







You may need to consider:

- Breaks
- Use of mute and unmute
- Online chat
- You already know about   and 
- Resources families may need in their homes.
- Length of sessions, how many, time of day etc

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Reflection Skills



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Names of Stories



STORY 1: The Message Centre

STORY 2: Message Past, Present and Future

STORY 3: Giving & Receiving Messages

STORY 4: The Messages of Behaviour

STORY 5: Me and My Messages

STORY 6: Safety Net

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 **Repeated Activities** 



Stop Pause Play
Mindful Listening
Capturing the Journey
Yarning/Self-Care

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 **Stop....Pause....Play** 




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 **Mindfulness** 

Mindfulness
can be understood as
bringing your mind
and body into the
same place at
the same time



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 **Capturing the Journey** 

*Parents may want
to record their
journey in the group*



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 **Yarning** 



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 **Mindful Yarn: Self-care** 



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 **Content of each Story** 

Each "Story" is broken up into 5 sections







1. **What you will need**
2. **Introduction – warm ups etc.**
3. **Small Yarn**
4. **Big Yarn**
5. **Mindful Yarn/Self-Care**


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Story 1

The Message Centre

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 **Story 1: The Message Centre** 

Key Messages

1. **Parents' relationships with their children are critical to children's brain development.**
2. **An understanding of early brain development can help parents better understand and more appropriately respond to children's behaviour.**



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Story 1: The Message Centre
Before you start, think about

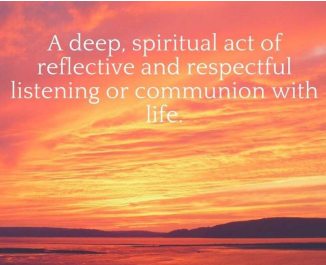
1. Whilst being parented, how much did your parents know about early brain development?
2. If they had known more, how might they have responded to your behaviour differently?



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Story 1: The Message Centre
Small Yarn - Mindful Listening

A deep, spiritual act of reflective and respectful listening or communion with life.



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Story 1: The Message Centre
Listening intentionally to the music



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Story 1: The Message Centre
Big Yarn: Healthy Brain

- CONTROL CENTRE (stories & thinking)
- EMOTIONS & family
- YIPPEE! (good feeling)
- MEMORY
- LIFE (heartbeat & breathing)
- Balance body
- Feel body
- Move body



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Story 1: The Message Centre
Children's brain

400 grams

1100 grams

1300-1400 grams



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Story 1: The Message Centre
Big Yarn - Neuron Connections



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Story 1: The Message Centre
Big Yarn - River story



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Story 1: The Message Centre
Big Yarn - The brain story

Chapter 4
Understanding your child's
brain development



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Story 1: The Message Centre
Integrating the brain

YELLOW BLUE ORANGE
BLACK RED GREEN
PURPLE YELLOW RED
ORANGE GREEN BLACK
BLUE RED PURPLE
GREEN BLUE ORANGE

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 **Story 1: The Message Centre**
Mindful Yarn 



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 **Story 1: The Message Centre**
Capturing the Journey 

*Parents may want
to record their
journey in the group*



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 **Story 1: The Message Centre**
Self-care 




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Story 1: The Message Centre
How will this work for you?



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Story 2
Messages Past, Present and Future



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Story 2: Messages Past, Present and Future
Key Messages

1. There is no such thing as a perfect parent
2. How we parent is usually culturally & community determined
3. Messages we received in childhood impact on our own parenting



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Story 2: Messages Past, Present and Future
Before you start, think about

1. How can I create a safe, warm, respectful environment that will help parents explore their parenting journey in an enjoyable way?
2. How was I cared for when I was growing up? What were some of the messages about myself that I learned from people in my family or community?



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Story 2: Messages Past, Present and Future
Small Yarn



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Story 2
Pass the Virtual Parcel



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 **Story 2**
Pass the Virtual Parcel 



It takes a village to raise a child

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 **Story 2**
Pass the Virtual Parcel 



Parents have all the resources they need

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 **Story 2**
Pass the Virtual Parcel 



All parents are role models for their children

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 **Story 2**
Pass the Virtual Parcel 



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 **Story 2**
Pass the Virtual Parcel 



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 **Story 2: Messages Past, Present and Future**
Big Yarn 



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 **Story 2: Messages Past, Present and Future**
Mindful Yarn 



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 **Story 2: Messages Past Present and Future**
Capturing the Journey 

*Parents may want
to record their
journey in the group*



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 **Story 2: Messages Past, Present and Future**
Self-care 



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Story 2: Messages Past, Present and Future
How will this work for you?



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Story 3
Giving & Receiving Messages



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Story 3: Giving and Receiving Messages
Key Messages

1. Non-verbal messages are very powerful in our communication with children
2. Messages we receive from our childhood can create barriers to effective communication with our children
3. Being calm is essential to effective communication with children



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Story 3: Giving and Receiving Messages
Before you start, think about

- Think about your own childhood memories of being spoken to, and listened to, by your parents/caregivers.
- How was that experience for you?
- What do you think might have contributed to your parents' way of communicating with you?




