



Parent workshop

Video title: **PETAPAN (DAYBREAK)**

Director: Martin-Pierre Tremblay

Length: 3:02

Goals

- Discuss and reflect with parents about:
 - the awakening of their family and the support they offer their children before they go to school;
 - how they share household chores between them;
- Have breakfast at school with their children.

Activities suggested for the workshop

- Cooking activity with a chef (or with a male and a female chef);
- Pancakes contest;
- Hairdressing workshop for moms and dads, etc.

Questions to ask after watching the video

1. What were you thinking about when you looked at the video's images?
2. What is the role of the father in the video? What is the role of the mother? Could it be different? Could they accomplish each other's role?
3. How are the children behaving?

Role modeling

1. How were breakfasts organized at home when you were a kid? At your friends place? Which roles did your mom and dad played?
2. What is your best breakfast?
3. How do you bring your children to eat breakfast? to dress-up? to brush their teeth? to comb their hair? wash their face? prepare their schoolbag? What are your tips and tricks?
4. How could you better share responsibilities with one another to make the breakfast routine more efficient?