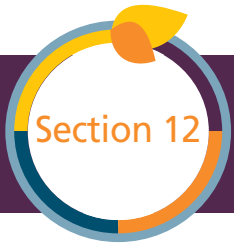


# Building Compassion-Based Relationships with Caregivers



Section 12

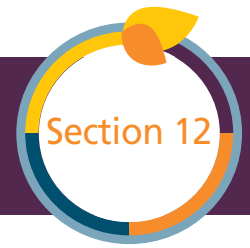
Staff Support



Circle Agenda

Circle Topic	CR Section 12: Building Compassion Based Relationships with Caregivers
<p><b>Planning</b></p>	<p>Send the <a href="#">introduction document</a> from Section 11 in the online toolkit at least 4 days prior to the circle to all participants.</p> <p>Hold a meeting with leadership to prepare for this section and invite the leader(s) to consider the following:</p> <ol style="list-style-type: none"> <li>1. The final section looks at applying all that has been learned to relationships that support the primary clients/students you serve. It is an opportunity to pull concepts together.</li> <li>2. This is also the section where you will want to have prepared with the facilitation team some ideas of what you want to take from the work and integrate into ongoing procedures. It is helpful to ask the group what they believe would be important to look at on a regular basis and what practices or procedures might be added or revised based on the learning.</li> </ol> <p>For the full leadership preparation document, please visit <a href="#">this page</a>.</p>
<p><b>Purpose of Circle/ Learning Objectives</b></p>	<p>We are learning how to create collaborative caregiver-teacher relationships that enhance student supports and prevent compassion fatigue for both the caregiver and teacher.</p>
<p><b>Materials/ Preparation/Time</b></p>	<p><b>Time:</b> 45-50 minutes</p> <p><b>Materials:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Circle kit</li> <li><input type="checkbox"/> Values and shared agreements created in first session</li> <li><input type="checkbox"/> Blank journaling paper</li> <li><input type="checkbox"/> Writing utensils</li> <li><input type="checkbox"/> Copies of the following for all participants: <a href="#">Communicating with caregivers from a place of compassion when there is a challenge</a></li> </ul> <p><b>Set-up:</b> Up to 15 chairs arranged in a circle without furniture in the middle.</p> <p><b>To consider:</b> <a href="#">Understanding Your Social Location as a Facilitator – Active Bystander Intervention: Training and Facilitation Guide</a>.</p>

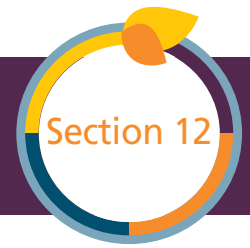
# Building Compassion-Based Relationships with Caregivers



## Section 12

Circle Topic	CR Section 12: Building Compassion Based Relationships with Caregivers
<p><b>Welcome/Check-In</b> (5 minutes)</p>	<p><i>“Education is like a baseball game, it needs all its players: parent, teacher, community, and student.” – Brian Harvey</i></p> <p>(Go-around) Share a brief example of a positive interaction you had in the last week with one of the “players” mentioned in this quote.</p> <p><b>Explain:</b> In the circle today, we’re going to be talking about our relationships with the primary caregivers of the students we serve. When we use the term caregiver, we are referring to parents, legal guardians, grandparents, and whomever is the primary caregiver for a student.</p>
<p><b>Review</b> (5 minutes)</p>	<p>(Go-around) On a scale of 1-5, how would you rate your practice of self-care since the last session?</p>
<p><b>Mindful Grounding</b> (5 minutes)</p>	<p>Putting self-check (Steps of Compassionate Action) to practice:</p> <ol style="list-style-type: none"> <li>1. Practice a grounding activity that can be used prior to meeting with a student’s caregiver. Select from any of the grounding activities from previous circle agendas.</li> <li>2. Choose one of four essential core beliefs for family engagement as an affirmation to hold in your mind as you do the grounding activity. <ul style="list-style-type: none"> <li>• All families have dreams for their children and want the best for them.</li> <li>• All families have the capacity to support their children’s learning.</li> <li>• Families and schools are equal partners.</li> <li>• The responsibility for cultivating and sustaining partnerships among school, home, and community rests primarily with school staff, especially school leaders.</li> </ul> </li> </ol> <p>If you would like to consider a different grounding practice, please review the <a href="#">mindfulness appendix</a> for additional suggestions.</p>
<p><b>Guiding Questions</b> (20 minutes)</p>	<ol style="list-style-type: none"> <li>1. (Go-around) Share an example of a challenging behavior by a caregiver that you have experienced in your role at school. (The facilitator should make a list of behaviors participants share out.)</li> <li>2. (Go-around) What are some potential meanings behind any of the behaviors listed? What feelings are associated with those behaviors? (The facilitator should make a list of feeling words shared.)</li> <li>3. Handout: <a href="#">Communicating with caregivers from a place of compassion when there is a challenge</a>. (Give participants a couple minutes to read the article.)</li> <li>4. (Reflection) Go back to the challenging caregiver behavior you shared. Plan what you now think would be a helpful/compassionate response based on the perspectives shared in the circle and the reading.</li> </ol>

# Building Compassion-Based Relationships with Caregivers



Circle Topic	CR Section 12: Building Compassion Based Relationships with Caregivers
<b>Putting it into Practice</b> (10 minutes)	(Go-around) What is one discovery or technique discussed today that will have a positive influence on your compassionate action with caregivers?
<b>Closing</b> (5 minutes)	(Go-around) Share a word of gratitude based on your experience building compassion resilience with the group.  Share quote with circle participants as a closing thought for your time together:  <i>"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."</i> – Barack Obama