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Story 3: Giving and Receiving Messages
Small Yarn



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Story 3: Giving and Receiving Messages
Big Yarn - Body Outline



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Story 3: Giving and Receiving Messages
Big Yarn - What gets in the way?

'Yur bairn is so pworeul, taht it can raed sntcencs wth mexid up wrdos as lnog as the frsit and lsat lterets are in the rgihht pacle.'

'Waht tnhgs get in the way of us cmomuntcanig celairy wth our clilhrdn?'

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Story 3: Giving & Receiving Messages
Non-verbal recipe




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Story 3: Giving and Receiving Messages
Mindful Yarn



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Story 3: Giving and Receiving Messages
Capturing the Journey



Parents may want to record their journey in the group

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Story 3: Giving and Receiving Messages
Self-care



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Story 3: Giving and Receiving Messages
How will this work for you?




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Story 4

Messages of Behaviour



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Story 4: Messages of Behaviour
Key Messages

1. Every behaviour has a meaning
2. For children, their behaviour is their language – it lets us know how they are feeling and what they are needing
3. When we understand our children's needs we can respond appropriately to them
4. A child learns to manage his behaviour through the experience of being soothed by a calm adult





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Story 4: Messages of Behaviour
Before you start, think about


Think about your parents' typical responses to you as a child when you were in a highly aroused emotional state e.g. when you were feeling angry, sad or frightened



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 **Story 4: Messages of Behaviour**
Small Yarn 



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 **Story 4: Messages of Behaviour**
Behaviour Anthill 






Behaviour Young child lies on couch and does not respond to parent


Child looks tired, relaxed

rest/sleep, nurturing **Child needs**

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 **Story 4: Messages of Behaviour**
Big Yarn - Anthill 



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Story 4: Messages of Behaviour
Feelings and Needs

Needs				Feelings			
rest/sleep	safety	shelter	touch	calm	happy	proud	playful
play	creativity	hope	belonging	curious	enthusiastic	angry	mad
empathy	love	nuturing	respect	sad	frightened	lonely	scared
security	trust	comfort	support	bored	excited	fulfilled	relaxed

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Story 4: Messages of Behaviour
'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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Story 4: Messages of Behaviour
Repair after Disconnection



*'What you did is not ok,
 but you are still a good person
 and I still love you'*

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 **Story 4: Messages of Behaviour**
Mindful Yarn 



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 **Story 4: Messages of Behaviour**
Capturing the Journey 



Parents may want to record their journey in the group

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 **Story 4: Messages of Behaviour**
Self-care 



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Story 4: Messages of Behaviour
How will this work for you?



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Story 5
Me and My Messages



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Story 5: Me and My Messages
Key Messages

1. Family and community is important
2. Everyone needs to connect and be connected
3. Each person has a place in family and community



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Story 5: Me and My Messages
Before you start, think about

- Yourself as a child.
- How did you fit into your family?
- What are the stories your family tell about you as a child?
- What are the messages you've taken with you from your childhood?



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Story 5: Me and My Messages
Small Yarn



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Story 5: Me and My Messages
Big Yarn - Where is your dreaming place?



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Story 5: Me and My Messages
Listening to young children

Listening to my **BIG** feelings

SAD ANGRY FRUSTRATED JOYFUL
 EXCITED HAPPY FRIGHTENED



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Story 5: Me and My Messages
Mindful Yarn





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Story 5: Me and My Messages
Capturing the Journey


*Parents may want
 to record their
 journey in the group*



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 **Story 5: Me and My Messages**
Self-care 




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 **Story 5: Me and My Messages**
How will this work for you? 



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Story 6
Safety Net



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Story 6: Safety Net
Key Messages

1. We need to be in a calm state before we can act rationally
2. Looking after ourselves, includes asking for help when we need it
3. All parents need help and support some time
4. When parents are reflective of their parenting they are more likely to have happy and positive relationships with their children



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Story 6: Safety Net
Before you start, think about

- How do you respond to stress?
- How did your parents generally respond when, as a child, you were angry, anxious or sad?
- Which situations with your children 'press your buttons'?



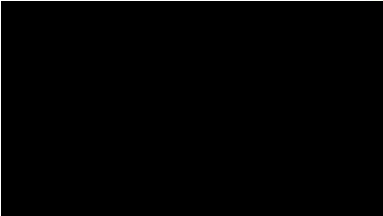
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Story 6: Safety Net
Small Yarn



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Story 6: Safety Net
Big Yarn - Hand model of the brain



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Story 6: Safety Net
Big Yarn - Managing our stress

Reflect on your own reactions to stress. e.g.
 Are you generally a 'bottler' of your emotions?
 Do you 'explode' easily?

What would you do when you are stressed?



National Geographic

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Story 6: Safety Net
Pause on Positives

**One of life's secrets:
 Learn to pause
 Emerge positive**

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 **Story 6: Safety Net**
Mindful Yarn 



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 **Story 6: Safety Net**
Capturing the Journey 

*Parents may want
to record their
journey in the group*



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 **Story 6: Safety Net**
Self-care 



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 **Story 6: Safety Net**
How will this work for you? 



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 **Reflective Evaluation for a Reflective Program** 



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