B.C. First Nations Head Start
Virtues Parenting Program

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A POPULAR PART OF OUR PARENT-CHILD FAMILY PROGRAM is our “Virtues Parenting” program. We got the idea for this program from attending training in the Virtues Program that was offered in our area by Chilliwack Community Services.

We include Virtues Parenting as a weekly part of our Family Program, for one hour twice a week. Several staff work with the children, while one staff person facilitates the Virtues program with their parents.

In our group, parents review six “virtue words” per month and also randomly pick a word each day. For example, the words might be “Assertiveness” or “Kindness.”
They take turns reading the cards to the group. They often reflect on the words, and talk about them with each other, then write in their journals/workbooks, reflecting on what the words mean, how they apply to their family, how they can use the words with their children, etc. After this, we might do a collage about the words, or have a group discussion about creative ways to practice the virtue in our families. This is a relaxing and socializing time.

Usually we have a group of five to eight parents participate and 10-15 children.

Parents look forward to the positive feelings they get out of Virtues; it helps them to feel good, no matter where they are in their life. They share how they have used it the Virtues at home and how much it has helped. We see parents start teaching new parents with enthusiasm. As staff, we feel great when parents can’t wait to get started. We know they have enjoyed it because they are very hard to get back on the bus at the end of the session!

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