Bringing Up Great Kids
in the Everyday
A toolbox of useful resources
for working with families
Australian Childhood Foundation

1

The Australian Childhood Foundation acknowledges Aboriginal and Torres Strait Islander peoples as the traditional custodians and owners of this land and waters. We pay our respects to their Elders past and present and to the children who are their leaders of tomorrow. We acknowledge their history and living culture and the many thousands of years in which they have raised their children to be safe and strong.
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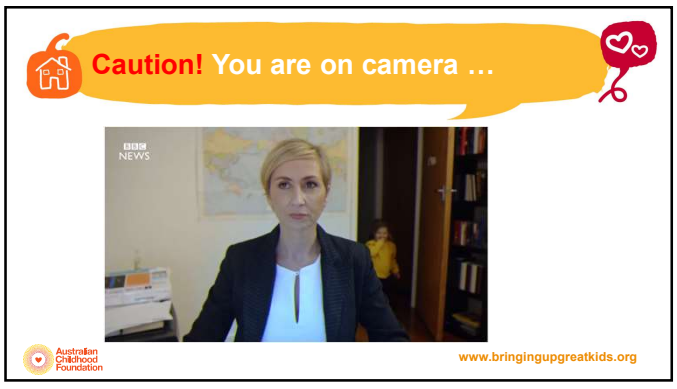
Caution! You are on camera …
BBC NEWS
Australian Childhood Foundation
www.bringingupgreatkids.org

3

BUGK: The story so far

BUGK (birth to 10yrs) 2011 (updated 2019)

Aboriginal BUGK

BUGK in the First 1000 days

BUGK in Kinship Care

BUGK for Adolescents

BUGK / FV

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4

What we will cover

This online training will cover tools you can use in working one on one with parents and children. It will include the following BUGK concepts:

- Relationships
- Being Reflective
- Using Mindfulness including Mindful Listening
- Storytime
- Self-care

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5

The Aim of BUGK

To increase reflective capacity in parents

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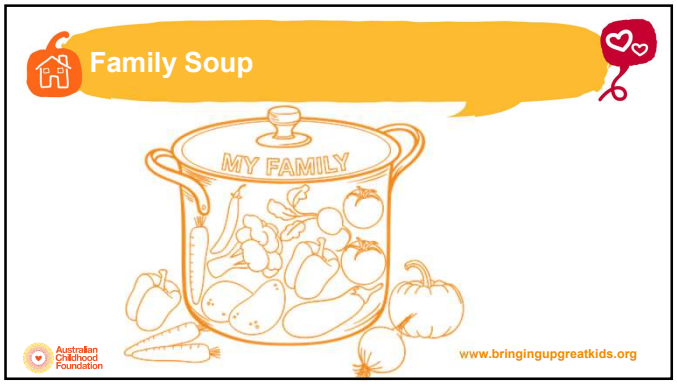
6


Family Soup
MY FAMILY
Australian Childhood Foundation
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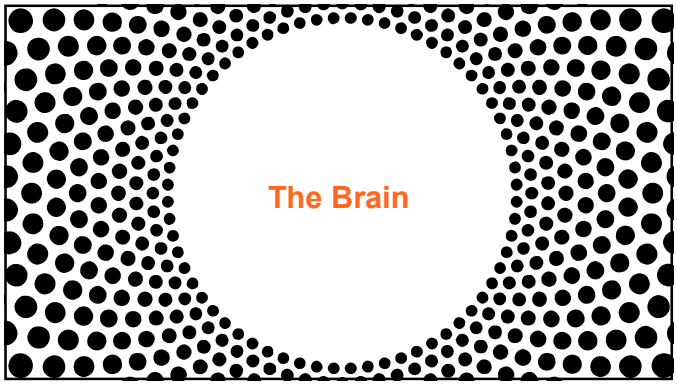
7


The Brain

8

The Brain Story video
Bringing Up Great Kids
Parenthood
Experiences
Development
Responding
Find Help
Get Support
Australian Childhood Foundation
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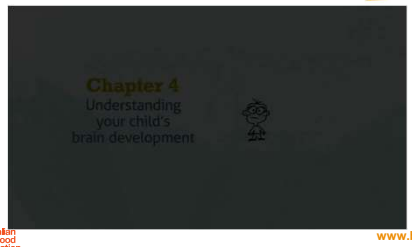
9

The Brain Story video



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10

Bottom up brain development

Cortex
Reasoning and Judging Centre
3-6 Years

Limbic System
Emotional Centre
1-4 Years

Cerebellum
Motor Centre
Birth-2 Years

Brain Stem
Basic Survival Functions
Pre-birth - 8 Months

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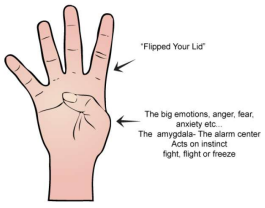
11

