

Parenting

Before the session

Make sure you're able to share a good copy of the image of the different parenting styles. It was sourced here: [4 Parenting Styles: What Your Style Is and Why It Matters \(verywellfamily.com\)](https://www.verywellfamily.com/4-parenting-styles-what-your-style-is-and-why-it-matters/)

Parenting is the activity of bringing up a child as a parent.

A parenting style refers to a pattern of behaviours, attitudes, and approaches that a parent uses when interacting with and raising their child. The study of parenting styles is based on the idea that parents differ in their patterns of parenting and that these patterns can have a significant impact on their children's development and well-being.

Useful Language

Below is some vocabulary you may want to check members understanding of during this session.

Step-parent family: this is when two families merge.

Grandparent family: this is when one or more grandparent is raising their grandchild or grandchildren.

Guardian: is a person who is legally responsible for the care a child whose parents have died.

Single parent family: is one parent is raising the children.

Siblings: refers to brothers and/or sisters.

To raise children: means to take care and support a child until they become an adult.

Put too much pressure: means to put someone in a difficult situation where you're pushing them to do something they may not want to do but feel they have to do.

Welcome (5 mins)

Make sure you're in the meeting space 10-15 mins before the club starts. Depending on your registration process make sure you've a register either to tick people's names off or for people to add their names too. Also, make sure the suggestion box is visible for members to see and access, again make sure you've got papers and pens for people to make their recommendations / suggestions.

Greet members as they enter, invite them to sit/stand wherever they are comfortable.

Start the club at the advertised time:

1. Introduce yourself, what an English Club is, and your role during the club meeting.

2. Tell members there are five golden rules they need to follow to ensure this meeting is an enjoyable experience for everyone.
 - I. Use English – don't correct anyone's English
 - II. Be respectful and supportive. You may have different levels of understanding and abilities to contribute to the discussions.
 - III. Everyone has the right to an opinion.
 - IV. Make sure everyone in your group has an opportunity to talk / ask questions. Max 3 mins per person per question.
 - V. All mobile phones off or put on silent.
3. Ask members if they have any questions.
4. Ask members if they are ready to start.

Warmer (15 mins)

Parenting styles



1. Show members the image above on the different parenting styles
2. Ask members to share which parenting style they think their parents were when they were growing up.
3. Ask members to share which parenting style they have/ or think they will be when they have children.
4. Ask members which parenting style is the best for children. Answer: authoritative.
5. Ask members which parenting style will have the most negative effect on children. Answer: uninvolved.

Main activity (1 hour)

Below are some questions, you don't have to do all of them, let the club members guide you, if they are enjoying discussing one of the question rounds let it run beyond the 17 minutes.

Round 1: Question 1 (20 mins)

1. Put members into groups of 5-6 using the different adjectives do describe parent qualities: kind, strict, thoughtful, caring, generous etc.
2. Tell each group to introduce themselves to each other.
3. Show / give each group the first question: **What makes a good parent?**

4. Give support where needed. Encourage members to discuss all the different options and their outcomes.
5. If members finish the first question quickly ask them to discuss: *Are your parents your role model in life? Why/Why not?; What are some things that your parents did that you would never do?*
6. After 17 mins facilitate feedback. Invite members to share their ideas on what makes a good parent.

Round 2: Question 2 (20 mins)

1. Put members into groups of 5-6 using different parent types: single-parent; step-mother, step-father, grandparents, guardian etc.
2. Tell each group to introduce themselves to each other.
3. Show / give each group the second question: *Have relationships between parents and their children changed in recent years? Why do you think that is?*
4. Monitor, give support where needed. Encourage turn-taking / asking questions.
5. If members discuss the second questions quickly ask them to discuss: *Do parents nowadays put too much pressure on their children? What do you think are the advantages of a stay-at-home father, who is responsible for the family and home, while the mother works full time?*
6. After 17 mins facilitate feedback. Invite members to share what their groups discussed.

Round 3: Question 3 (20 mins)

1. Put members into groups of 5-6 using phrasal verbs for parents and children: bring up, grow up, care for, look after, take after etc.
2. Tell each group to introduce themselves to each other.
3. Show / give each group the third question: *In some cultures having a son is more important than having a daughter, why do you think this happens?*
4. Monitor, give support where needed. Encourage turn-taking / asking questions.
5. If members answer the question very quickly get them to discuss: *Which gender is more costly to raise in Sudan and why? In Sudan do parents raise their sons and daughters in the same way? Why/why not?*
6. After 17 mins facilitate feedback. Invite members to share what their group members discussed.

1. Ask members how their meeting went. Did they enjoy discussions? Did they enjoy using English and listening to the other members using English?
2. Ask members if the club met their expectations.
3. Tell members there's a suggestion box (point to it) where they can share topic ideas or activities we could do.

4. Tell members when the next club meeting is and what the theme/topic is. Encourage them to come / bring a colleague etc.
5. Thank everyone for coming.

If the members enjoyed the club session you could share the following resources with them either on Facebook or in the English Club WhatsApp group:

[5 Parenting Styles and Their Effects on Life - YouTube](#)

[8 Ways to Improve Parent Child Relationship - YouTube](#)

[North Sudanese Culture - Family — Cultural Atlas \(sbs.com.au\)](#)

[Vocabulary for raising children \(vocabularypage.com\)](#)

[25 Family Phrasal Verbs – english-at-home.com](#)