

Bringing Up Great Kids
In the First 1000 days
Online

Facilitating respectful, reflective & effective parenting groups

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The Australian Childhood Foundation acknowledges Aboriginal and Torres Strait Islander people as the traditional custodians of this land and we pay our respect to their Elders past, present and future.

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The story so far ...

Foundation BUGK

BUGK variations

GOLD Standard BUGK Facilitator Workshop
This workshop is an experiential face to face with the objective for professionals who want to facilitate a BUGK group for parents. This workshop enables participants to understand the program and to see the demonstrated outcomes along with their own determination and their parent subject.

Implementing BUGK
Facilitating an *online* BUGK parent group

BUGK for Aboriginal Families

BUGK Parenting after Family Violence

BUGK in the First 1000 Days

BUGK in Kinship Care

BUGK Parenting Adolescents

BUGK Parenting and Mental Health

BUGK across borders
This training is facilitated online for local and international professionals who are interested in facilitating a BUGK parent group and who cannot attend the face to face BUGK workshop. This training will give an overview of the philosophy and underpinning of BUGK and take participants through the program.

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Available March 2021 Under development

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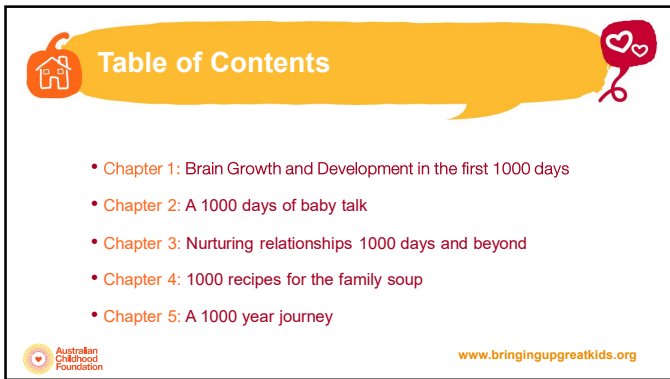
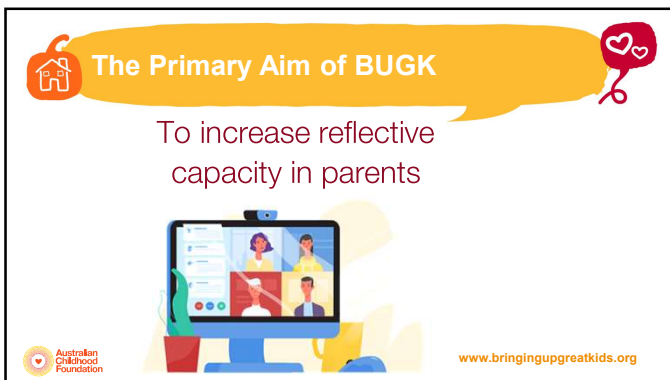


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- Chapter 1: Brain Growth and Development in the first 1000 days
- Chapter 2: A 1000 days of baby talk
- Chapter 3: Nurturing relationships 1000 days and beyond
- Chapter 4: 1000 recipes for the family soup
- Chapter 5: A 1000 year journey


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The Primary Aim of BUGK

To increase reflective capacity in parents



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Stop...Pause...Play



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 **Resources** 

Online store:

- Remote controls
- *I Need You* Baby Booklet
- Reflective Parenting Cards
- Behaviour Busters cards

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- Thoughtful Parenting manual & videos
 - Mindful Parenting
 - Connected Parenting

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 **Deep 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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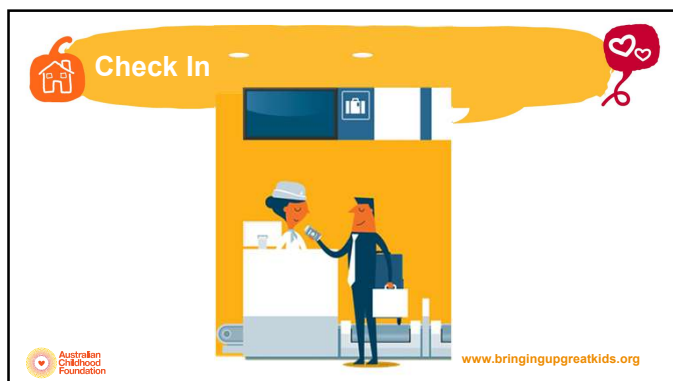
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 **Pause on the Positives** 

