



Suggested Programming	Actions / Supplies
<p>Theme: Myths and realities of motherhood</p> <p>a) Opener: What's something interesting or funny that happened to you in the past week?</p> <p>b) Announcements (social or fundraising)</p> <p>c) Myths and realities of motherhood When you find out you're going to be a mom, many people take to the internet, read parenting books or ask others for advice, all in the pursuit of finding out as much information as possible about how to parent. But with that, the floodgates of information opens and you are left to try and decipher all of this new knowledge and figure out what you should do with it, which can be a challenge onto itself.</p> <ul style="list-style-type: none"> As a group, have each member read a pre-written statement about motherhood and comment on whether they believe this to be a myth or a reality. <i>Statement examples: "Motherhood is always fun" "Sleep when the baby sleeps", "I will always abide by a nap schedule", "Finding time for myself will be easy" etc.</i> <p>d) Closer: What is one thing that you have done that you are proud of?</p> <ul style="list-style-type: none"> Introduce next weeks group discussion: "3-5 years goals" Ask members to give some thought to what goals they would like to achieve either individually or as a family in the next several years. 	<ul style="list-style-type: none"> Ahead of time, write down statements about motherhood on small pieces of paper and either distribute it to each member or have members pick a statement out of a hat. Depending on size of group, write out 2-3 statements for each member. Paper and hat (if needed).
<p>Theme: 3-5 year goals</p> <p>a) Opener: What's one thing about yourself that you don't think most people know? Or do you have any hidden talents?</p> <p>a) Announcements (social, fundraising etc.)</p> <p>b) 3-5 year goals We often get so caught up in our busy lives just trying to make it through each day, that we seldom take the time to think about things we aspire to do both personally and/or as a family.</p> <ul style="list-style-type: none"> As a group, go around to each Member and ask them to share one or more goals that they would like to accomplish either individually or as a family in the next 3-5 years. <p>c) Closer: What's your favorite recipe to make? Ask the group if they are interested in making a recipe together and have the group decide which recipe they want to make. The following week you can come prepared to discuss what is needed to make the recipe and who will be responsible for bringing what.</p>	<ul style="list-style-type: none"> No supplies are really needed for this topic as it can be as simple as a group discussion. To make it more interactive, each member could create a vision board. For this, ask each member to bring in old magazines and you'll also need scissors, glue and some poster paper (items can be purchased at the Dollar store).



<p>Theme: Travelling</p> <p>a) Opener: What's your best vacation and why?</p> <p>b) Announcements (social, fundraising, etc.) Discuss the recipe you'll be making as a group next week and either ask people to volunteer to bring supplies or have one person buy everything and collect money from the group the following week.</p> <p>c) Travelling with kids</p> <ul style="list-style-type: none"> Here are some thought starters to help grow or start the discussion: Air travel versus the car; What to bring on the plane with you; How to pack efficiently; Jet lag and napping, How to keep kids entertained etc. <p>d) Closer: What's one vacation you would love to take as a family?</p>	<ul style="list-style-type: none"> No supplies needed. Somebody could take notes to share with the group following the discussion.
<p>Theme: Cooking</p> <p>a) Opener: What's your guilty pleasure?</p> <p>b) Announcements (socials, fundraising, etc.)</p> <p>c) Make a recipe Try to keep recipes simple knowing the time constraints. <i>For example, you could make Mexican hot chocolate, chocolate bark, soup etc.</i></p> <p>d) Closer: What's your favorite quality in a friend?</p> <ul style="list-style-type: none"> Discuss next weeks Dear Abbey group discussion. Ask members to give some thought to questions they may have for the group that they would like advice/input on. Questions are not just limited to motherhood, but could be something personal, relationship, or family related. Anything really! Members will be asked to write down their questions on a piece of paper so their question can remain anonymous if desired. 	<ul style="list-style-type: none"> Grocery ingredients Kitchen utensils and tools if not already available in the kitchen Ask each member to bring in their own Tupperware containers or bring in appropriate packaging. <i>For example, little Ziploc bags for hot chocolate mix.</i>
<p>Theme: Dear Abbey – advice and tips on family, life and parenting</p> <p>a) Opener: What's something good that is happening in your life right now?</p> <p>b) Announcements (social, fundraising etc.)</p> <p>c) Dear Abbey They say it takes a village to raise a child! By joining MumNet, you have gained an awesome network of likeminded woman; who better to ask advice from and in a safe and neutral environment?</p> <ul style="list-style-type: none"> Ask each member to write down a question and then mix up the questions in a hat or bag, and each person can read one question out loud and have the group comment on it. <p>d) Closer: What's one of your favorite childhood memories?</p>	<ul style="list-style-type: none"> Small pieces of paper cut up Pens Hat or bag to mix questions



<p>Theme: How to grow a green family</p> <p>a) Opener: If you could live anywhere on this planet and take everything you love with you, where would you choose to live?</p> <p>b) Announcements (social, fundraising etc.)</p> <p>c) Environment When children are young they are very curious and have such wonder and amazement for the world. This is a great time to teach them about sustainability so they can continue to enjoy our wonderful planet. The best way to do this is to lead by example and talk to you kids about why it's important to make greener choices.</p> <ul style="list-style-type: none"> • As a group, discuss ways that you can make eco-friendly choices for your family on a daily basis and help teach your kids to adopt more sustainable behaviors. • Here are some thought starters to help grow or start the discussion: What do you remember being taught about protecting the environment when you were young; What green efforts are you making around the house; Do you use green cleaning products, laundry detergent or dryer sheets, if yes what kind; Any recycling/composting tips; Brainstorm ideas of how you can find ways to connect your children with animals and nature etc. <p>d) Closer: What's your favorite outdoor activity?</p>	<ul style="list-style-type: none"> • No supplies needed
<p>Theme: The importance of self-care</p> <p>a) Opener: If you could choose your age forever, what age would you choose and why?</p> <p>b) Announcements (social, fundraising)</p> <p>c) Self-care People always say that your life becomes all about your kids once you become a mother and although it often feels that way, it's really important that you do not lose sight of yourself amongst the craziness that is often associated with parenthood. Self-care and ensuring you have a strong community are two really important ways that a mother can help remain positive and grounded, even on the super tough days!</p> <ul style="list-style-type: none"> • As a group, discuss the importance of self-care and the strategies you can use to take care of you. • Here are some thought starters to help grow or start the discussion: What role does self-care have in your life right now; What gets in the way of your self-care; What are some of the messages you've received about self-care (e.g. from family, discourses around gender and culture, social media); How might some of your personal values connect with caring for yourself; What is the one thing that you do just for you; What kind of coping strategies do you have when you are feeling stressed out etc. <p>d) Closer: Decide on one easy thing you can do just for yourself in the coming week!</p>	<ul style="list-style-type: none"> • No supplies needed