

Talk, Listen, Connect

# Talk, Listen, Connect - A Toolkit guide

Session guides for general topics and for creating your own topic



**PUBLIC HEALTH**  
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HEALTHIER WASHINGTON

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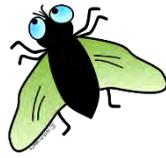
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## **Fly on the Wall**



### **What is the key message?**

- Looking at an issue/problem from a different perspective may provide insight into the issue/problem.

**Supplies:** Fly, picture on paper or optional prop

### **Open**

- Explain that parenting can be an exhausting, emotional experience. Sometimes it helps to become a “fly on the wall” and see it from a different perspective.
- Ask group members to imagine they were a “fly on the wall” during their last mealtime together. Explain that flies have a way of getting around and seeing things that few people ever see.

### **Share and Connect:**

- What would the fly on the wall see at your mealtime together?
- Suppose the fly’s name was “Dr. Phil Fly.” What would Dr. Phil Fly recommend you do to connect your family closer together?
- What conversation starters work for you and your family?
- What mealtime memories do you hope your child will take and establish as traditions with their children?
- Dr. Phil Fly noticed the following feelings on his travels:
  - Frustration: Children refuse to eat, refuse to eat certain foods, spill, or food fights.
  - Loneliness: The other parent is missing so it doesn’t feel like family time.
  - Worried: Child may not eat enough and will starve.
  - Anger: Prepared meal and no one ate it.
- Do any of you ever have these feelings? What makes the situation better?

### **Summarize and Act:**

- Ask participants to choose one or two things they plan to do to make mealtime special and change the course of their child’s life.



## Folding Arms



### What are the key messages?

- Making changes can be difficult and may require focus and practice.
- Old habits are hard to break.

### Open:

- Ask participants to put down anything they are holding and fold their arms. (Facilitator should do the same)
- Point out that people do it differently. Some have one arm up, the other arm down or both arms up or down.
- Ask them to take their arms apart and fold them again, but in the opposite way than they did initially.

### Share and Connect:

- Ask them to share how it feels to have their arms folded differently.
- Explain that changing the way we do things can feel awkward at first. Ask them what changes they might make this week that feel awkward at first, but become comfortable and natural over time.
- Ask participants to share “first steps” they might take in making the change, as well as how they might feel once they take that step.
- If time permits, encourage participants to share success stories about changes they made to better their child’s life. Prompt them to share their feelings related to the changes with phrases like,

*“Did your success change the way you felt about yourself as a mom?”*

or

*“How do you think that small action will change your child’s life over time?”*

### Summarize and Act:

- What will you do differently next time you are trying to make a change?



## How Do You Feel?



### What is the key message?

- Understanding our feelings can help us learn to deal with a difficult situation.

**Supplies:** Various color samples/paint chip cards from a paint store. The more different colors you have the better the activity works.

### Open:

- Ask participants to choose a color that represents how they feel about a certain topic, such as:

*Pick a color that shows how you feel about your child's vegetable intake.*

OR

*The topic of feeding children or family mealtime creates a range of feelings in everyone. Pick a color that shows how you feel about that part of parenting right now.*

OR

*Pick a color that represents how you feel about eating and weight gain during pregnancy.*

OR

*Pick a color that looks like your feelings about breastfeeding.*

### Share and Connect:

- Ask the participants to share the color sample/paint chip that they selected and what emotion that color represents.
- What makes you feel that way?
- What keeps you from feeling better about what you're doing?
- That is a common feeling on this topic. What would turn that emotion into pride?
- If you could change one thing in order to change that feeling, what would it be?

### Summarize and Act:

- Ask the participants to share one action they will try during the coming days to feel better about the challenge presented.



## It's in the Bag!



### What is the key message?

- Understanding our feelings can help us learn to deal with a difficult situation.

**Supplies:** One bag containing 5-10 pieces of fabric; each one with a different texture.

### Open:

- Give each participant a bag with fabric samples. Without looking in the bag, ask them to find a fabric sample that tells something about how they feel about a general topic.  
*Find a fabric sample that tells something about how you feel about getting your child to eat vegetables.*

or

*Choose a fabric sample that relates to how you feel about your child watching television.*

or

*Pick a fabric texture that represents how you feel about eating and weight gain during pregnancy.*

or

*Pick a fabric that feels like you feel about breastfeeding.*

- Allow enough time for each person to select a fabric sample – about a minute.
- Ask each person to share their fabric sample and what it says about their feelings or perceptions related to the topic.
- Facilitator hint: it may help to jot down their responses as they share them for later reference.
- If there is a common thread among the responses, start with that feeling, perception or barrier. Ask other participants to share success tips related to the topic.

### Summarize and Act:

- Summarize with “best practice” advice, as generated by the group.
- Ask participants to share something they heard today that they would be willing to try with their child/family. Offer materials related to the discussion (collect bags as participants leave).



## Agree or Disagree



### What is the key message?

- People's perceptions can be barriers to change.

**Supplies:** Quotes below or quotes on your topic printed and cut into paper strips

Pens

Flip chart

### Quotes to print, cut into strips and hand to each participant:

"I can't afford to give my children vegetables they don't like. If they don't eat it once or twice, I don't make it again."

"Young children can't be overweight. They will grow into their right size. Besides, everyone in my family is overweight."

"There's nothing I can do about my child's weight. She was born big and will always be big."