Hand Model of the Brain



"Flipped Your Lid"

The big emotions, anger, fear, anxiety etc..
The amygdala- The alarm center
Acts on instinct
fight, flight or freeze

Credit: Daniel Siegel, M.D. is the creator of this metaphor and expression "Flipped Lid"

Pre-frontal crotex
P.F.C.
"THE WISE LEADER"

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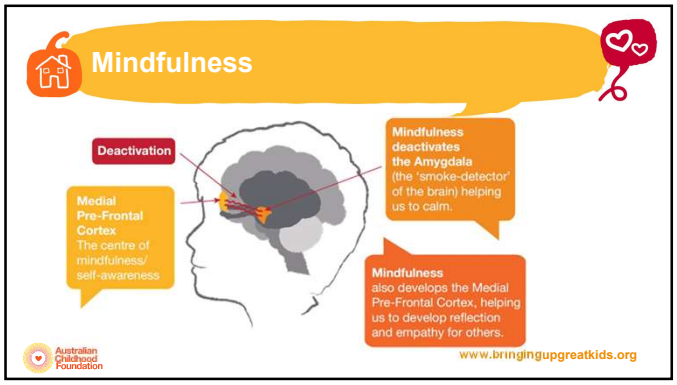
12

Mindfulness

13



14

15

Mindfulness for Parents

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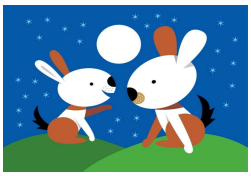
16

Mindful Listening

17

Mindful Listening



'To listen in reciprocal relationships with no judgment, just to try to understand'

(JUDY ATKINSON 2017, the Value of Deep Listening-The Aboriginal Gift to the Nation)

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18

Listening Intentionally to the Music

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19

Chinese Symbol for Listening:
'Listen as if you are listening to a king'

聽 Listen

耳 Ear
眼 Eye
心 Heart
一 One (whole body undivided attention)
王 King

聽

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20

Reflection on Behaviour

21

Listening to young children

Listening to my **BIG** feelings

SAD ANGRY FRUSTRATED JOYFUL

EXCITED HAPPY FRIGHTENED

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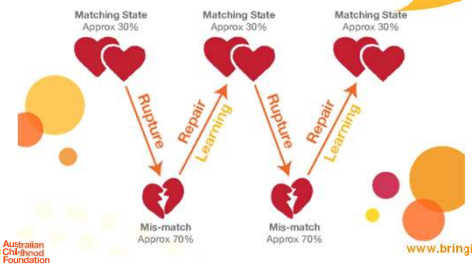
22

'Good enough' parenting (Ed Tronick)



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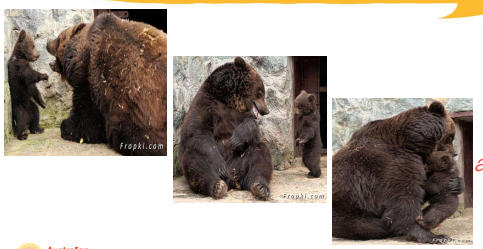
23

You are not your behaviour



'What you did is not ok,

but you are still a good person

and I still love you'

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24

'When kids feel right, they act right'

Rather than asking:

"What are you doing?"

and

"How can I stop it?"

Wonder:

"What are you feeling?/trying to tell me?"

And

"What do you need from me?"

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25

Behaviour Cards

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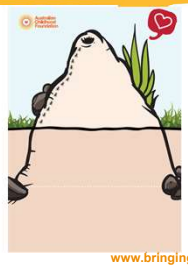
26

