



12-WEEK CLASS ASSIGNMENTS

The History of the Heart and the final presentation

Definition of democratic parenting is an approach to parenting that emphasizes respect, guidance and mutual understanding between parents and children. The goal of democratic parenting is to develop capable, independent children by listening to their concerns, setting clear expectations, open communication while allowing children to make choices within safe, appropriate boundaries.

TIMELINE ANALYSIS: DUE ON WEEK 4

Make a personal timeline of your life from birth to the present. Include events that have special meaning for you such as location, relationships, losses, celebrations, accomplishments, historical events that were meaningful to you.

Write an analysis on what you find “meaningful” in your timeline. How does your past impact your relationships?

- Feel free to use color, drawings, pictures, digital designs etc.
- What does the timeline tell you about what you value?
- Are you still experiencing grief or pain?
- What does the story of your life mean to you?
- Use your own method.

THE BIRTH STORY: DUE ON WEEK 6

Birth stories or creation stories were used throughout the world to explain the creation of the earth, of humans and animals. There are birth stories in every culture. For example the Greek myths, the Native American stories of Coyote or the Asian monkey tales are all birth stories.

Your birth story is a personal creation story. It tells you how your family prepared for your coming and welcomed you into their lives. The birth story has within it certain elements that help illustrate the character of a person. They establish the worth, capability, dignity and place within the community of a person. When writing your birth story use the following elements: atmosphere, attention, symbols and prophecy.

Atmosphere: This is a detailed description of the world at the time of the birth. It can have historical references, physical descriptions such as the time of day (sunrise) and events leading up to and including the birth. Negative aspects such as difficult deliveries or unforeseen emergencies can be turned into positive attributes. A child can be told that they overcame great obstacles to live, or that they were courageous fighters in their struggle for life. Aligning children with positive strengths will reinforce their feelings of confidence, self worth and capability.

Attention: The people involved in the preparation and anticipation of the birth will have a lasting effect on how a child feels about being “wanted.” Make a list of all the people involved in the birth including nurses, doctors, cab drivers and passersby that may have made positive comments or helped in bringing the child into the world. It is important to establish this welcoming framework of family and community.

Symbols: A rainbow, a candle, a sunrise, a flock of birds that flew over . . . anything that can be a positive symbol representing the celebration of a new life should be chronicled for later reference. Studies show that symbols are powerful psychic images of our relationship to the world. They give clues into our character and our values. Be sure you research the full meaning of any symbol you use and emphasize its greatest value.

Prophecy: Make a wish. Write down the wish of others. It is a way of setting expectations for the future. Avoid specific predictions such as “I know you will be a fireman when you grow up.” Lean more toward values that you hope for such as happiness, good fortune and strength of character. Avoid setting an expectation that, if broken, cannot be forgiven.

THE POWERPOINT PRESENTATION (PPP): DRAFT DUE ON WEEK 8, FINAL DUE ON WEEKS 11 & 12

1. Pick an activity you do with your child/ren that connects, serves, or adds value to community.
2. Use it as a metaphor for democratic parenting.
3. Use at least 5 topics from the TED Talks and/or journal to demonstrate how you use democratic parenting skills to teach/learn with kids.
4. Choose 5 from among the following: Dignity principles, belonging, vulnerability, 3 keys to conflict, developmental stages, effective communication, emotional agility, problem solving, critical thinking, stages of loving, Iceberg model, hierarchy of needs.
5. “How” does this activity connect you and your child/ren to the greater community?

PowerPoint Slides:

- Title
- Introduction
- Body (5-8 slides)
- Conclusion

Design Elements:

- Use bullet points on each slide.
- Avoid full sentences or paragraphs.
- Use pictures to show your child/ren together doing the activity and the results.
- Have fun with this!

PARENT NARRATIVE: DUE ON WEEK 12

1. Summary of your relationship focused on yourself & your decisions and outcomes.
2. Analysis when applying the curriculum both online and the journal.
3. Application to achieve future coparenting goals.

Write “your” story. Avoid focusing on blaming your co-parent. What were “your” choices? Avoid excuses. Avoid blaming. Explore your own “accountability.”