"It doesn't hurt a child to stay on a bottle until two or three years. After all, my mother did it for me and I turned out OK."

"Giving babies cereal in the bottle saves time and mess."

"Children are naturally active. Parents don't have to do anything to encourage them to be more active."

“TV teaches children lots of good things. Besides, what’s a mother to do? TV is a perfect babysitter.”

“Juice is good for kids. It’s silly to think juice can cause damage to a child’s teeth.”

“French fries are a good vegetable for kids. They’re easy to eat and fit neatly into their hands.”

“Society today is too worried about weight. A few extra pounds on a child doesn’t make any difference.”

“Good moms allow children to determine how much they should eat without pressure or comment.”

“I do everything I can to please my picky eater. I don’t want her to starve!”

“Breastfeeding past three months!? No way – I don’t want my breasts to sag.”

“The best way to get a child to sleep through the night is to give them juice or milk in a bottle.”

### **Open:**

**\*\*The facilitator must be mindful of and sensitive to literacy levels, language issues and cultural beliefs and practices.\*\***

- Describe the quotes as something moms might say.
- Pass the slips around the group and ask them to take one or two.

### **Share and Connect:**

- Ask the participants to read the cards and share their thoughts (or questions) on the quote.  
*What makes you agree or disagree with that statement? Does anyone have a different opinion?*  
or  
*Does the action on the card represent a “best practice” for today’s health-conscious parent?*

### **Summarize and Act:**

- Ask participants to select one action they plan to take today based on the discussion.
- Ask them to share it with the group, as desired.

## How Does It Feel?



### What is the key message?

Identifying and discussing how people feel about a topic may uncover barriers to change.

**Supplies:** One set of Feeling Faces photos

### Open:

- Place one set of feeling cards on a table. As participants arrive, ask them to choose one (or two) card(s) that represents how they feel about a general topic. Note: The Feeling Cards can be identified by the feeling (happy, concerned, puzzled, etc) or by number.

#### Examples:

*Pick a card that shows how you feel about making evening meals.*

or

*The topic of feeding children creates a range of feelings in everyone. Pick a card that shows how you feel about that part of mothering right now.*

### Share and Connect

- Ask participants to share the feeling card they selected. Hold up the Feeling Card as they identify their emotion. It may be helpful to jot their responses down for later reference.
- After they identify their feeling, prompt discussion with questions like:
  - *What makes you feel that way?*
  - *What keeps you from feeling better about what you're doing?*
  - *That's a common feeling on this. What would transform that emotion into pride?*
  - *If you could change one thing in order to change that feeling, what would it be?*

### Summarize and Act:

- Ask each person to share one action they will try during the coming days to feel better about the challenge presented.



# TLC Session Planning Worksheet

**Topic:** \_\_\_\_\_

**Audience:**

**Children Infants Pregnant Women Breastfeeding Women Postpartum Women**

**What are the key messages?**

What do you want your clients to explore during the session?

- 1.
- 2.
- 3.
- 4.

**Supplies Needed:**

**Open:**

Welcome and Connection Building

**1. Introduction**

Introduce yourself

Introduce your topic

Describe how long your session will be

Explain what they can expect during the session and next steps

**2. Conversation Starter**

Conversation Starter gets participants curious about what happens next. Share a picture, report, quote or anything interesting followed by a question about how they FEEL about it. "How do you feel when. . . ?" or "What is it like for you when. . . ?"

Pulse Point Targeted: Pride, Security, Happiness and Hope for the Future

- *What concerns do people have about...?*
- *How do you feel about...?*
- *What have you heard about...?*
- *What's your biggest fear about...?*

Conversation Starter: \_\_\_\_\_

**Share and Connect:**

1. Clients share true feelings in a safe, comfortable group.
  2. Use OARS skills to connect to the feelings driving behavior.
  3. Remember: If you know the answer, don't ask the question.
  4. Give yourself permission to learn not teach.
-

- *What things have you tried...?*
- *What ideas haven't worked...?*
- *What ideas have worked...?*
- *Why do you think that's a concern...?*
- *If you made a change, how would that affect...?*
- Reflect on comments (paraphrase).

**What questions will you ask to connect your group?**

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**Summarize and Act:**

1. Bring all the ideas together and highlight what was heard.
  - We've shared lots of ideas today. I heard. . .(summarize ideas)
2. Ask group what they'll take away from the training.
  - *What is one thing you could take away with you today?*
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## TLC Toolkits

This starter TLC toolkit is provided to support your TLC group sessions.

Once you begin your groups, you may want to add additional tools to your kit. You may need or want more toolkits. These kits are easy and inexpensive to make. Below is the list of materials included in the starter kit and sources for them.

### TLC Toolkits Material List:

Material	Where to get	Approximate cost
Plastic tote box	Office Depot	\$7.00 per box
Feeling Faces cards	Download from <a href="http://GettingtotheHeartoftheMatter.com">Getting to the Heart of the Matter.com</a> and send to local photo vendor	Based on vendor used (We printed ours for \$8.12 per set.)
Fabric samples	Ask co-workers for fabrics, use a variety of textures and cut squares	Free
Bags for fabric samples	from an online, party supply catalog	\$6.00 per dozen
Paint samples	Ask local paint stores for old samples	Free
TLC poster sets	Department of Printing – Fulfillment Center.	Free material from the State WIC program