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# OUR TIME (RTAAM)

Reflection Time for Young Adult African American

Mothers and Children

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**When:** Monthly / Every 3rd Friday of the month

**Where:** Virtual Platform / In-Person Platform

**Fee:** USD 00 Entire Training or \$00 Each Session

**Manual Fee:** Included in the price of the training

**Audience:** Pregnant and Parenting African American Mothers and Children (ages 0-5)

**Facilitator/Content Expert:** Dr. Sheila Sweeney, LICSW

*Reflective Functioning in Young Adult African American Mothers Curricula*

*The parent-child relationship* is crucial to child development because it helps shape the child's sense of self. How parents respond to their children's needs and cues impacts how children (a) feel about themselves, (b) learn to handle and express emotions, and (c) how they relate to others. Therefore, understanding parents' ability to be reflective, and potential challenges to that ability, helps us understand how children feel about themselves and get along in the world.

*Parents' history* impacts the parent-child relationship, whether the parents' history is healthy or characterized by trauma. A mother can be more aware of her child's need for engagement and purposeful parent-child relating if she is aware of her ability to show mental and physical availability to the child. This ability can exist despite the mother's history and experiences.

*Reflective Functioning in Young Adult African American Mothers and Children* (RTAAM) combines learning, interactive experiences, guided activities, and reflection to support your journey. We will develop an online community with other mothers and children to help you feel supported throughout this journey. This community experience links you to a learning environment that provides you with a variety of caregiving support systems.

You will engage in a (1) guided self-study (2) have in-depth discussions (3) brainstorming activities with other mothers and children alike.

**Manual:** There is a support manual that goes along with this workshop. The manual includes slides and activities to use outside of our sessions. The manual is used to assist in the experiential learning process. Presentation Slides and Activities: all power-point slides and activities shown, during training, will not be available as handouts in your manual. The slides and worksheets that can be shared will be included in your manual.

**RTAAM** Workshop includes ten modules (each module covering up to 2 hours of curricula):

**Module 1:** The Basics

**Module 2:** Her Roots, Her Growth

**Module 3:** Her Lineage

**Module 4:** Trauma

**Module 5:** Support

**Module 6:** Reality Check

**Module 7:** Dare to Dream

**Module 8:** Healing Journey

**Module 9:** All Together

**Module 10:** A New Way

**Objectives:** Participants will engage in skills that will challenge them to:

- Examine generational trends of AA parent-child relationships
- Strengthen the family and parent-child connectivity
- Rejuvenate multigenerational relationships
- Support social-emotional development
- Reduce toxic stress
- Reflect and integrate
- Tell your story

**Reference:**

Sweeney, S. (2018). Reflective Functioning in young adult African American mothers (unpublished doctoral dissertation). The Institute of Clinical Social Work, Chicago, Illinois.