

# **FAMILY FARM TEAMS**

## **WORKBOOK**



**UNIVERSITY OF  
CANBERRA**

| **CENTRE FOR SUSTAINABLE  
COMMUNITIES**

## **About this workbook**

This workbook was developed as part of a project conducted by the Centre for Sustainable Communities, Faculty of Education, at the University of Canberra, Australia.

<https://www.canberra.edu.au/research/faculty-research-centres/csc>

It was funded by the Australian Centre for International Agricultural Research

*Improving opportunities for economic development for women smallholders in rural Papua New Guinea* see <http://aci-ar.gov.au/project/asem/2014/095>

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For more information about the Family Farm Team work, please see:

**Web site** <https://www.canberra.edu.au/research/faculty-research-centres/csc/family-farm-teams-program>

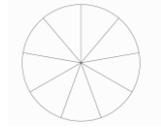
**Facebook** <https://www.facebook.com/pngwomenfarmers/>

# FAMILY FARM TEAM

The family farm teams program helps us think about the work done by women, men and youth. The program shows some ways that families can make their work more equal and shared. It also helps families learn to plan and make decisions together.

There are 4 workshops.

- *Module 1: Working as a family farm team for family goals*
- *Module 2: Planning your family farm as a family team*
- *Module 3: Feeding your family farm team*
- *Module 4: Communicating and decision-making as a family farm team*



### **The Family Farm Team Circle**

The Family Farm Team Circle helps us think about the workload of men, women, grandparents, youth and children in the family. We then think about how the work can be shared so that the skills of everyone in the family can be used and every-one has a fair workload. —List all the people in your family —Draw a circle —Divide the circle into sections that show how much work each person does in the family home and in the family farm—Write the names of each person in their section. Now think about how the work could be shared and more equally. Then draw your new family circle.



## **Family Balance Tree**

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The Family Balance Tree helps us think about male and female workloads within families, in income and chores and expenses and services provided by males and females, to see if they show a balanced family. The activities include farming activities, household activities and community work. The parts you will draw are:—The trunk with the male family members on one side and the female family members on the other—Three kinds of roots: men, women, men and women together—Three kinds of branches: men, women, men and women together. You can now think about which roots can be improved and which branches can be pruned or strengthened.



## **Men's and women's work**

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This activity helps us think about which roles can be shared in a family farm team. Write down the roles that women do. Write down the roles that men do. Now write down the roles that can be shared.





## **Family Farm Team Goals**

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If families plan goals together they will work better together as a family. Families will also be able to build their family futures step by step. You can write down your family team's goals, your strengths and things you want to change here..

Family goals

Farm goals

Savings goals

Family strengths

Things we want to change



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### **Mapping your family farm**

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This activity helps us think about our land and all our farm activities. The map shows what we have now. It helps us plan our future family farm business. First write the family name and date as a heading (e.g. the Tomi Family Farm August 2021). Next draw the main parts of the land– e.g. river, hills, sea, roads, bush. Then draw everything built on the farm – e.g. houses, fences, pig pens. Now draw the crop areas and trees, and say when they were planted e.g. mixed plot (2016), kaukau (2015), cocoa (old), bananas (2010), galip nuts (old). If any crop area is far away, write down the time it takes to walk there. You can use pictures instead words. You can talk with your family about men and women’s farm work and how it can be shared and be more business-like.



## The Seasonal Planning Calendar

This activity helps us plan what to plant and when to harvest so that we can get money more times in a year from our crops. It also helps us to plan how to use the money for family goals and for building up our family farm. First, draw the 12 months of the year. Then add a row for the first crop you want to grow for money. Mark when you will plant and harvest. Do this for every crop you want to grow for money.

Months of the year

J	F	M	A	M	J	J	A	S	O	N	D
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Adding the crop plan

	J	F	M	A	M	J	J	A	S	O	N	D
Pinat	Planim 1		Kamautim 1	Planim 2		Kamautim 2	Planim 3		Kamautim 3	Planim 4		Kamautim 4

*Budget:* After the market, count the money you got then take out money for daily living then you can plan how to use the money left for your farm goals, for your family goals, for community, for church or culture

Peanut example

Month	J	F	M	A	M	J	J	A	S	O	N	D
Pinat	Planim 1		Kamautim 1	Planim 2		Kamautim 2	Planim 3		Kamautim 3	Planim 4		Kamautim 4
Fam / Gaden Gol			Pikinini kaikai			Moni bilong niupela tenk wara			Banis bilong pik			Moni bilong niupela tenk wara
Famili Gol bilong laip			Pe bilong skul Moni bilong niupela haus			Niupela mattress Moni bilong niupela haus			Niupela sospen Moni bilong niupela haus			Graduation
Kastom wok			Ista			Mumu long ples						Krismas



## The Seasonal Planning Calendar

Year.....

