

The Mothers of Preschoolers Model

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Key Elements

1. Morning Tea.
2. Welcome and Announcements.
3. Mentorship.
4. Small Group Discussion.
5. Creative Activity.

"MOPS has made me more comfortable around other mums, when I would have run away normally."



Hospitality

Making people feel welcomed:
Name tags.
Role.
Follow up cards - we've been missing you.



"I love the morning tea. Great variety and healthy options too!"

Making people feel spoilt:
Morning tea.
Things to think about - Allergies, food hygiene.

Hospitality

Making people feel at home:
Decor - Decorate the room and tables.






Welcome

Celebrating life together:

- Birthdays - Present box and card.
- Announcing pregnancy - chocolates box.
- Newborn baby presents.
- Icebreaker games:
http://www.activityvillage.co.uk/ice-breaker_games.htm

- Birthdays.
- First tooth out.
- First visit to group - welcome bag.

Announcements

"Announcement time is good, it helps everyone know everything at the same time."

- Display board or table.
- Find brochures at local community hotspots - gym, kindy, church, council, library.
- Keep brochures in a bag for easy set up and pack up.
- Contact your local council - request to go on their email list.
- e.g. Playford Council Family brochure.
- Promote a local and/or global cause.
- Have a regular newsletter.

Mentorship

- 20-25 minutes of teaching on issues relevant to the group.
- Mentor talk, Guest speakers and DVDs.
- Examples for children include:
 - o First aid training
 - o Dog safety
 - o Early literacy
 - o Bullying and social skills
 - o Safe internet use
 - o Veggie Tales - character building.
 - o Fire Brigade



Mentorship

"I am more purposeful in my parenting because of the mentoring time."

"It has given me a lot of perspective and insight into issues and learning tools necessary for child rearing."

"I am learning how to keep myself healthy as a mum emotionally and physically."

"I feel encouraged and supported knowing others are going through the same issues as me."

Small Group Discussion



- 3-6 people per group
- 4-5 questions related to mentor time
- Great opportunity to teach respect, listening skills and encourage leadership development for those facilitating discussion.

Small Group Discussion

"I liked having the chance to hear others and to be heard."

"I know this is a safe place to discuss issues and problems with other mothers."

"People seem relaxed and comfortable to share. There are no put downs."

Creative Activity



- Non expensive.
- Quick and easy to make (45 mins).
- Internet ideas - pinterest.com, Activity Village.
- Guest demonstrators, e.g. Zumba.

Can relate to mentor talk -



- First aid kits for car.
- Healthy snacks.
- Ideas box for rainy days.
- Cake gifts in a jar.
- Theme craft - Christmas.
- Paper planes, origami.

Finances



- Free come and try sessions.
- Small ongoing fee.
- Accountability.
- Fundraising ideas:
 - Community Sausage Sizzles.
 - Car boot sale.
 - Chocolates.
 - Crazy Camel Cards and Calendars.
- Grants - GrantGuru.
<http://community.grantready.com.au>

Using a TEAM approach



- Coordinator
- Mentor
- MOPPETS Team Leader
- Creative Team Leader
- Hospitality Team Leader
- Finance Team Leader
- Publicity Team Leader
- Service Team Leader

"I've learnt the importance of relationships, respecting everyone's unique personality and skills and enjoying what each of us can bring to the group to make it fabulous!"

Thank you