



Strengthening Multi-Ethnic Families and Communities

CULTURAL-SPIRITUAL COMPONENT

The Cultural/Spiritual Component Area seeks to validate parents - who they are, and the experiences they bring into the group.

The program encourages parents to reconnect to the positive aspects of their past through discussions of cultural concepts.

Parents develop an understanding of how family, ethnicity, culture, and spirituality influence their current values and behaviors.

When looking at making changes in their parenting styles, parents are encouraged "to keep the value - change the process".

Parents are encouraged to discuss cultural values with their children and to incorporate cultural traditions (either old or new).

In Sessions 6-10, parents are encouraged to share (5 minutes) their traditions and customs with the rest of the group.

The Cultural/Spiritual Component Area acts as a vehicle for bringing our diverse communities together. Parents learn that "we are more alike, than we are different."

ROOTS:
ETHNIC, CULTURAL, FAMILY, SPIRITUAL

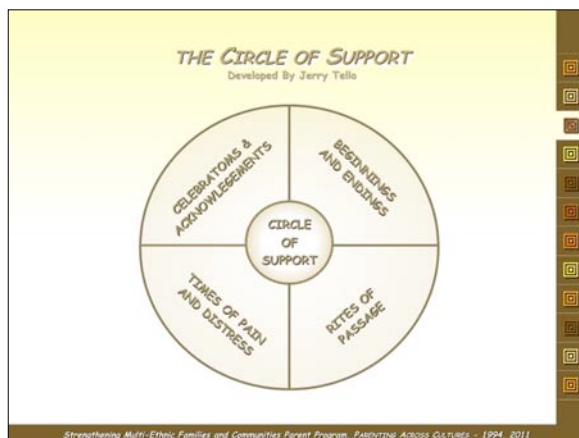
"All Peoples Have a Special Song To Sing"
NOT UNTIL ALL SONGS ARE SUNG IN HARMONY
WILL THERE BE PEACE IN THE WORLD
OUR SONG IS OUR PURPOSE

TRADITIONS AND CUSTOMS ARE HANDED DOWN FROM GENERATION TO GENERATION AND DEPICT THE VALUES OF A CULTURE, FAMILY, OR SPIRITUAL ORIENTATION.

VALUES GUIDE US IN DECIDING WHAT GOALS OR PRACTICES ARE WORTHWHILE OR IMPORTANT. VALUES ARE THE BASIS OF OUR WORLD VIEW AND INFLUENCE "OUR PURPOSE."

OUR PURPOSE INFLUENCES OUR COMMITMENT TO THE WELL-BEING OF OTHERS (FAMILY, COMMUNITY, WORLD).

Strengthening Multi-Ethnic Families and Communities Parent Program, PARENTING ACROSS CULTURES, 2011



Strengthening Multi-Ethnic Families and Communities - A Parent Program Promoting Peace

TRADITIONS AND CUSTOMS

We are more similar and alike, than we are different.

Everyone's culture can be defined by the values, and traditions and customs related to the thirteen categories listed below. Although traditions and customs change over time, we must continue to instill cultural-family-spiritual values. In today's multi-cultural society, we must also help our children learn about and respect other cultures. When we share our cultural/family history with others, we learn that traditions and customs may differ, but basic values are universal.

1. FAMILY: Transitions in Life, Definitions, Roles
2. SPIRITUALITY: Life Cycle, Importance, Orientation
3. COMMUNICATION: Greetings, Gestures, Language
4. FOODS: Types, Social Contacts, Taboos
5. HOLIDAYS/CELEBRATIONS: Cultural, Seasonal, Religious
6. CREATIVE EXPRESSIONS: Art, Music, Dance
7. NATURAL PHENOMENA: Sun, Moon, Thunder, Lightning
8. EXPECTATIONS: Education, Aspirations
9. PETS/ANIMALS: Values, Taboos
10. DRESS: Beauty, Clothing, Modesty, Colors
11. ILLNESS/DEATH: Causes, Cures, Taboos
12. TIME AND SPACE: Values, Personal, Orientation
13. CHILD REARING PRACTICES: Harsh, Permissive, Loving

Culture Relationships Discipline Rites of Passage Community 104
Marilyn Shields, Ph.D., PARENTING ACROSS CULTURES, LA, CA, USA (Copyright 1994, 2011)

