

# Asking for help



**1** How easy do you find it to ask for help?

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**2** When you are upset or having problems, are you more likely to go away by yourself to try to solve the problem, or talk to someone else?

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**3** How do you feel when you leave your child in the care of someone else?

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**4** How well do you think your cries for help were answered when you were a child?

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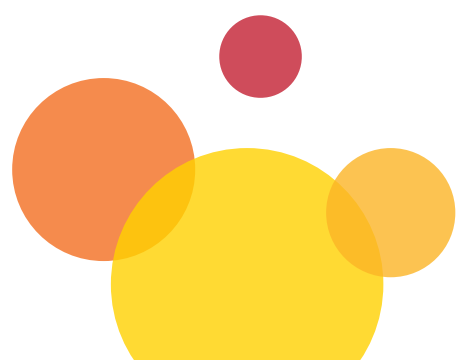
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**5** What might have got in the way of people meeting your needs as a child?

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# Asking for help



**6** How do you feel about these statements?

**“It’s my job to look after my children, no one else’s job.”**

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**“It takes a village to raise a child.”**

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**“Every parent needs help at times.”**

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**7** Who do you feel comfortable to ask for help with your children?

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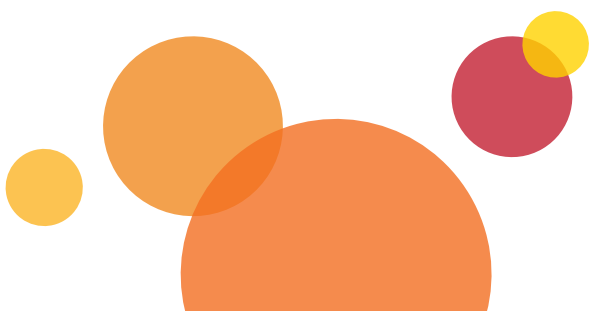
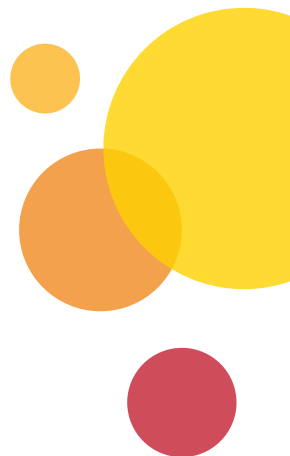


# Dad T-Shirt



★ If you had a slogan or logo that said something about the kind of dad you'd like to be, what would that look like?

Add your own personalized Dad logo or slogan to this T Shirt outline.



# Daddy's Little Baby



What can you do to connect with your baby?

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Have you tried this?

1. With your partner's permission, place a hand on your partner's belly. Maybe use some slow firm strokes to rub some oil on her tummy.

How does your baby respond to that?

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What do you think your baby might be saying to you when you do that?

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2. With your partner's permission, have your face close to her tummy and talk or sing to your baby

How does your baby respond to that?

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What do you think he/she might be feeling when you do that?

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What do you imagine your baby would like to say to you when you do that?

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Do you think your baby knows you? How?

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# Daddy's Little Baby



Do you think your baby has feelings? What do you think he/she can feel?

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3. How do you think it might feel for your baby when:

- you and your partner are being affectionate with each other?

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- you talk and sing to your baby?

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- you feel your baby moving?

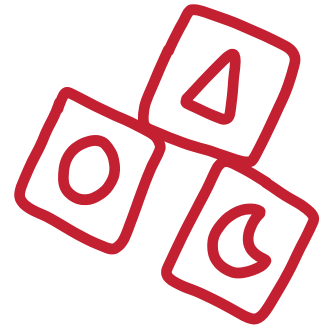
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- you and partner are fighting or angry?

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4. Imagine meeting your baby for the first time after he/she is born.

- What might it be like for you?

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- What might it be like for your baby?

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- What are the first words you'd like to say to your baby?

