



Supplementary file 7: Healing the past by nurturing the future project: First round Parent discussion group facilitation guide

Prior to discussion group: Task	Who	Status	Task	Who	Status
Preliminary consent					
Date set					
Arrange support					
Organise catering/refreshments					
Book venue with breakout room					
Arrange travel/taxi vouchers					
Organise payment and receipt system and basic demographic info and follow-up					
Order art materials (paper/pens etc)					
Prepare recording equipment (and practise)					
Print information and consent forms					
Organise psychological support for day					
Discuss and print out participant distress protocol					
Delegate tasks					
Request mindfulness colouring books to give to keep					
Collate 'thankyou packs' (books/pencils etc)					
Prepare things to look at (large prints of artwork; newsletters; coolamon)					
Prepare thankyou cards with information about local supports					
Draft scenario/text					
Arrange childcare and activities for kids					



On the day	Segment	Purpose	Activity	Materials/notes
9.00am 60 mins	Setting up the focus group environment	Creating a safe environment	Set up: <ul style="list-style-type: none"> • furniture to make a talking circle • Table to one side to draw on • art and other materials, including cards on a sideboard with cues from other research • information and consent forms • tea/coffee/water/ milk • signage • safe break out area • mindfulness colouring books (pens, rocks etc) • newsletters for project • something to look at (poster/artwork on A3) – laminated • Set up activities for children 	Recorder (use audio pen to write notes/observations (including related to images) at the same time) Name badges (if required)
10am- 15 mins (or longer if needed/preferred)	Greeting participants as they arrive and going through consent process	Make participants feel welcome Obtain signed consent	<ul style="list-style-type: none"> • Talking participants through the information sheet and consent forms • Offer people a cup of tea/coffee and refreshments • Housekeeping- let people know where toilets are/ break out rooms • Brief facilitator introductions • Childcare arrangements 	Information sheets Consent forms Name tags
10.15am 15 mins (longer if needed to assure group safety and comfort)	Welcome/introductions	Introduce participants to each other (if necessary) and introduce selves Create a safe space	<ul style="list-style-type: none"> • Circle up first/ can sit if around table • Introductions and activity to help people feel safe and welcome- using strength cards- to share their inspirations or why they were drawn to that card. • Brief reflective activity (e.g. holding a rock, leaf (paint if wanted to leave behind at end of day). Eg <i>“We know that parenting can be hard, particularly if parents have difficulties in their own childhood. We all bring our own experiences to these discussions today. We pass these rocks/leaves for you to hold during these discussions, and then at the end of the session we can have a little reflection and either leave any heaviness behind’ or return the leaf to the ground to enrich the soil, as a symbol of your rich contributions today. To help us</i> 	



			<p><i>leave this behind as we go back to care for our own precious children and families.”</i></p> <ul style="list-style-type: none"> • Acknowledge potential for triggering (and explain normal responses) and suggest strategies to minimise symptoms (including breakout/mindfulness and tip sheet). • Psychological support available and card and mobile number. • Opportunity to ask questions. • Ground rules for safety (respect what other people say, can leave if feeling uncomfortable, psychological support available and distress protocol, everything said is confidential, will not be asked about own experiences – will use a ‘story’ of Walpa (scenario)) 	
10.30	Pre-discussion and Discussion for activity 2	Facilitate discussion about key issues for parents (barriers and enablers)	<ul style="list-style-type: none"> • Explain purpose of the discussion group and how it will work (brief consent recap), what we mean by complex trauma. <i>“We know parenting can be hard, especially for parents who have had a challenging childhood themselves. We also know that children bring a lot of love and joy into the world with them, which needs to be nurtured, and this can help parents to heal. The purpose of the discussion today is to learn how we can support parents who have had difficult childhood themselves to heal and nurture their children. We will do this by sharing the story of Tjulpa and Walpa, and creating a ‘tree’ which shows how we can best support Walpa”</i> • Give out Tjulpa and Walpa books and read aloud • Turn on recorder <p>Participants draw a tree and then use sticky notes to create discussion around: (5mins)</p> <ul style="list-style-type: none"> • The roots /ground– what are the things from there past that may be impacting on Walpa [and her partner] now (5 mins) • Trunk – strengths – what’s helping to keep them strong? (5) • Branches – what are the hopes and dreams for these parents? (5) • Leaves etc – what are the things that are going to help them to get there? (individual (flowers)/family & community(leaves)/services (butterflies)/society (fruit) (10) • Clouds – what are the challenges? and (rainbows) what might help them to overcome these challenges? (5) 	



11.30			Show cards with information on strategies from other parents- discussions [represents 'forest' of many trees'] - key issues of working together	
11.50			Show draft questions to ask parents about areas of distress and strengths?	
12.20			<p>Final reflection (leaves/rock) and finish up</p> <ul style="list-style-type: none"> • Acknowledge difficulty of this discussions and ask people to think of how they are feeling (grounding exercise). • Invite people to have a quiet minute or so for reflection and then to drop the leaf/stone into the coolamon to symbolise leaving any stressful feelings behind and how what they are contributing is for our future generations. • Invite people to share with the group as they do this if they wish – but no obligation. If they want they can discuss the symbolism of any painting on rocks etc. • Give thankyou cards with contact details for any support services if needed. • How to get information back • Reinforce how important their wisdom is and that they are contributing to something much bigger than all of us that we hope will help parents to heal and be strong and able to experience and nurture the joy and love that children bring into the world with them. • Explain what we will do with the information shared now and how we will discuss to check we have understood correctly first and then give that information back in written form (or visit if needed). • Give gift vouchers/funds and ensured everyone able to get home ok, etc. 	
12.30	LUNCH			