	<b>J</b>	<b>F</b>	<b>M</b>	<b>A</b>	<b>M</b>	<b>J</b>	<b>J</b>	<b>A</b>	<b>S</b>	<b>O</b>	<b>N</b>	<b>D</b>
Crop 1												
Crop 2												
Crop 3												
Crop 4												
Farm goal												
Family goals												
Culture money												



## **Your Future Family Farm 20??**

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This activity should be done with everyone in your family team so they all feel part of the farm team. First, write down your farm goals. Then, list your family strengths – e.g. strong young people, know how to grow good food. Then list the challenges — e.g. not enough income from our crops, not enough land. Together you can then think of how to fix the challenges — decide on new crops, lease land or plant differently.

Short-term plans — what will you do first — e.g. change a mixed plot to a new vegetable crop; build a chicken house; save for a roof and water tank. Long-term plans — what will be the parts of your farm five years from now? Now draw your future farm

Farm changes

Short term plans

Long term plans

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### **MODULE 3: *Feeding your family farm team***

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#### **The food we grow and buy**

This activity helps us see the range of food we have in our area. First, write down all the kinds of food crops that grow in your area. Now write down the kinds of animals that are used for food. Then write down the foods that are bought at the store

All the kinds of food crops that grow in your area..

Animals that are used for food

Foods that are bought at the store



## The three food groups

This activity shows us the three food groups that we should feed our family every day so they stay healthy and strong—Foods that build our body (protein). Foods that give us energy (carbohydrates). Foods that protect our health (vitamins and minerals). This list shows us some foods in each group. You can add others that grow in your area.

Kaikai bilong Mekim Bodi i Kamap	Kaikai bilong Givim Strong long Bodi	Kaikai bilong Lukautim Bodi
<b>Abus na Pis</b> Pig Kakaruk Kiau Tin pis Tin mit Pis na sel pis	<b>Rop kaikai</b> Kauakau Taro, Singapo Yam Tapiok Poteto Sakak Banana bilong kukim Kapiak	<b>Prut</b> Banana Ananas Swit Muli Papaya, Popo Mango Yambo Melen Marita Pason prut Pukupuk prut Kapiak bilong wait man Kapiak
<b>Bin</b> Bin Winsed bin Soya bin drai hebsen	<b>Sirial</b> Rais Plaua Kon Nudel Bret	<b>Savor</b> Kukumba Pamken Onion Tomato Kabis Karot Pit pit Rungia Kabis Okra Egplant
<b>Nat o mon samting</b> Kasang Galip Karuka Pinat	<b>Gris na oil</b> Oil bilong kukim Oil bilong Kasang Gris bilong Dra	<b>Grin Savor</b> Kumu Kangkong Pampin tips Tsoko tips Aipika Amarant bus
<b>Susu</b> Susu Tsis Kiau	<b>Swit</b> (sampela taim tasol) Suga kein Swit Suga, Limoneid, Bisket, Tin kek, Tsoklat	



## Rainbow food

Another way to help make sure every meal is healthy is to include as many different colours of food as possible. The brightest coloured foods are often the healthiest. Write down the coloured foods you can grow to feed your family

(orange)

(purple)

(dark green)

(yellow)

(red)



### **The Family FAITH garden**

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A FAITH garden is a garden that has food from each of the three groups, so that the family always has healthy food available. FAITH means **F**ood **A**lways **I**n **T**he **H**ome. This garden can be added to your future family farm plan. It is best if it is near the house so that the family that can easily collect the food they need each day. Draw your plan for your FAITH garden here

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**MODULE 4: *Decision-making and communication as a family team***

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**Thinking about communication**

Write down all the different ways that people communicate with each other— you can think of things such as talking and writing but then also think about cultural ways and ways in the church.



**The body language guessing game**

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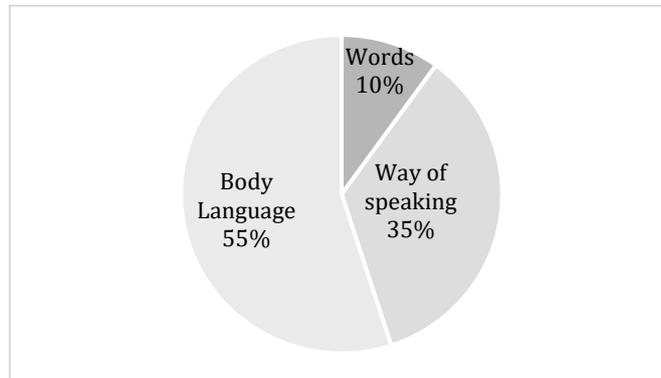
Sometimes our words say one thing and our bodies say something different. What did you learn about good family communication from the short dramas we did?



## The body language circle

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This circle shows that when we communicate, only a small part of the message comes from our words. Our body and our voice have a very big impact.



