunze, Janoel Liddy, Becky Lines, Cate Picardo, Rachel Pilgrim, Estefania Rieder Batista, Emily Stewart,  
And Mariana Zavery. *Apologies if I've missed someone!*

## **Hand In Hand Parenting**

Anna Cole (facilitator who lives in Lewes, UK with her family) is a certified Hand In Hand Parenting Instructor. Anna has put together the information



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below for facilitators and for mothers in your groups, on the wonderful tools Hand In Hand Parenting offers generally, and also specifically while homebound during the Covid19 pandemic. Thank you Anna! (See below)

*LET US KNOW* when you schedule your online sessions. We'll add it to the CDG calendar and FB page.

With love and blessings,  
Jane

## **Free Parent support calls from Hand in Hand Parenting during Covid 19:**

1. Parent Support call groups meet in English, Spanish, Romanian, Hebrew, Arabic, French, German, Japanese and Hindi (not all at once of course!) Parents can choose from a range of options and a time, day and language that works best for them. These are daily, various options each day and ongoing for at least the next few weeks as this world situation unfolds...

The sign up is here:

<https://handinhandparenting.org/ParentsTogether>

(Daily updates of support call times are posted in Hand in Hand 'Parent's Connect' Facebook group):

<https://www.facebook.com/groups/251299074916600/>

2. Here's 3 free articles & a short video about parenting during this pandemic from Hand in Hand:

<https://www.handinhandparenting.org/2020/03/talking-to-your-child-about-coronavirus/>

<https://www.handinhandparenting.org/2020/03/parenting-coping-during-the-coronavirus-crisis/>



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<https://www.handinhandparenting.org/2020/03/corona-closed-school-sanity-saving/>

And some thoughts on 'compulsory' Home Ed:

Remind parents to go very gently with themselves. Better to let the teacher know your child needs more flexibility right now than to push hard to meet outcomes set by schools remotely. The focus is on 'reaching' not 'teaching' our kids at times of stress. For many of us our own 'emotional baggage' from our school days can make it hard to remain calm and connected around our children's home ed. Happy to talk more about that and strategies to help parents who are struggling with that situation if needed.

Hand in Hand Parenting ([www.handinhandparenting.org](http://www.handinhandparenting.org)) has lots of other free resources for other everyday issues that parents face, many of which are acute under 'lockdown'.

I hope these resources support parents you know of and work with, so that we can all continue to offer the work that makes our hearts sing!

With love,

Anna