



families first Helping families improve children's lives



Join us in thanking and recognizing parents!

Families First recognizes the work that parents do and commends them for the many ways they contribute to their children's lives, as well as the community around them.

Promoting parent leadership is a strengths-based approach to family support founded on the belief that parents are knowledgeable about their families and communities and can provide valuable insight into programmatic and community changes to benefit children and families.

Parents are an essential resource in strengthening the family and preventing child abuse. Recognizing their wisdom and contributions is important, not only in February but all year long.

Families First has dedicated this month to highlight and thank parents for their leadership.

Support Parent Leadership



CIRCLE of PARENTS®

Sharing Ideas. Sharing Support.

Families First supports parent leadership through Circle of Parents®. The parents participating in Circle of Parents® support groups take on a variety of leadership roles within the group. The group is run by the parents using their individual leadership skills. Along with the help of a trained facilitator, they decide the topics, lead the discussion and are involved in the groups' activities. Greeting, welcoming, setting up the room, calling someone who is absent from the group, checking in on a family who is struggling or giving a resource, all are ways parents lead the group. Circle of Parents® encourages the development of parents' leadership skills—not just as parents and group leaders, but in all aspects of their lives.

Families First's groups meet the specific needs of parents: Spanish-speaking parents, single parents, or grandparents raising grandchildren, while other groups are good for parents with children of all ages. They are free and meet weekly in various locations in the metro Denver area. Contact us if you're interested! 877-695-7996

Recognizing a Parent Leader



Fernando was a busy dad trying to provide for his family. One night one of his children came to him and said "Dad, you never have time for us. Why are you always working?" And he responded, "You know what? I have to bring food to you guys. I have to pay bills." He looks back now and realizes that he didn't understand his role as a father.

When his wife invited him to attend the Spanish Circle of Parents group, Circulo de Padres, he was hurt. He said "you know what – I'm working too hard to provide everything to you guys and you push me and say that I don't have time for you guys!" But again, he didn't understand what was really important to his family.

In 2014 Fernando and Martha joined Circulo de Padres. They continue to drive 30 miles every week to attend. They immediately noticed changes in their family. He noticed that his wife was less stressed and the fighting between them had lessened. He said that they learned that that they needed to "walk before they could run". "Before I'm not a real father because I never had time with my kids – I never had time with my wife. So I learned from Families First's group how it's important – that time, how it's important to raise my kids. It helped me to get everything bad inside of me – get it out, and be free to speak. It's amazing."

Fernando recently joined the Spanish Advisory Committee and is an active participant. He invites everyone he knows to join Circulo de Padres because he wants other parents to see the success that his family has experienced and be able to feel the same. "We are not the only family with problems. We have different opinions, we have different situations, and we've got different goals. For any person who has these situations, and with kids especially [they learn how] to handle it, to learn, to go forward. Time is the most important thing for families."

Circles of Parent Leadership

These circles of parent leadership represent the different examples of how parents can grow.

Parents may demonstrate leadership in one or all of the circles - personal, within the group, in the organization, or within the larger community.

Anyone in a parenting role has the potential to be a parent leader. Changes can be made one person at a time or on a larger scale like impacting public policy where many families are affected.



Parents, You ROCK!