

## THE PEPS GUEST SPEAKER LIST: INFO FOR POTENTIAL SPEAKERS

PEPS – the Program for Early Parent Support – welcomes area professionals who are interested in volunteering as guest speakers at our parent support groups.

### Basic Information about PEPS Meetings

PEPS offers several types of groups, serving approximately 1800 families per year. At all meetings, parents attend with their babies/children.

- **Newborn Groups** (babies 0-4 Months). Meetings are held in the homes of group members. A typical daytime group might have 8-10 moms & babies in attendance, plus the leader. A typical evening group might have 5-6 couples, 1 or 2 moms attending solo, and 7-8 babies.
- **Baby Peppers** (babies are 5 – 12 months), and is led by a volunteer. A typical group is 8-10 moms (or Dads) & babies. Baby Peppers are held at community sites in West Seattle, Queen Anne, Phinney Ridge, Redmond, Bellevue, and Mountlake Terrace.
- **Little Peppers** is for families with two children under age 3, and led by a professional facilitator. A typical group is nine moms & babies, and 7 toddlers (some of the toddlers may be at pre-school or daycare.) Groups held at sites in North Seattle, West Seattle, and Bellevue.
- **Alumni PEPS Groups:** Each PEPS group meets for a 3-month session with a PEPS leader, and all are encouraged to continue meeting on their own for as many weeks, months, or years as they choose. On-going Groups also have access to our guest speaker list and may contact you.

A typical PEPS meeting is divided roughly in half, with the first half a check-in where the families discuss their week, and the second half is structured as a topic discussion. The leader guides these discussions, and may plan to have one or two guest speakers over the course of their 3-month session. Typically, the guest speaker attends for half the meeting time, roughly 40-60 minutes.

PEPS meetings can be busy and loud, with the possibility that at any given time any one or more babies in the room may be crying, feeding, having its diaper changed, or being distractingly adorable.

### Role of the Guest Speaker

Your role would be to serve as an expert resource on a topic of interest to parents. PEPS groups are based on mutual support and shared information, so we encourage you to present information in an interactive, discussion-based manner if possible, rather than presenting a formal “lecture” on a topic.

You are welcome to distribute related handouts, but this is not required of our speakers.

PEPS believes in providing a safe, non-judgmental environment which acknowledges that there is no single “right way to parent”, but that all parents are doing their best, based on their own priorities and values. The role of the speaker is to provide a variety of options which parents can evaluate, and incorporate into their parenting as they see fit.

### Limitations on the Guest Speaker

PEPS has a strict “no-sales” policy. When introducing yourself, you are welcome to share a little about your background/expertise, and welcome to give out business cards with your contact information and leave behind brochures advertising your services.

You may not suggest to parents that they use your service/buy your product. You are not allowed to collect contact information from the participants. Certainly, if you have a service or product they are interested in, they are welcome to contact you at any time, as long as they initiate contact.

### Logistics of Guest Speaking

1. We encourage any adult visiting PEPS groups be current on their Pertussis Booster (Tdap).
2. Prospective speakers complete our application and agreement, which includes questions about availability, both in terms of schedule and the geographic area they can cover.
3. Upon approval, they are added to the guest speaker list. The list is distributed to leaders at volunteer trainings, and is also available on the “leader resources” section of our website.
4. Leaders may contact you to invite you to their group. They are encouraged to contact you with several weeks advance notice, and to propose several alternative dates when you could come. We encourage you to get back to them within 3 – 4 days so that they can plan and communicate to their groups.
5. After the group, leaders give their feedback to the PEPS staff, and we send that feedback to you whenever possible.