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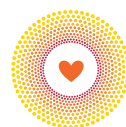
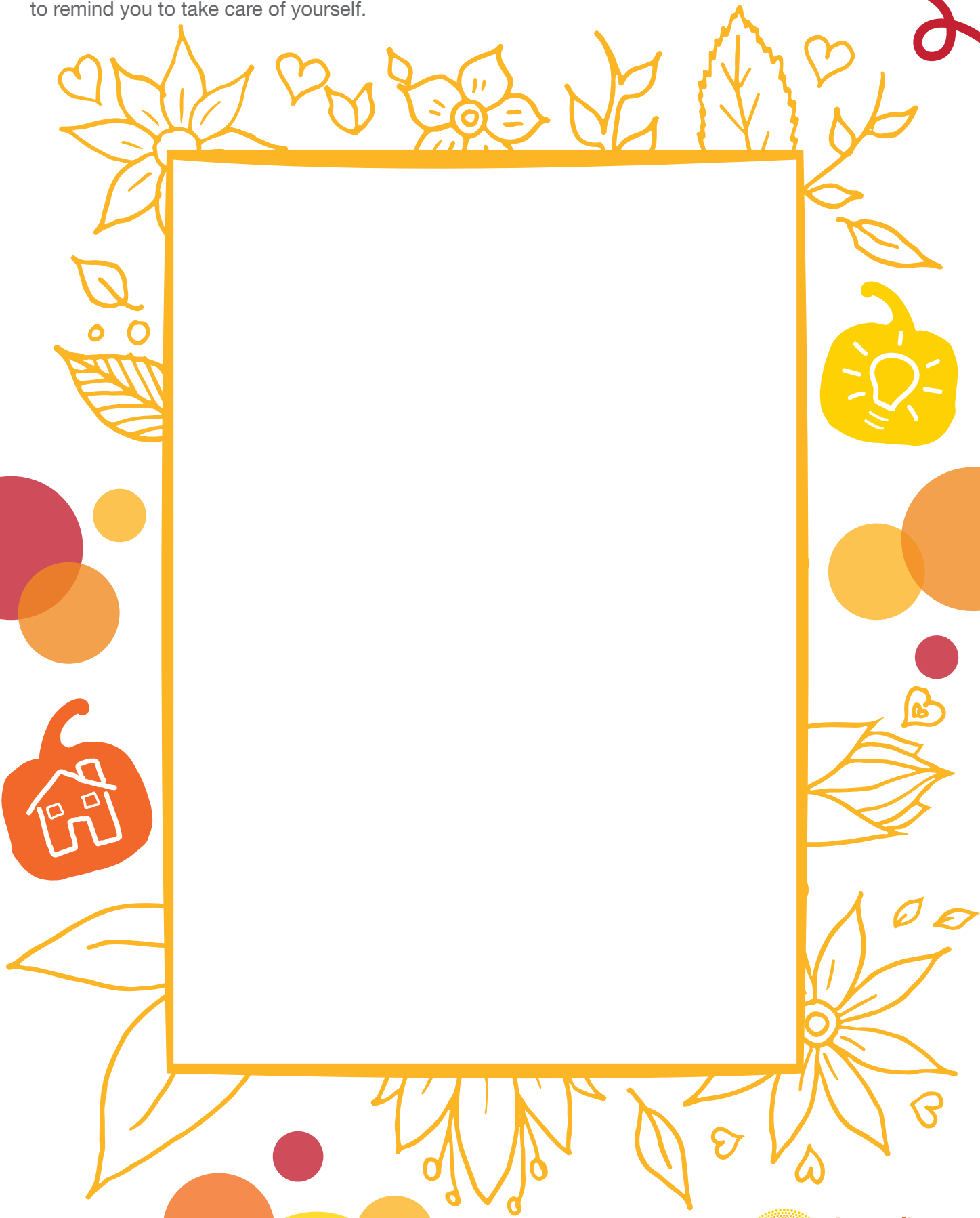
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# Floral Frame



How do you take care of yourself? Poster of self care triggers and prompts to remind you to take care of yourself.

