LET'S MAKE CONNECTIONS

COMPASSIONATE FAMILY ENGAGEMENT
• Assistant Director, Partnership for People with Disabilities, School of Education at VCU

• Director, Center for Family Involvement @ VCU

• Facilitator, VDOE Family Engagement Network

• Parent, 27 yr old daughter with physical, intellectual and sensory disabilities

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Roles of Families
Family Engagement is not just about activities, but about process.

Things We Can Change (Parent)

- Knowledge
- Behaviors
- Beliefs
Things We Can Change (School)

- Teacher confidence
- Behaviors
- School communication
Things We Can Change (Parent-School)

- Collaboration
- Communication
- Partnering
All families want the best for their children

All families have the capacity to support their child’s learning and well-being

Families and Educators are equal partners
COMPASSIONATE FAMILY ENGAGEMENT

Compassionate Relationships
Compassionate Communication
Compassionate Empowerment
Compassionate Reflection
Compassionate Continuous Improvement

Source: VDOE Family Engagement Network
COMPASSIONATE COMMUNICATION
When we pay attention to the words we use and the way we use them, we improve the odds of strengthening and deepening our most meaningful relationships.
COMPASSION CONTINUUM

sympathy
thoughts

empathy
thoughts and feelings

compassion
thoughts, feelings and actions
THE WORLD IS CHANGING
We cannot do personality transplants
THE RADICAL CANDOR FRAMEWORK:

a compass, not a personality test!

CARE PERSONALLY

Ruinous Empathy

Compassionate Candor

CHALLENGE DIRECTLY

Manipulative Insincerity

Obnoxious Aggression

Source: Kim Scott

https://www.radicalcandor.com/candor-criticism-during-a-crisis/
When you give other people the gift of your attention and empathy, it makes them feel understood and they become more open to hearing what’s on your mind.
BUT

hold up
OUT OF ORDER

Hippocampus
Regulates memory and emotions.

Amygdala
Turns on fight or flight, and stores memories of the event.
Manage Energy NOT TIME

Source: Harvard Business Review
Hold out your hands and squeeze them into fists (for at least 30 seconds). What emotions arise as you clench your fists? How do you feel?

Open your hands and turn your palms upward. What emotions arise? How do you feel?

Extend your palms and arms forward. How does this make you feel?

Place one hand in the other with both palms facing upward. Slowly bring them to your chest. Feel the warmth...the gentle pressure...breathe gently. Reflect on your feelings with this last change. How do you feel?
Thank you