



# PARENT CAFÉ: A place for Connection

## What is a Parent Café?

Parent Cafés are a series of structured small group conversations that bring parents together to discuss issues important to them. Parent Cafés are structured around questions related to each of the five protective factors developed by the Center for the Study of Social Policy. The Parent Café was originally adapted from the World Café model and was developed by parent leaders as part of Strengthening Families - Illinois in 2007.

Dads Parent Café is an adaptation of the model and provides a comfortable environment for dads to come together and explore father involvement and who they want to be as a father.

Several of the 90by30 Regional Leadership Teams have included Parent Cafés in their Child Abuse Prevention Plans. This strategy not only increases social connections between parents but also creates a safe space for parents to learn and reflect on their own knowledge of and approach to parenting.

## Parent Café at a Glance



### 5 Protective Factors



For parents, by parents...



Share a meal

...Parent led

Strong families,  
strong children



Small group  
conversations

## What is the goal of a Parent Café?



- To facilitate meaningful, reflective conversations that promote parent leadership and collaboration.
- To directly engage parents in building the protective factors needed to prevent maltreatment and promote healthy outcomes for their children.
- To create an intimate environment where parents, caregivers, and community members can share experiences and support each other.

## What are the protective factors?



Social Connections



Knowledge of Parenting  
and Child Development



Concrete Support in  
Times of Need



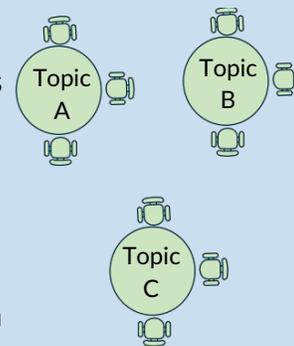
Parental Resilience



Social and Emotional  
Competence of Children

## What does a Parent Café look like?

- An informal, safe, and inviting atmosphere with small tables arranged to mimic a café.
- One or multiple tables of very small groups (3 to 5 individuals) engaged in peer-based conversations focused around specific questions.
- A structure that allows participants to move among café tables and converse with others through multiple rounds of conversations.
- A peer host who has participated in an earlier café series, has received training or orientation in creating an inclusive café conversation, and is familiar with the Strengthening Families Protective Factors Framework.
- A "harvest" and evaluation process that supports emotional closure for participants and Parent Cafés that continue to strengthen and evolve to meet the needs of the community.



## Parent Cafés are especially effective in engaging parents because:



- The intimacy of the conversation and peer leadership promote candor that might not exist in a standard focus group or another, more formal, feedback process.
- The careful structuring of questions helps synthesize knowledge across a range of individual experiences. No matter what a parent's background or situation, the topics in the café are designed to apply to them.
- Parents trained as café hosts gain expertise and confidence and develop a skill base for other leadership roles that benefit their communities.

## Getting involved is easy!

In addition to participating as a parent in Parents Cafés, there are plenty of opportunities to volunteer:

- Help with planning Parent Cafés
- Provide a host location
- Help with event promotion
- Donate to help support Parent Cafés

Contact 90by30 at **541-346-7484** or **friends@90by30.com** to find the volunteer opportunity that is right for you!