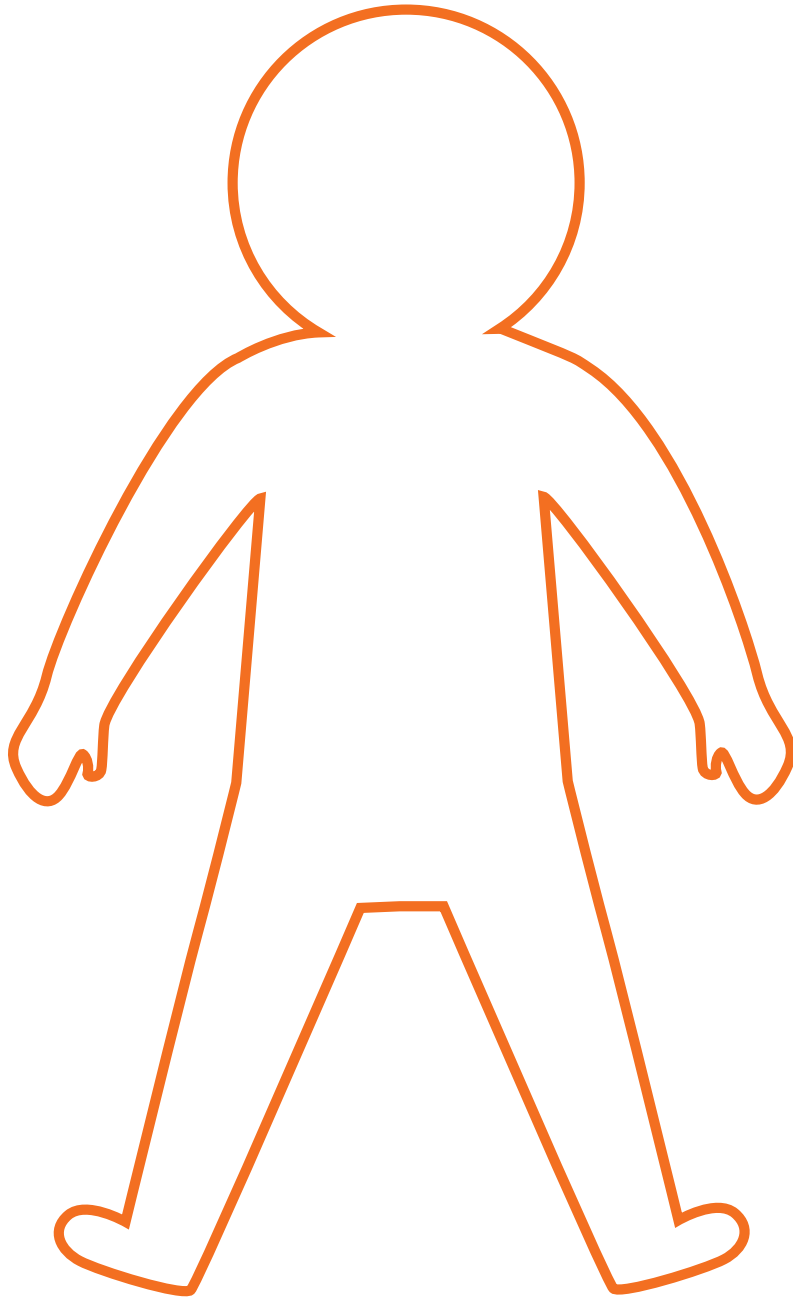


# Picture of figure



## Expressing Emotions

Choose an emotion and think about how you felt and responded as a child when your parents expressed that emotion.



# Repairing Relationships



A mother, her 18 month old and newborn baby are in a supermarket carpark. They have just returned to the car with a trolley full of shopping and the mother is putting the baby into her capsule in the car, when the toddler runs off into the carpark and is narrowly missed by a car backing out.

Mum grabs the child's hand and shouts 'what do you think you are doing you stupid thing, you could have been killed' The child is screaming as mum lifts her quickly into the car.

## Time to repair

1

### Restore Calm and Safety

Mum stopped what she was doing and took three deep breaths. She could hear her child crying and needed to be calm to deal with the situation. Mum sat in the back seat of the car beside her children and tuned into her breathing. (Stop, Pause, Play)

2

### See it from your child's point of view

As mums breathing calmed her down she was able to re think what had just happened from her child's point of view. Her child had first been scared by the car backing towards her and then when mum yell at her. Mum felt regret that she had reacted the way she did.

3

### Repairing Relationships

Mum turned to her child and lifted her up, telling her I'm sorry I yelled at you, you must have been scared. It's not ok to run off from mum, I love you and I want you to be safe. Mum strokes her child's hair the way she knew she liked until it calmed them both.

Mum then calmly put her child into her car seat and gave her a kiss. Mum then drove the car home. On the way she sang some of her child's favourite songs and her child clapped her hands and laughed.

4

### Future Plans

Later that day when the children were sleeping mum reflected on what had happened. Now she felt calmer mum was able to recognise that she had expected too much for her 18 month old to recognise danger. She recognised that an 18 month old can be very curious and wander away.

Next time she knew she would make some changes and plan a bit better so things were not so rushed. She would always now put her 18 month old safely into their car seat first so that they could not wander off into danger.

We thank Family Inclusion Network of WA Inc. (FinWA) for their feedback that helped in writing this handout.





# Self-care Prescription



Prescription (My self-care activity)	Dose (How long?)	Frequency				
		Daily	Weekly	Fortnightly	Monthly	Yearly
Call or visit a friend or family						
Practice breathing / muscle relaxation						
Walk, play sport or exercise						
Have a bath						
Read a book or magazine						
Have one-to-one time with your partner						
Watch a movie						
Listen or dance to music						
Write, paint or play an instrument						
Cook your favourite meal						
Go out for dinner						
Do some gardening						
See a counsellor						
Go away for a weekend						
Go on holiday						



Name: \_\_\_\_\_

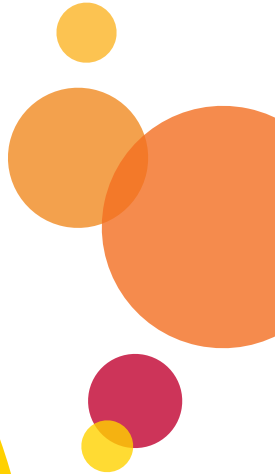
Witnessed: \_\_\_\_\_

Displayed: 

Australian  
Childhood  
Foundation

# The Wellbeing Plate

★ Design your own wellbeing plate by using the different ingredients provided or by adding your own ideas, shapes and pictures.



# The Wellbeing Plate



**Physical  
Time**

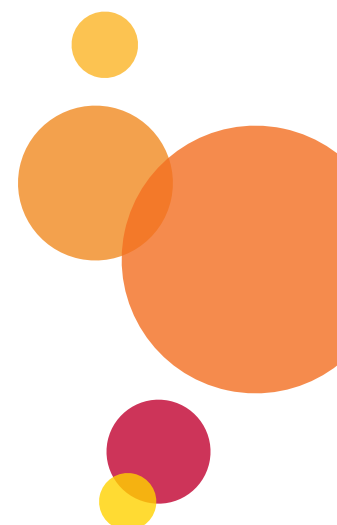
**relationship  
time**

**Sleep  
time**

**Nurturing  
time**

**Play  
time**

**Nature  
time**



**Personal  
time**

