

# HOW TO START A PARENT POD

## THE BASICS



Since the onset of COVID-19, Pandemic Pods, Learning Pods, and Parent Pods have been popping up all over. Pods are built from relationships you have with folks in your neighborhood, faith group, school, or workplace.

Kōkua aku, kōkua mai, pēlā ihola ka nohona 'ohana. Give help, receive help, that is the way of family. Pods are built on reciprocity. For every hour that you help me with childcare, tutoring, outdoor play or sports activity - I contribute an hour back to you.

This guide will help you get your Pod started with one or a few other parents.

## STEP 1: THINK ABOUT YOUR NEEDS AND EXPECTATIONS

Are you looking for someone who will invest in the academic growth of your child? Or do you need an "Aunty" who will keep them safe and fed while you are at work? Is your schedule set in advance, or will it be flexible week-to-week? Will the parent need to provide all snacks and meals for their child? Having clarity up front will mitigate breakdown in relationships later.

## STEP 2: REACH OUT AND CONNECT

No be shame! We are all in this together. Ask other parents in your social networks if they would like to form a Parent Pod.



## STEP 3: COMMUNICATION IS KEY

Remember, Pods are built on relationships - and relationships are built on trust. Parents should commit to open, ongoing communication about their experience in the Pod.

