

## Introduction to Mum Space

### Welcome

Welcome to Mum Space, thank you for coming, I hope you have got your drink and cake and can relax for an hour or so.

Mum Space is a mums' support group for any mum with primary school aged children and under. We discuss all sorts of topics such as stress and well being, healthy eating, marriage and partners etc but the main focus is parenting and everything that relates to being a mum. We hope to provide a kind of toolbox of ideas, so that you can pick out techniques and ideas that suit you and your family. There is plenty of time for discussion too. Questions are welcomed.

Friendship- we hope you will build friendships here and feel supported and understood as a mum by the Mum Space team. We hope we will all have fun too and can laugh at some of our parenting blunders, because we all make them and often! And that's okay!

There is a programme for this term that you may want to look through.

(At the end of each session I hope to answer a practical question on something behaviour related. There is a box for questions here each week. Other questions I might get around to answering in the week by email. Questions can be anonymous or not.)

Lastly but not least, as you are obviously in a church building there are links with this church and I and the team do come here on Sundays. I want to be transparent or honest and say that sometimes in our sessions I may include some Bible verses or a relevant principle from the Bible where it is useful, as I believe the Bible has relevant and gentle wisdom for everyone. But everyone is welcome, whatever their beliefs or non-beliefs and discussion is welcomed.

### Introductions

To get to know each other we will go round the room and introduce ourselves; this can feel really awkward at first but as we all get to know each other each week, it is easier to chat, and to have a moan and a laugh.

Please tell us your name, a little about your children and what you did before you had children.

### Ice breaker

Mobile phone scavenger hunt

### What kind of mum am I?

Q Write down your instant answer, good or bad, then write down any further thoughts.

Q Now write down what kind of mum you would like to be.

Discuss your answers in threes, if the group is quiet do this as a group

This is a short topic for today, just to get us to start thinking about our parenting and how we want to do it. There can often be a tension between what we are, or think we are like and what we want to be. We will address this in our session next week entitled 'Imperfect Parenting or Good enough parenting' because we can put a lot of pressure or mum guilt on ourselves when we shouldn't.

But for today, it is good to have an awareness of what I think I am like as a mum and what I am really like. So I have a questionnaire here, from an organization called Active Parenting which we can all do. My results didn't actually surprise me and was pretty accurate. If you only have very tiny babies then mark down what you think you would do as this will still be helpful.

When you have finished, add up the scores, it looks a little complicated but it actually isn't too bad!

### **Questionnaire**

[www.ActiveParenting.com](http://www.ActiveParenting.com)

(Active parenting is still having authority but using this in a more sensitive or diplomatic or kinder way).

### **Discuss Findings together**

### **Sum up**

I hope this has been both helpful and interesting. We will be looking at different parenting styles and techniques over the coming months so don't feel lost by the questionnaire or worry. No one way is perfect and often we tend to use a mixture and this is okay.

A favourite saying of mine, is that 'love covers a multitude of sins' . Hurray!! Our children love us and are deeply forgiving when we mess up. We deeply love them and our mistakes are well covered by all the love we shower on them. You might have heard of this expression 'love covers a multitude of sins' or have a similar phrase in your own language. It originally comes from the Bible, in a part full of very wise sayings or proverbs. Our love is a great cure. And by the way, love doesn't mean you like their behaviour all the time!

**(Q one parenting question from anyone? Put others in the box.**

Thanks for coming and we look forward to seeing you in 2 weeks.)

