

No parent left behind



EXPLORING EDEI IN GRASSROOTS PERINATAL MENTAL HEALTH

SQUIGGLETIME



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Exercise 1

Write a sentence for each of these prompts, relating to yourself as a parent, or as someone you worked with



I remember . . .



I saw . . .



I felt . . .



I want . . .



I don't want . . .

Exercise 2



Write down 3 words to describe the pivotal moment of parenthood you had or observed in someone



Think about a time you didn't feel included (as a parent).

Write down 3 words about how it made you feel



Think of a parent you have met, either socially or through your work, who you felt wasn't included. Write down 3 words that you observed about them

Exercise3

On your joint postcard (with the person next to you)



Combine your list of 18 words



Use as many of these words as possible to make sentences – using any other verbs / adjectives as needed



You are creating a found poem

The background features a white space with several stylized leaves in various colors (purple, orange, blue, green, pink) scattered around. At the bottom, there is a row of green grass. The word "SHARING" is centered in a large, bold, pink font with a light blue glow effect.

SHARING

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