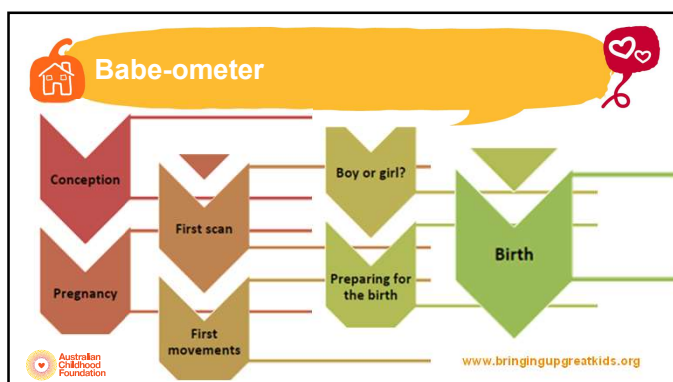
One of life’s secrets:
Learn to pause
Emerge positive

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 **Babies Video** 



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 **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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 **Chapter contents** 

- Outline
 - Key Messages
 - Pre-session Facilitator Reflection
 - Preparation/set-up/resources
- Part 1
 - Welcome/reconnect
 - STOP....PAUSE....PLAY
 - Deep Listening
- Part 2
 - Core Activities & Options pre and post birth
- Part 3
 - Self-Care
 - Storytime
 - Summary

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Chapter 1
Brain Growth and Development in the First 1000 Days

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Chapter 1
Key messages

- Parents' relationships with their children are critical to children's brain development
- Pregnancy and parenting journey is an individual experience
- Self care is a life long journey

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Chapter 1
Facilitator Reflection

- Provide a safe, warm, respectful atmosphere.
- Provide support and care for the participants inside and outside the group

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Chapter 1
Baby's brain development in utero

Brain Stem
Midbrain
Forebrain

Neural Tube
Neural Spinal Cord

25 Days 50 Days 100 Days

20 Weeks 28 Weeks 35-40 Weeks (full term)

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Chapter 1
The Parent Brain

Anatomy of a Parent's brain (early stages)

WORRY CENTRE

- Ability to distinguish "quart" from "two quart"
- Watching children's TV
- Use of child's full name when angry
- Feeling of being embarrassed
- Effective advice
- Memory of what life was like

Other behaviors shown: Taking advice, New respect for your parents, Free of being embarrassed, Strapping centre, Effective advice, Sleep Gland, Giving advice, Curious control, Feels like a neurotic, Length of all children DVDs to the second, Looking out if food child will eat.

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Chapter 1
The Brain development

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Chapter 1: The Message Centre
Neuronal Connections



Newborn 2 Years Adult

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Chapter 1: The Message Centre
Neuronal Connections



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Chapter 1
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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Chapter 1
Mindfulness & the Brain

Deactivation

Medial Pre-Frontal Cortex
The centre of mindfulness/ self-awareness

Mindfulness deactivates the **Amygdala** (the 'smoke-detector' of the brain) helping us to calm.

Mindfulness also develops the **Medial Pre-Frontal Cortex**, helping us to develop reflection and empathy for others.

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Chapter 1
Brain integration

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Chapter 1
Have I told you lately that I love you

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Chapter 1
Story-telling




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Chapter 1

How will you adapt the content of this chapter into your work with parents?

Are there any special considerations you need to take into account?



