

Week van de Opvoeding

Piecing things together

Conversation puzzle about parenting

1 What valuable lesson have you learned from your child(ren)?	2 What advice would you give to new parents?	3 How is parenting different from what you expected?	4 Who helps you with raising your child(ren)?
5 What have you learned about yourself as a parent?	6 What do you find important to pass on to your child?	7 What do you take from your own upbringing? Or what do you do differently?	8 Which of your traits do you see in your child(ren)?
9 What do you do that gives you energy?	10 How do you make time for yourself as a parent?	11 When are you proud of yourself in your parenting role?	12 Does your child get to participate in daily decisions, and if so, how?
13 What is your favorite activity to do with your child(ren)?	14 What was a challenging moment and a success moment this week?	15 What do you enjoy about being a parent?	16 What made you laugh this week as a parent?

Puzzle 1 – Conversation puzzle about parenting

Goal: Parents engage in accessible conversation with each other about their experiences as parents.

Activity format:

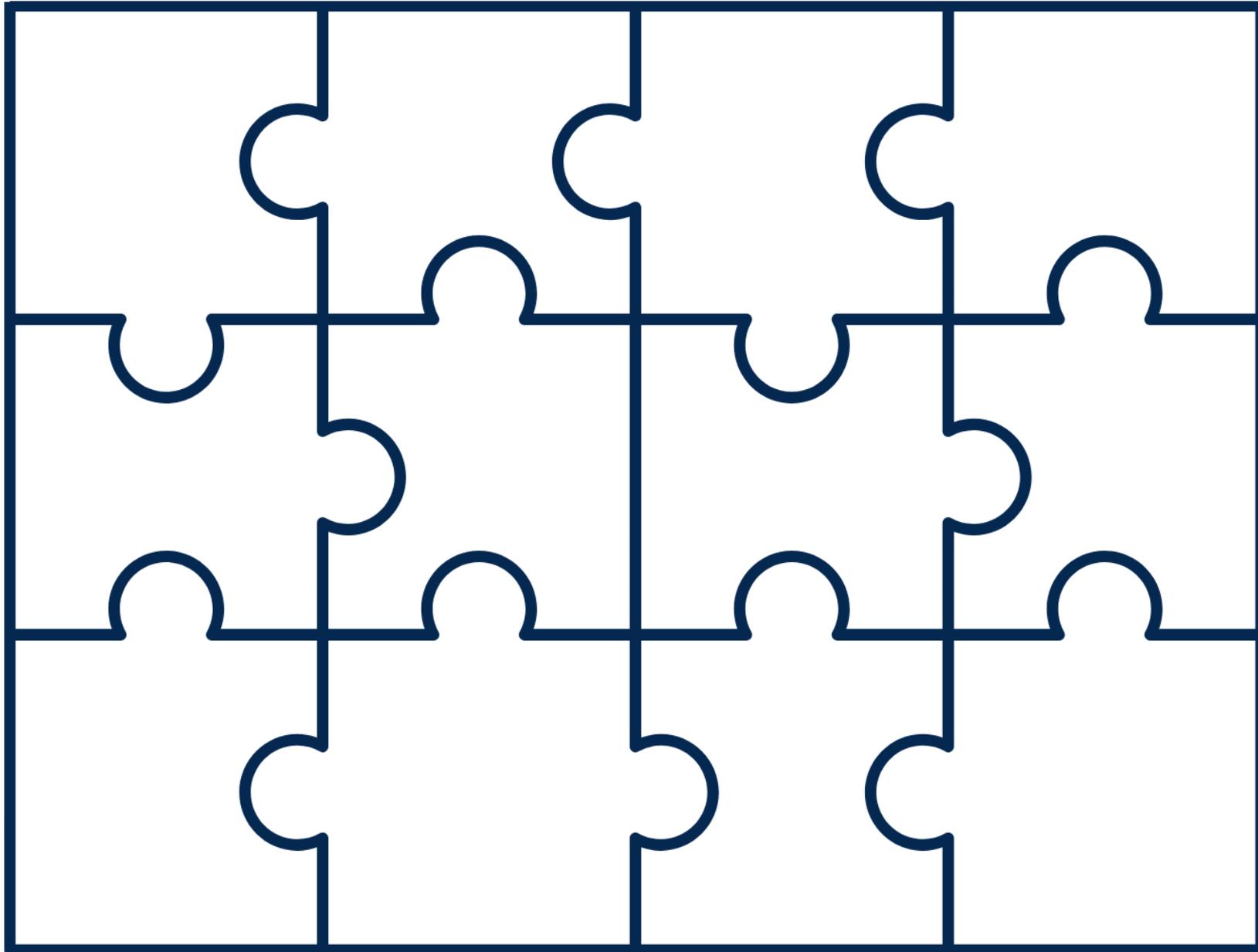
- Have parents walk around and each time approach someone different to discuss one of the questions on the card. Just like bingo: check off questions or work toward completing a full row.
- Prefer to stay seated? Have parents sit together in small groups at a table. One parent takes a turn, while another group member chooses a number between 1 and 16 - or lets the parent draw a number from a bowl. The parent answers the question that matches the chosen number. Then it's the next person's turn. This way, many questions are discussed and open conversations naturally emerge.

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Puzzle 2 – What Do you need as a parent?

