

Marvellous Mothers Group Curriculum

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Week One: Where It All Begins

- Group Rules
- Importance of Confidentiality
- Importance of Self-Care
- Definition of Violence – What is it? What are our experiences with it? (giving or receiving)
- View of Parenting – what makes a good parent? How were we parented? How do we parent? (positive/Negative)
- Goals for Change

Week Two: Family of Origin

- Messages received as a child re gender roles? Parenting roles?
- Messages received about feelings? How were they expressed?
- How impacts parenting today – positive and/or negative?
- Discipline and boundaries in families (then and now)

Week Three: Developmental Stages – Ages Birth-18

- What is normal?
- How does violence impact development?
- The difference between school/home?
- How does violence affect relationships? Siblings? Friends?
- What if child becomes violent towards parent? Siblings? Others?

Week Four: Discipline vs Punishment

- What is the difference? What is the goal of each?
- How violence impacts ability to parent effectively
- Differing parenting styles – what works for you? For your child? One size fits all?
- Power over vs power with?
- Strategies – boundaries

Week Five: Praise, Encouragement & Attachment

- What is the difference between praise and encouragement? What is the goal of each
- What does healthy attachment look? How do we strengthen it?
- How does violence impact attachment? How do we repair it?

Week Six: Addictions

- How does having an addiction affect parenting?
- How does having a partner with an addiction affect parenting?
- What is the effect on children? Their coping mechanisms?
- Historical impact of addictions in family of origin.

Week Seven: Sharing Custody/Co-Parenting

- How staying with someone who uses abuse impacts children
- How leaving someone who uses abuse impacts children
- How to co-parent with someone who is violent
- Divorce, separation, custody issues – and how violence influences this.

Week Eight: Healing From Trauma – Self/Child

- What now? How to move forward?
- What is healing? What does it feel like? Look like? How do we do it?
- How do we help our children heal? Break the cycle?
- What does forgiveness have to do with anything?

Week Nine: Importance of Nurturing and Self Care

- How to nurture others if have never been nurtured.
- How to move from ‘instructional parenting’ to ‘nurturing parenting’.
- What is self care? Why is it important? What does it have to do with being a good parent?

Week Ten: Goals, Challenges and Strategies for Change

- What now? What do I want to go forward with?
- How have I changed? What is my goal now?