

Community Café

CHANGING THE LIVES OF CHILDREN
THROUGH CONVERSATIONS THAT MATTER

Cafes Comunitarios

CAMBIANDO LA VIDA DE LOS NIÑOS
POR MEDIO DE CONVERSACIONES IMPORTANTES



Tips for Nourishing *The Whole Host*



Nourish Your *Mind*

- ☉ *Prepare* ahead and plan as a team
- ☉ *Know your material well* enough to have a fluid agenda – Come with a good road map so the group can drive the conversation and still stay on task
- ☉ *Mentally plan for and practice* how you will handle uncomfortable situations
- ☉ When the conversation strays from the topic, *ask the group* if that is their intention
- ☉ *Let people know* a transition is going to happen *before it needs to happen*
- ☉ Ask people to *expand on their comment* or question when you *hear a deeper meaning*
- ☉ In large-group conversations, “*sew*” a *quilt of group wisdom* by “threading” related comments. This allows for deeper connections than “popcorning” responses or doing report-outs.
- ☉ *Listen for themes* in conversations (when ideas connect) and reflect that back to the group in one short sentence.
- ☉ *Develop a spacious agenda* to encourage deeper conversations by not feel rushed or silenced



Nourish Your *Body*

- ☯ *Arrive in plenty of time* to set up and check in with yourself and as a team
- ☯ *End and begin on time*
- ☯ *Make visible what is being learned* by charting or drawing
- ☯ If recording with written words, *write what is said* and not your interpretations
- ☯ *Welcome each person as they arrive* to orient them to the room and child care space
- ☯ *Listen with eyes and ears* to individuals and the group
- ☯ *Continually check the engagement/energy level* of the group - observe each individual and the group as a whole
- ☯ *Talk only when needed* so participants and the group dominates the conversation



Nourish Your *Heart*

- ☯ *Pause* to encourage reluctant speakers and time to reflect
- ☯ *Arrive with the intent to learn* rather than teach
- ☯ *Stay neutral* to comments you agree or disagree strongly with
- ☯ Call a couple of nights before to remind people of the event - *express gratitude for their participation*
- ☯ *Vary the size* of conversation groups and activities to provide opportunity for every person to contribute to the learning



Nourish Your *Spirit*

- ☯ *Use visual art, music, poetry, food, and ritual that is culturally relevant* to the people coming (you can ask participants to help)
- ☯ *Light a spark to start* – start with an activity that connects each person to the larger system
- ☯ *Look for strengths* and opportunities for new possibilities – stay optimistic
- ☯ *Design conversations to allow* the sharing of stories and speaking from a *personal perspective*
- ☯ *Redirect questions back to the group* when possible, (rather than being the expert in the room who answers all of their questions)