Be as specific as you can. It's okay if it's not your current situation, it can also be something you hope for



Puzzle 2 – What do you need as a parent?

Goal: Parents reflect on what they need to fulfill their role well.

Activity format: Parents independently fill in the blank puzzle with elements or wishes that are important in their parenting. This can be done during a meeting, but also at home. The act of filling it in itself can provide insight and awareness.

Example answers include:

- A weekly meal planning schedule
- An hour of time for myself each week
- Help with school pickup

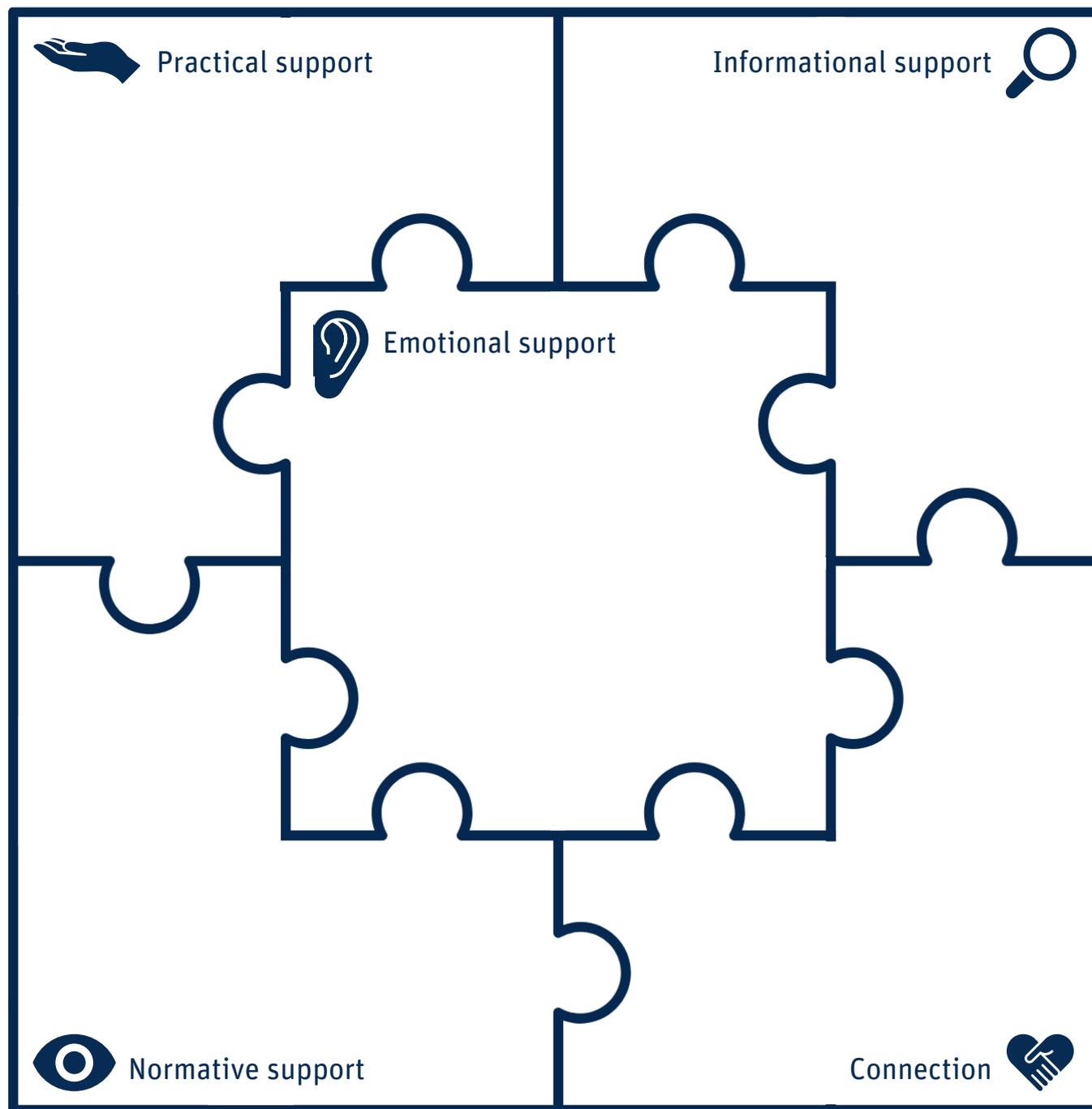
Optional: Have parents then engage in conversation in small groups, for example using these questions:

- What's already working well?
- What's still a wish?
- What do you need to achieve that?
- Who or what can help you with that?

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Puzzle 3- Who or what supports me, and how?



Puzzle 3 – Who gives me support?

Goal: Parents think about what gives them support in parenting and who that support comes from. It's not just about who helps, but also in what way.

Activity format: Parents fill in the puzzle by writing down for each piece who supports them and in what way. Afterwards, they can discuss this with others.

There are different forms of social support that can help:

- Emotional support: a listening ear, sharing experiences, feeling supported
- Practical support: babysitting, help with homework or groceries
- Informational support: help finding the right information or practical advice, for example about dealing with tantrums or school choice
- Normative support: learning from someone you consider a good or caring parent
- Connection: doing things together, belonging, feeling safe and involved

Follow-up questions (optional):

- Am I satisfied with the support I have?
- What am I still missing?
- Who could I involve more?
- How can I strengthen my network?