



# **PARENT-TO-PARENT MENTORSHIP PROGRAM**

**For Parents with Children Who Learn Differently**

## **STARTER KIT FOR PARENTS**



## FAQ'S

### **WHAT EXACTLY IS MENTORING?**

Mentoring is a process that always involves communication and is relationship-based. Mentors guide from one's own experience or sharing of experience in a specific area.

### **CAN ANYONE BE A MENTOR?**

Life's a Poodle's Parent Mentors are most often parents who have successfully navigated their son's or daughter's individual learning experience and now would like to 'give back' and support those parents just starting out on this journey.

### **WHERE DO MENTORS AND PARENTS MEET MOST OFTEN?**

Life's a Poodle's Parent Mentors are community-based and as such the mentoring relationship can take place on the phone, thru email or Skype, over coffee or sharing a meal together.

“When we seek for connection, we restore the world to wholeness. Our seemingly separate lives become more meaningful as we discover how truly necessary we are to each other.”

- Margaret Wheatley, ED.D.



# STRATEGIES FOR RECRUITMENT

1. Identify a Parent Mentorship Coordinator within the school. Preferably this person is someone with proven leadership skills and has a positive working relationship with the school administration and staff.
2. Parent Mentorship Coordinator develops an information sheet (See example attached) with details and contact information.
3. Parent Mentorship Coordinator meets with learning specialists, psychologists, school counselor and tutors to explain the concept - LD parents supporting LD parents. Mentorship cards are distributed among staff members to handout to LD parents. Note: Support Staff are often the best resource for finding Parent Mentors as well as identifying parents who might want a mentoring relationship.
4. Parent Mentorship Coordinator announces the program through the school newsletter, PTA/PTO meetings, Parent Information Nights, and other school functions.
5. Parent Mentorship Coordinator meets with Parent Mentors monthly or as needed.

# Parent-to-Parent Mentorship Program

## Information Sheet Example

We are very excited to be launching what we believe to be an innovative approach to supporting parents – a Mentorship Program for Parents with Children Who Learn Differently. Our goal is to give a parent of a child who learns differently hope by connecting them with other parents, those who have walked this path before; someone who can share collective wisdom, listen with compassion and help shift the mindset associated with having a learning difference.

### Who is a 'Parent in Need of Support'?

A parent who:

- Is looking for guidance
- Fears that his and her child will fail
- Is willing to do whatever needs to be done
- Feels frustrated and isolated
- Is afraid of what it would cost
- Wants his and her child to find their passion in life

### Who is a 'Parent Mentor'?

Someone who:

- Experienced successes with a child who learns differently
- Wants to give back
- Is willing to share his and her stories
- Listens with compassion
- Believes all children with learning differences can achieve their dreams and goals
- Understands the importance of self-compassion

### Objectives:

1. To connect a parent in need of support with another person to help alleviate the isolation and break the silence.
2. To feel heard by someone who has already gone through the experience.
3. To share stories, laughter and tears to restore hope.
4. To offer guidance through resources, experiences and collective wisdom.

### Details:

A *Parent in Need of Support* is identified by special ed teachers, psychologists, tutors or physicians. The parent is given our card and/or contact information. We will assess their situation and then match them with a mentor.

**For more information: 206-659-5271 or [poodles@lifesapoodle.com](mailto:poodles@lifesapoodle.com)**