## One way communication

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This activity shows the importance of two-way communication in the family. It helps families think about ways to talk 'to' each other, not 'at' each other. Two people sit back to back. Person 1 is the Speaker/Instructor, Person 2 is the Listener/Follower. Both 1 and 2 have a blank piece of paper and a pen. Person 1 draws a series of shapes on a page then tells Person 2 how to draw the picture. Person 2 cannot speak but only follows the instructions. Person 1 and 2 then compare the drawings and discuss how they are different and why.

What are the lessons for good family communication that you can see from these two activities?



## The talking stick

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First, get a stick or a pencil to use. Only the person with the stick can talk.

- Person 1 has the stick and talks about the issue concerning them. Then they hand it to Person 2.
- Person 2 repeats and asks if they understood correctly. Then they hand the stick back to Person 1.
- Person 1 confirms or agrees, that is what they said then hands the stick back to Person 2.
- Person 2 tells their view on the issue and then hands the stick back to Person 1.

This is repeated until the two people feel they have understood the issue and hopefully have a solution. This can also be done in a family meeting by handing the stick around the family so that everyone's view is heard. It is important to know how others feel and think in order to work well together. Doing this helps us to talk about our worries and we can also make sure that we understand each other correctly.

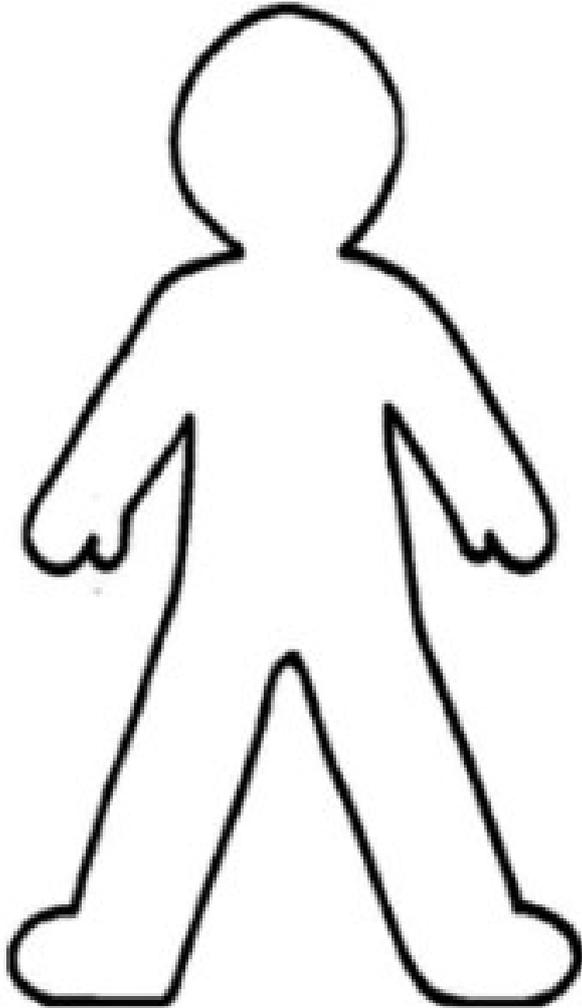
What are the lessons for good family communication that you can see from this activity?.



## The Anger Body Map

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It is important to know how our body responds to anger so that we can recognise early signs of anger in ourselves and others. You can use this outline to draw where your body feels anger. Now we can see that anger starts with our thinking and so we can stop that thinking and stop our anger. Next to the drawing, you can write down ways to control your anger.





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### Family Team Financial Decision Making

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These cards<sup>1</sup> help us look at how families might make decisions about money.

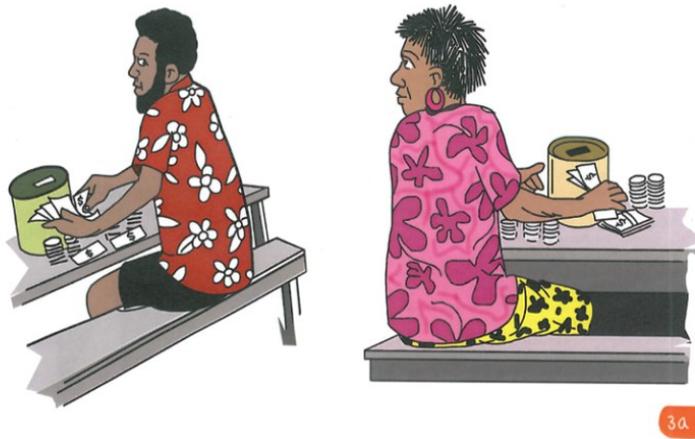
The last card is the example of a strong family team. You can use them in your family to discuss how bad decision-making can hurt the family. Then together you can think about how your family could improve

Write your plans down here

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<sup>1</sup> From Carnegie, M., Rowland, C., Gibson, K., McKinnon, K., Crawford, J., and Slatter, C., (2012). *Gender and economy in Melanesian communities: A manual of indicators and tools to track change*. <http://melanesianeconomies.files.wordpress.com/2010/09/gender>





3a



2d



3c



2b



3d



2c



3b

**How can your family become a strong Family Farm Team?**