Reflection on Behaviour



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27

Reflection on Growth

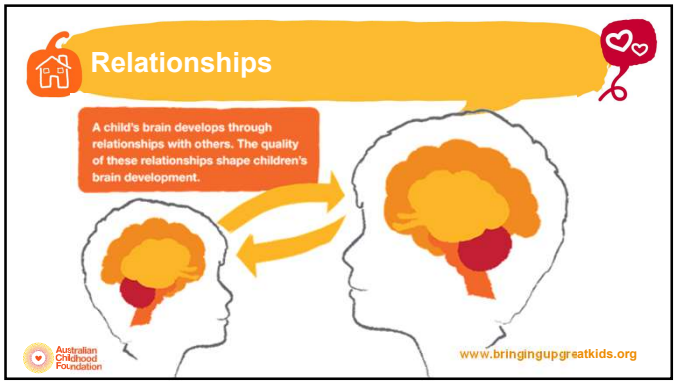
28

Reflection on Growth

29

Reflection on Relationships

30


Relationships
A child's brain develops through relationships with others. The quality of these relationships shape children's brain development.
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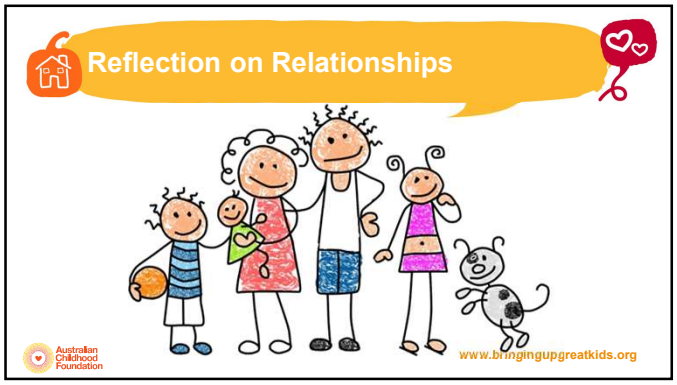
31


Reflection on Relationships
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32

Reflection on Communication

33

Reflection on Communication
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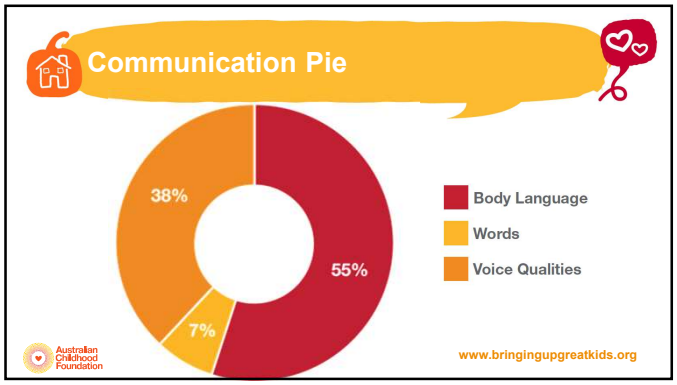
34


Communication Pie
38%
55%
7%
Body Language
Words
Voice Qualities
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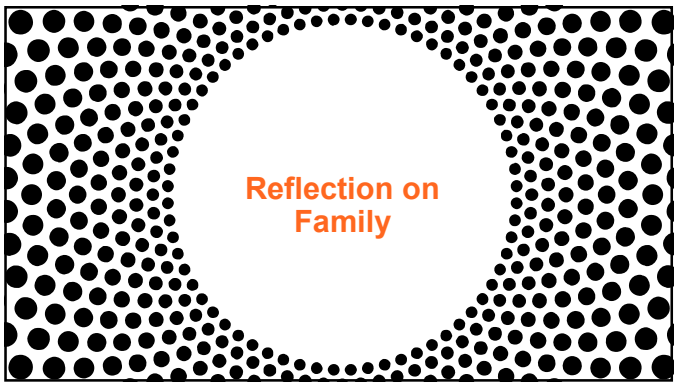
35


Reflection on Family

36

Reflection on Family
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37

The Life Tree
The Fruits
The Leaves
The Branches
The Trunk
The Earth
The Roots
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38

Asking for help

39

Asking for Help
HELP!
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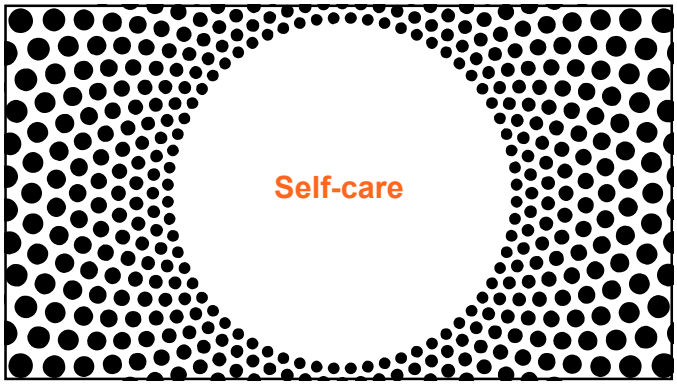
40


Self-care

41

Self Care & Nurturing Parents
???
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42

Stress Thermometer

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43

Storytime

44

Storytime

The reading of children's stories to parents, re-engages parents with their childhood experiences of having stories read or told to them and the inherent "messages" within them.

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45

Storytime

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46

Storytime

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47

Contacting Us

parenting@childhood.org.au

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48