**SofCon Parent Partnership Guide 1.1**

**Participation, Expectations & Agreements for Families**

At SofCon, we are not just building a school—we are co-creating a **living, conscious learning community**. This model only works when families are engaged, communicative, and invested in the collective experience. Our facilitators hold the container, but **the culture is shaped by everyone**.

This document outlines the key expectations for parent involvement and participation.

**1. Required Contribution**

Every family is asked to contribute to the co-op in one or more of the following ways:

**Time-Based Contribution (Minimum: 4–6 hours/month)**

* Volunteer in the classroom (rotation schedule available)
* Support during off-site activities or field trips
* Assist with setup, cleanup, or materials preparation
* Lead or co-lead a workshop, story, or enrichment experience
* Help organize events, parent circles, or seasonal celebrations

**OR**

**Financial Contribution**

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If time is limited, families may choose to contribute financially at a tier that supports the facilitator and program structure. A sliding scale tuition system is in place to ensure accessibility while honoring sustainability.

**2. Required Home Learning Contribution**

In order to comply with Missouri's 1,000-hour homeschool law, SofCon provides 5 hours of instructional time per day, Monday through Friday, year-round. This structure easily meets legal requirements.

However, we **require families to log at least 100 hours of home-based learning per year** (~2 hours/week), which may include:

* Reading aloud or independent reading
* Nature walks or outdoor exploration
* Cooking, gardening, or other life skills
* Educational games, puzzles, or crafts
* Reflective conversation or journaling
* Documentaries, museums, or travel-based learning

A **simple enrichment log** will be provided for this purpose. This keeps families engaged in their child's learning journey while reinforcing the home–school connection.

**2. Parent Presence & Communication**

* **Attend orientation and seasonal family check-ins** to stay aligned with your child’s growth and the community vision.
* **Maintain open communication** with the lead facilitator about your child’s needs, challenges, and shifts.
* **Model respectful, conscious communication** with all children, families, and staff while on-site or at events.
* **Participate in resolution processes** when needed with the understanding that all conflict is an opportunity for growth.

**3. Community Agreements**

By joining SofCon, you agree to:

* **Respect the sovereignty of each child** and family, even when approaches differ
* Support a screen-light environment by **limiting personal device use during school hours**
* Honor confidentiality within the community when sensitive matters arise
* Contribute your energy with **presence, intention, and generosity**, understanding that co-creation requires engagement
* Let staff know in advance if you will miss a volunteer shift, be late for pickup, or have other life circumstances affecting your involvement

**4. Optional (But Encouraged) Opportunities**

* Join a **monthly parent circle** for reflection, skill-building, and community integration
* Offer your **gifts or passions** as a guest teacher or guide
* Participate in special projects (e.g., gardens, murals, workshops)
* Help mentor new families as the community grows

**5. Withdrawals & Transitions**

We ask families to give at least **30 days notice** before exiting the program. This allows time for energetic closure, space-holding for your child’s transition, and planning support for the larger group. Refunds are not guaranteed but will be reviewed with fairness and care.

**Supporting Conscious Learning at Home**

SofCon is not a five-hour container—it’s a lifestyle. What happens *at home* is just as powerful as what happens in the classroom. Children thrive when their learning, regulation, and sense of wonder are **mirrored and reinforced** in their home environment.

**1. Cultivate Rhythm, Not Rigidity**

Children feel safest when life flows in a **predictable, loving rhythm**. This doesn't mean strict schedules—it means energetic patterns they can trust.

**At home, this might look like:**

* Morning rituals: candle lighting, breath, music, intention setting
* Mealtimes with gratitude or mindful silence
* Consistent bedtimes with storytelling or reflection
* Allowing for both creative time and rest time in the week

Think of rhythm as the *heartbeat* of the home. It sets the tone without micromanaging the moment.

**2. Protect Presence**

What children need more than stimulation is **attunement**. Your presence matters more than perfect words or plans.

**Try this:**

* Put your phone away during transitions (waking, meals, pickup/drop-off)
* Make space for eye contact, unhurried conversations, and simple connection
* Offer spacious listening when your child tells stories about their day—even when they seem small or strange

When you’re fully present, they feel safe to bring their whole self forward.

**3. Create a Yes Space**

Your home doesn’t need to look like a classroom—but it can feel like a sanctuary for curiosity.

**Suggestions:**

* Set up a small shelf or corner with open-ended materials: blocks, art supplies, books, musical instruments
* Offer materials with no set outcome—think clay, natural objects, fabric, loose parts
* Allow mess and unstructured time when possible

Children need environments where they can explore without judgment or correction.

**4. Speak the Language of Energy**

Help your child become fluent in their own internal state.

**Ways to support this:**

* Use simple language like: “How’s your energy today?” or “Do you feel more open or more tight right now?”
* Model your own check-ins: “I’m noticing my body feels rushed. I think I need a few breaths.”
* Teach that emotions are just **energy moving through**—not problems to fix

The more you normalize energy literacy, the more empowered your child becomes.

**5. Honor Integration**

Not all learning looks like output. A lot of it looks like stillness, solo play, or spontaneous expression days (or weeks!) after the fact.

**To support integration:**

* Let your child process without needing to report or perform
* Encourage journaling, art, or movement as outlets for internal growth
* Reflect gently: “What stuck with you from this week?” or “What surprised you?”

Trust the process. What’s happening beneath the surface is often profound.

**6. Mirror the Model**

SofCon emphasizes **emotional regulation, compassionate boundaries, and conscious response**. When children experience the same values at home, their nervous systems relax and learning deepens.

**Simple ways to align:**

* Use conscious discipline at home (connection before correction)
* Talk openly about feelings, needs, and repair when ruptures occur
* Practice what we’re teaching: breathwork, presence, self-reflection

You don’t need to be perfect—you just need to be practicing.

**7. Include, Don’t Pressure**

Your child is not just part of SofCon—they’re part of a family field. Include them in:

* Meal prep
* Chores
* Conversations about the moon, your dreams, their questions

Avoid asking “What did you learn today?” Instead, try:

* “What felt really good today?”
* “Did anything weird, funny, or surprising happen?”
* “What do you feel proud of this week?”

Curiosity invites more than interrogation ever will.

**Final Thought**

When home and school share a **frequency of presence, rhythm, and love**, the child begins to see the world as coherent. That coherence becomes the foundation for self-trust, growth, and creativity. You are not just supporting your child—you’re **co-anchoring the field**.