

Project Humanities Event Report

Event: Humanity 101 on the Homefront: “Conscious Parenting” and Social Change

Date: Tuesday, August 27, 2019

Time: 6:00 pm - 8:00 pm

Venue: Westside Multi-generational Center

Total attendees: 30

Number of feedback cards: 16

Facilitated by: Lisa Smith, *The Peaceful Parent* Parent Coach

Panelists:

Micheline Green, M.Ed, Integral Master Coach

Emily Winslow, PhD, Associate Research Professor at ASU Dept of Psychology

Jennie Bever, PhD, Executive Director of 4th Trimester

Ann Lynn DiDomenico, Social Services Supervisor in the Education, Families & Community Support of City of Tempe’s Human Services Dept.

- **What three words describe your experience from this event?**
 - Informative, new viewpoints, perspective
 - Educational, informative, interesting
 - Truly informative and rich
 - Parenting, yelling, nurturing
 - Fire, Smart, Women!
 - Fulfilling, informational, attainable
 - Reflection, interest, focus
 - Introspective, connections, looking forward
 - Practical, informative, thoughtful
 - Informative, reassurance, inspiring
 - Critical thinking
 - Self-care, self-aware, empathy
 - Connection, insight
 - Interesting, thoughtful, kind/acceptance
 - Enriched, enlightening, open
 - Fruitful, nourishing, hopeful

- **What new awareness did you gain or what is your takeaway from this experience?**
 - Suggestions, not only for my daughter and my family, but for me as well
 - I have taken a class in Childhood and Adolescence and this session really built on what I was taught in class
 - Focusing on self-reflection and self-evaluation on the Journey of Parenting
 - Would like to spend more time on this subject
 - Patterns - awakening to them; intergenerational transmission, SHIT - stress, habits, irritations, triggers

- The importance of positive, healthy relationships was reinforced. Conversations about rearing children with partners/other caregivers is so critical.
 - I need to think ahead how I will parent in the next developmental stage. Model better (self-care, for example).
 - I don't have any children, but I am a big brother to two kids, and I want to use these tools to be a better brother, an effective third parent in a way.
 - Parenting is the process or change of growing up with kids
 - To be patient, deliberate and self-reflective in parenting decisions
 - What I need to start learning as a future parent. What sources are available for me/the dialogue that is taking place in my community about parenting.
 - Be present for your child and appreciate them.
 - More organizations available to support parents
 - Learned more about conscious parenting
 - So many people truly want to see change
 - Growing humanity is needed and on the rise
- **How might this impact your life or work?**
 - Insights into my relationships with my daughter
 - It has encouraged me to continue to educate myself on this subject
 - More forgiveness of myself. Idea: What is this child teaching me?
 - Would like to spend more time on this subject
 - So excited about the conversation and continuing it and growing awareness
 - Personally, the change or shift in the way I interact with children. Professionally, continuing these conversations.
 - It will help me to be mindful of how I can be more fully present in the moment, or unattaching from the outcome.
 - I think it will definitely help me be a more mindful brother and teacher for children.
 - I can use key parenting principles or skills to my kids who are turning 10 and 12 soon. This event mirrors my life.
 - It is my first step for learning and being the best parent I can!
 - This event helped me realize how important self-care is for parenting effectively. It starts with me....
 - Rethinking many of the talks at our conference
 - It's helpful to step back and think about what's important in parenting
 - I do this every day - events like this make me want to continue.
 - To learn more, explore more
- **Other comments about this event?**
 - Helpful for self-reflection
 - It was a pleasure
 - Wonderful panelists
 - Would have participated more if there wasn't a video camera
 - Well done!

- Some small group conversation would be interesting and make the seminar more active.
 - Thank you for providing this event.
 - I absolutely love it and I feel inspired to learn more!
 - Wonderful event and panel. Great speakers, powerful ideas.
 - Thank you!
 - Thank you for inviting me
- **What other topics would you be interested in learning about?**
 - Non-traditional family situations; adoptive parenting
 - I have also taken a class on Gender and Society and I would be really interested in attending a session on that topic.
 - Parenting today's teens.
 - Mental health and art as a form of therapy. The relationship between activism and art.
 - Resources for parenting kids with special needs.

ASU Staff: 4

ASU Student: 3

Community: 8

Other: 1-professor emeritus

Media and Promotion:

ASU Now, Family matters to ASU's Project Humanities

<https://asunow.asu.edu/20190823-arizona-impact-family-matters-asu-project-humanities>

AZ Culture: ASU Project Humanities Announces Fall Events

http://www.azculture.com/asu-project-humanities-announces-fall-events/?utm_source=AZCulture+Newsletter&utm_campaign=6e97f3a347-Culture_Report5_20_2015&utm_medium=email&utm_term=0_12f80ad118-6e97f3a347-284944849&mc_cid=6e97f3a347&mc_eid=c9643b1b02

Arizona Informant - printed article

WranglerNews

Ahwatukee Foothills News

Chandler Chamber of Commerce

PHX Soul

AZCentral

Arizona Parenting Magazine

Raising Arizona Kids

Emailed MCC profs

ASU Events

Urban Events AZ

ASU English Department Newsletter

City of Tempe Pre-K

AZ Headstart

Child Crisis Center

Modern Milk

North Central Parenting Group
Mesa Public Schools
HRT Az