

**Bringing Up Great Kids**  
**In the First 1000 days**  
**Online**

Facilitating respectful, reflective & effective parenting groups

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

Australian Childhood Foundation

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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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**The story so far ...**

**Foundation BUGK**

**GOLD Standard BUGK Facilitator Workshop**  
**Face to face / Online**

This workshop enables participants to understand the program and from the demonstrated activities adapt to their own facilitation style with their parent cohort.

**BUGK variations**

- 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

Available July 2021 Under development

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## BUGK Resources *handout*

Resources in the Australian Childhood Foundation's Website: [childhood.org.au](http://childhood.org.au)

- The Professional Site:** Opportunities for professionals to connect with us and each other by:
  - **Webinars:** build evidence and emergent knowledge.
  - **The Family Blog:** A blog that hosts articles and stories dedicated to innovation, research and practice with children and young people.
  - **The Online store:**



Resources in the Bringing Up Great Kids [bringingupgreatkids.org](http://bringingupgreatkids.org) profile

Resources in the Bringing Up Great Kids Website: [bringingupgreatkids.org](http://bringingupgreatkids.org) (available as PDF print files)




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## Table of Contents

- 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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# 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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# Pause on the Positives

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



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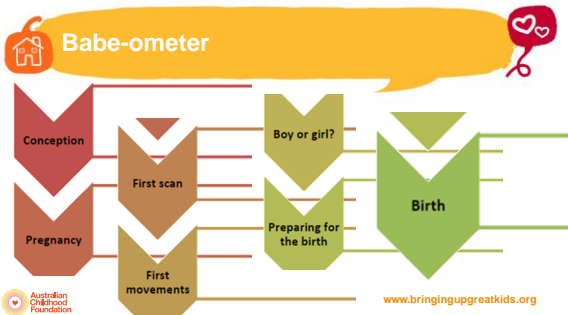
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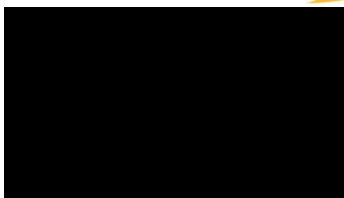
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## Babies Video



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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 the parenting journey are individual experiences
- Self care is a lifelong 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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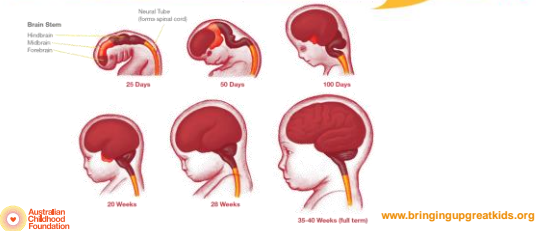
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# Chapter 1 Baby's brain development in utero



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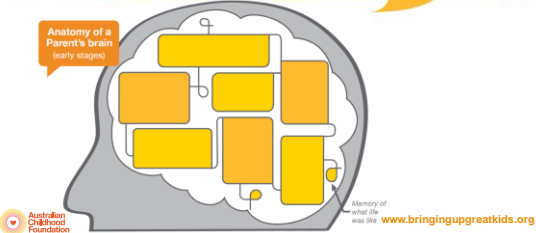
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# Chapter 1 Incomplete parent brain



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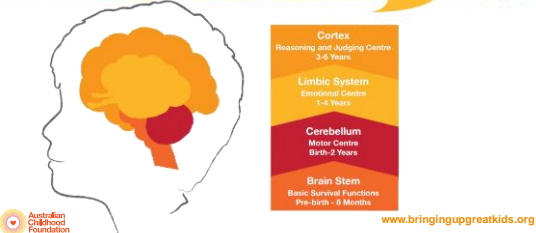
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# Chapter 1 Bottom up brain development



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## Chapter 1 Emotional and physical needs



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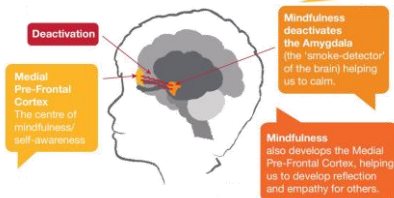
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## Chapter 1 Mindfulness & the Brain



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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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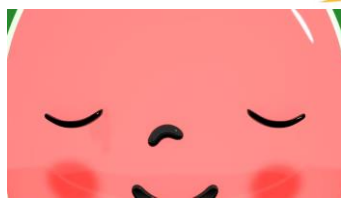
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### Chapter 2

Singing to Babies (Rock-a-bye Baby)



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### Chapter 2

Baby massage



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**Chapter 2**  
*Singing to the baby in womb*



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



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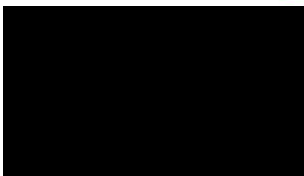
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**Chapter 2**  
*Non-verbal communication*



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## Chapter 2 Self-care



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## Chapter 3

Nurturing relationships 1000 days and beyond



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## Chapter 3 Relationships



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Chapter 3: Connecting to your unborn baby



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Horizontal lines for writing.

Chapter 3 Forming relationships

How is the baby in womb feeling?



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Horizontal lines for writing.

Chapter 3 Message to my Baby



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Horizontal lines for writing.



### Chapter 3 Story-telling



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### Chapter 4

1000 Recipes for Family Soup



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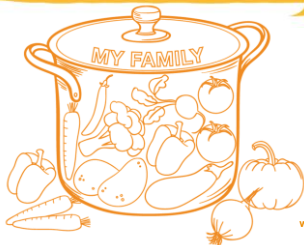
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### Chapter 4 Family Soup



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### Chapter 4 Pass the Parcel



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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 Willmot)



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### Chapter 4 My favourite things



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# Chapter 4 Self-care



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# Chapter 5 A 1000 years journey



A 1000 years journey

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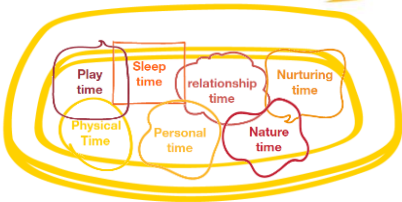
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# Chapter 5 The wellbeing plate



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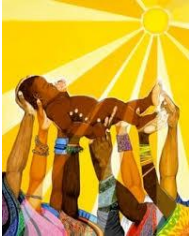
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**Chapter 5**  
*It takes a village (or community) to raise a child*



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**Chapter 5**  
*Self care prescription*



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**Chapter 5**  
*Self-care*



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 Celebration!!! 



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 Contacting Us 

[parenting@childhood.org.au](mailto:parenting@childhood.org.au)



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