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Chapter 2
A 1000 Days of Baby talk

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 **Chapter 2**
Singing to Babies (Rock-a-bye Baby)



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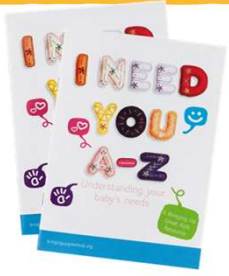
 **Chapter 2**
Baby massage




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 **Chapter 2**
I need you A-Z



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Chapter 2
I need you A- Z

A ccept me as I am
Accept and enjoy all the ways that I am different from you. I am unique. There is no one else like me. When you love me for who I am, I learn that I am loveable. With acceptance, I feel loved for who I am, not just for what I can do.

Z ero in on my special signs that tell you when I am sleepy
My tired signs I show you are special to me. I might turn my head away from you, rub my eyes, pull or rub my ears, or yawn. Maybe I become restless, make jerky movements with my legs and arms. I might cry louder or go very quiet. I cannot tell the difference between night and day when I am new to this world. I can only sleep when I feel safe.
ZZZZZZZZZZ

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Chapter 2
Chinese Symbol for Listening

聽 Listen

耳 Ear
眼 Eye
心 Heart
一 One (ear's body and heart affected)
王 King

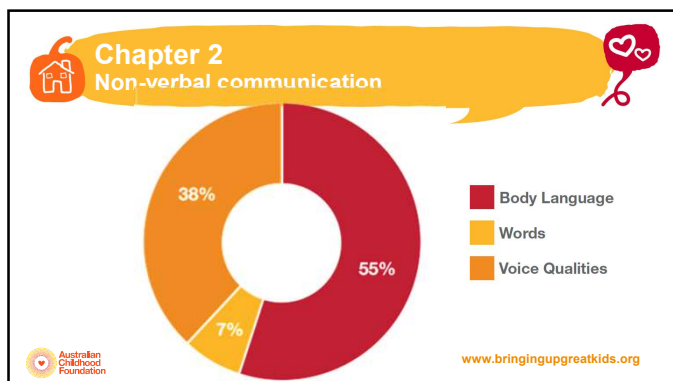
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Chapter 2
Non-verbal communication

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Chapter 3
Relationships



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Chapter 3
Forming relationships

How is the baby in womb feeling?



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Chapter 3
Message to my Baby



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Chapter 3
Rupture and Repair (Ed Tronick)

Matching State
Approx 30%

Matching State
Approx 30%

Matching State
Approx 30%

Rupture

Repair

Learning

Mis - Match
Approx 70%

Mis - Match
Approx 70%

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Chapter 3
Story telling

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Chapter 4
1000 recipes for family soup

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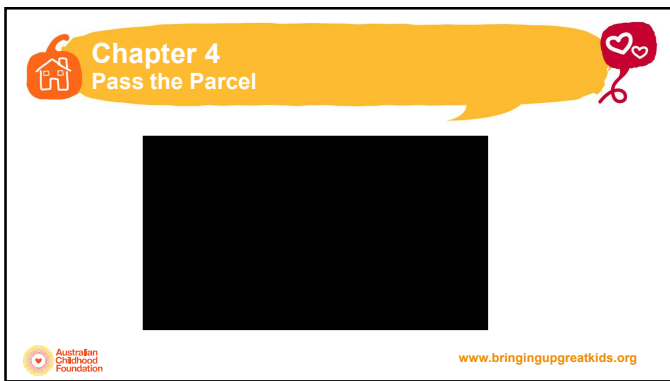
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Chapter 4
Six theories

“Before I got married
I had 6 theories about raising children;
now I have 6 children and no theories” (John Wilmot)



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Chapter 4
Rubbish, Recycle, Reframe



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Chapter 4
My favourite things



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 **Chapter 4**
Self-care 




Pic from: www.phoenixpubliclibrary.org/kids

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Chapter 5
A 1000 years journey



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 **Chapter 5**
Managing our stress 



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Chapter 5
The wellbeing plate

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Chapter 5
It takes a village (or community) to raise a child

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Chapter 5
Self-care

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