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## LEADER'S GUIDE:

**Like Daughter, Like Mother** by Margarita Pavon  
Learning confidence from my daughter.

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### DISCUSSION FOCUS:

**Desire to connect.**

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### ACTIVITY GOAL:

**Participants will define the kind of home environment they want to create for their children.**

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### STORY SUMMARY

*As a child, Margarita lives apart from her mother for many years, and is afraid to open up to her when they live together again, even though she craves a stronger, more positive connection. Margarita develops into a shy, worried young woman.*

*As a parent, she hopes to make it possible for her children to feel connected and close to her. She admires her daughter's confidence and begins to take risks opening up herself.*

## DISCUSSION GUIDE

### GROUP INTRODUCTION: 10 minutes

Today we're going to talk about the home environments we want to create for our children. So many of us felt as children that we wanted our parents to listen to us and that, at times, we felt unsafe or shut down. As parents, we struggle to balance our children's demands with our own needs. Taking even a little time to listen to and notice your children can help you and your children feel close, connected and confident.

- How do you feel about this topic?
- Do you have experiences related to this topic that you'd like to share before we get started?

## READ AND DISCUSS STORY: 15 + 30 minutes

Read the story out loud as a group. Help participants recognize the writer's emotions and coping mechanisms and their own. Go back over important moments in the story and ask the participants about how they've handled similar experiences:

STORY MOMENT	DISCUSSION QUESTION
Margarita does not feel safe expressing herself to her mother.	How safe and open was the home environment that you grew up in?
Margarita hopes that her children will grow up feeling more confident and connected to her.	How would like your children to grow up feeling about themselves?
Margarita has tried to create an open environment by talking to her children about their feelings and trying not to get too mad.	How have you tried to create a safe and comfortable environment for your children?
One barrier to creating an open environment is that Margarita herself feels sad, jealous and closed at times.	What barriers—including your own sad or closed feelings—do you face in creating a comfortable home environment?
Margarita is learning from her daughter that it is OK to express her own needs and feelings.	What have you learned from your children?

## JOURNAL TIME: 15-30 minutes

By writing in their journals, participants can more deeply reflect on their experiences and the steps they can take to strengthen themselves and their families. Hand out the "Journal Reflections" worksheet and give participants 15-30 minutes to write. They can share their responses with the group or in pairs, or after the workshop with a counselor, therapist, or peer.

**NAME:**

**DATE:**

**JOURNAL REFLECTIONS: Like Mother, Like Daughter** by Margarita Pavon

Margarita was deeply affected by being separated from her mother and then, when they reconnected, by her mother's harsh parenting style. At the same time, Margarita learned a positive parenting style from her grandmother and tries to be similarly gentle and understanding with her children.

Take some time to reflect on the elements of your childhood that you do and don't want to pass on to your children. Use the questions below to guide your reflections.

1. What connections or activities helped you feel confident and safe as a child?

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2. What made you feel unsafe?

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3. How do you think you create a safe and comfortable home environment for yourself and your children?

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OVER 

4. What challenges do you face in helping your children feel safe and connected?

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### **ACTION STEPS**

Simple steps, like creating a time to talk with your child each day, can help you build a close connection. Write down 2-3 steps you could take to help your child feel valued.

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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### **A SUPPORTIVE CONNECTION**

I plan to get support and encouragement by talking about my reflections and action steps with:

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