

Building Your Parenting Tribe



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Tribe Definition [trahyb] noun

- a) A group of people who share a common language, customs and beliefs
- b) A large family

Want to build your parenting tribe? This process works if you want to create a formal parenting tribe, such as an in-person or online group, and it also works if you are feeling lonely or isolated and want to build an informal community of support.

STEP 1

Community Starts With Self

Before you start and seek out community, it's important to get comfortable with yourself. You are entitled to having an awesome community. You have gifts to give, lessons to share, and people are lucky to have you in their lives - even if you are going through a hard time.

Questions to get you started:

What are three things that are awesome about me?

What have I learned that I can share with others?

What would belonging to a community give me?

STEP 2

Get Clear On How You Want Your Parenting Tribe to Feel

Once you feel ready to put yourself out there, it helps to know what kind of parenting tribe you want to cultivate. Start with how you want to feel before you start looking for them.

Questions to consider before you start looking for other parents:

How do I want to feel when I am with my parenting tribe? (Safe? Fun? Radical?)

What kind of parenting supports could I use most? (Emotional? Physical?)

What helps me feel safe when I am not as my best as a parent?

STEP 3

Seek Out Others With Intention

There are lots of different types of parents in the world, but not all of them are your people. Thankfully, there is a community for everyone, but it is helpful to get clear about the type of people you are looking for. Creating a list of criteria can assist you in narrowing down who might be a good fit and where to find them.

Questions to help you figure out who you want in your parenting tribe:

What are the values that I want to see in my parenting tribe?

What behaviors do I want to see from the people in my parenting tribe?

What do I want to be expected of me and what do I expect of others?

STEP 4

Cultivate Your Parenting Community

Now that you have reached out to those who feel like a good fit, it's time to start building relationships with them. Start by demonstrating vulnerability, offering support, and speaking authentically about the parts of parenting you find hard. You can also ask your parenting tribe what they want to get out of this community.

Questions to boost engagement:

How can I encourage the sharing of stories and vulnerability?

How can I ensure that the parents in my community can ask for help?

How will I deal with conflict or disagreement?

STEP 5

Be Patient And Let It Grow

A tightknit community doesn't happen overnight. It's okay to let it grow slowly. Remember that you are looking for quality and now quantity. Although it can be tempting to want to keep your tribe all to yourself, it's important to allow it to shift and grow to ensure it doesn't become a closed off group.

Questions to keep you growing:

How can I ensure my parenting tribe is welcoming to others?

How can I connect the people in my parenting tribe to others?

How can I express gratitude and appreciation for those in my parenting tribe?
