

Touching Hearts Touching Minds Handout #8 Ultrasound (Mother Affirmation) Counseling Tool

What is the key message?

- There are many ways to be a great mom.
- Recognize and celebrate what you are doing right.
- Know that you make a difference in your child's life every day.
- Your actions are powerful and important.

Who should receive this message?

- Any parent.
- Parents lacking confidence in their abilities.
- Parents facing considerable challenges or lacking a support system.
- Parents without positive parenting role models.

How can this message be used?

Open:

- Ask: What makes someone a great mom? That's an age-old question that every mother struggles with.
- *Idea for a group:*
 - A researcher recently did over 1,000 interviews to find out what moms thought about what makes a great mom. But before I reveal their "top ten list", let's make our own top ten list of what makes a great mom. (Record responses on a flip chart, board or paper.)
 - Reveal the Top 10 Characteristics of "Great Moms" gathered from the interviews:
 1. No matter what else is going on in her life, family comes first.
 2. A great mom has achieved the right balance in her work time, family time and time to herself.
 3. Puts her own needs on hold for her children.
 4. Keeps a close eye on her kids' friends.
 5. Puts limits on time her kids can spend with video games and/or the Internet.
 6. Her kids are her whole world.
 7. Family eats dinner together every night.
 8. Teaches her kids as early as possible to be independent.
 9. Puts limits on time kids can watch TV.
 10. Arranges her schedule around her children's school events



- Ask: How does this compare with our top ten list? Which responses do you agree with? Disagree?

Dig:

- How do you feel about your successes as a mom so far?
- What challenges have you overcome?
- What makes you feel like a great mom? Can you tell me about a recent experience when you really felt proud of yourself as a parent?

Connect:

- Without exception, every parent strives to love and protect their child.
- People are rewarded with raises at work and grades at school. Who recognizes and rewards parents? How are they recognized?
- How can being recognized as a great mother encourage you to keep going when times are tough? What can you do to give yourself praise?

Act:

- Recognition is something we all need. Take time to feel good about everything you are doing as a great parent for your child.
- What will you do this week to reward yourself for a job well done?

