



## National Sai Parenting Initiative – Sai Parenting Circle

### Facilitator Guidelines

Dear Facilitator,

You have an important and sacred task in facilitating Sai Parenting Circle session. Please review this document prior to your preparation. These guidelines are meant to support you in creating a constructive and engaging environment for parents. If there are any questions or have feedback, please contact your SSE coordinator.

Wishing you and your group, enriching and uplifting conversations!

Loving Sai Rams,

NSPI- Sai Parenting Circle team

### Guidelines

**1. Opening Prayer-** begin each session with the Parents Prayer to set a positive and reflective tone.

*O Heavenly Father and Mother, make me a better parent. Teach me to understand my children, to listen patiently to what they have to say, and to answer their questions. Keep me from interrupting them or contradicting them. Make me as courteous to them as I would have them be to me. Forbid that I should ever laugh at their mistakes or resort to shame or ridicule when they displease me. May I never punish them for my own selfish satisfaction or to show my power. Let me not tempt my child to lie or steal, and guide me hour by hour that I may demonstrate by all I say and do that honesty produces happiness. Reduce, I pray, the meanness in me, and when I am out of sort, help me, O Lord, to hold my tongue. May I ever be mindful that my children are children, and not to expect them to have the judgement of adults. Let me not rob them of the opportunity to wait on themselves and make decisions. Bless me with the capacity to grant them all of their reasonable requests and the courage to deny them privileges I know will do them harm. Make me fair and just and kind, and fit me, O Lord, to be loved, respected, and imitated by my children.*

### **2. Facilitate, Don't Solve**

Focus on facilitating discussions rather than providing direct solutions. Encourage parents to share their insights and experiences.

### **3. Time Management**

Keep track of time to ensure all topics are covered and discussions remain productive.

#### **4. Inclusive Participation**

Actively draw all participants into the discussion to ensure diverse perspectives are heard. Encourage parents to express their thoughts and feelings freely, ensuring everyone has the opportunity to contribute.

#### **5. Stay on Topic**

Keep discussions aligned with the given scenario to maintain focus and relevance.

#### **6. Encourage Constructive Dialogue**

Foster discussions that align with Swami's values, promoting positivity and respect. Remind parents of shared values that underpin their discussions.

#### **7. Set Clear Guidelines and Create Safe Space**

Establish ground rules for discussions, such as respecting confidentiality, avoiding judgment, and encouraging constructive feedback. This helps create a trusting atmosphere where parents feel safe to share.

#### **8. Prepare and Adapt Materials as Needed**

Review all materials ahead of time to feel confident and well-prepared for discussions. Tailor the delivery of materials based on your center's dynamics—project or distribute copies as necessary. We are also including a ppt template for your use.

#### **9. Respect Diversity**

Acknowledge and respect the diverse backgrounds and beliefs of all parents involved.

#### **10. Actionable Takeaways**

After a session, summarize the main points discussed for the parents. Encourage parents to identify actionable takeaways from discussions that they can implement at home. This can significantly enhance their ability to implement positive changes at home.