



# A RECIPE FOR GROWTH

HOW TO GROW A PLANT	HOW TO GROW A PARENT LEADER
First, start with a seed.	First start with a parent. Look in your group, program or community.
Put the seed in soil wherever a plant is needed.	Identify a place for the parent to grow in: a group, an assignment, a committee, a board.
Make sure it is where the sunlight can reach it.	Provide meaningful opportunities. Ask the parent's opinion or give him or her task that allows for genuine contribution.
Weed and remove obstacles (rocks, sticks) that might stunt the plant's growth.	Support the parent with child care, travel reimbursement, etc. and remove any impediments in the way.
Fertilize and water.	Nurture the parent as they grow in their leadership roles. Support the parent by providing opportunities, and help when needed.
Step back and watch it grow.	Step back and watch the parent grow!
Prune; pinch a leaf or two, maybe put in a stake to hold it up.	Offer suggestions, additional training (speaking, writing). Prop them up when things don't go as planned.
Harvest seeds, grow another plant.	Watch the parent support and nurture other parents.
Enjoy the beauty of what you have grown.	Enjoy the wonder of parent leadership.

Adapted by the FRIENDS Parent Advisory Council from the 2010 Circle of Parents® National Parent Leadership Month celebration, an Initiative of Parents Anonymous®.