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 **The aim of this online training** 

- Online BUGK for parents is possible
- Resources you might need
- Discussing the limitations and opportunities
- Group rules for an online BUGK
- How the online affects activities
- How to keep the training attractive for parents



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## Resources

- The box/post pack
- Relevant handouts
- The my stories as a parent journal
- The blank anthill or iceberg
- A feeling and needs card
- The Stop Pause Play remote
- A-Z booklet



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## Limitations

- Group discussions
- Experiential activities (if everyone is on their own)
- Physical connection
- Potential support network
- Missing some cues from body language and facial expression
- Distracted participants



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## Preparations

- Make time for introductions – ask participants to say their name before they speak.
- It is helpful for the facilitator to have a list of participants names and identify who is contributing throughout the session.
- In the parent groups remember to talk to the participants using their names.



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## Opportunities

- Greater chance for isolated parents to attend
- Enhanced connection through social media
- Flexible timing of group facilitation
- More opportunities to connect outside the group



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## The Primary Aim of BUGK

To increase reflective capacity in parents



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## Table of Contents

- CHAPTER 1: The Message Centre
- CHAPTER 2: Messages from the Past
- CHAPTER 3: Giving & Receiving Messages
- CHAPTER 4: The Messages of Behaviour
- CHAPTER 5: Messages about Me
- CHAPTER 6: Passing on Messages



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# Mindfulness for 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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 Listening intentionally to the music 



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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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 Parent Journal: My Story as a Parent 

*A powerful predictor of secure attachment in children, is coherent self-narrative in parents.*



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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

## Part 3

- Self-Care
- Reflective Journaling
- Storytime
- Summary

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## Chapter 1

### The Message Centre



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# Chapter 1: The Message Centre

Children's brain



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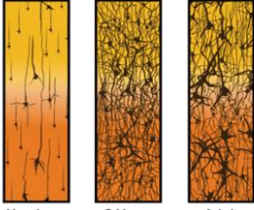
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Chapter 1: The Message Centre  
Neuronal Connections



Newborn 2 Years Adult



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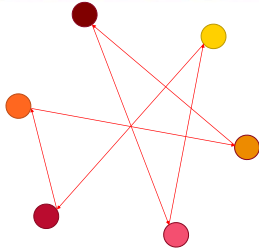
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Chapter 1: The Message Centre  
Neuronal Connections – Traumatised brain



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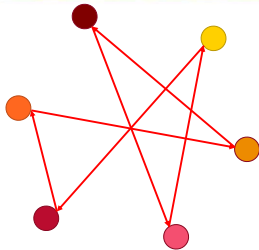
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Chapter 1: The Message Centre  
Neuronal Connections – Traumatised brain



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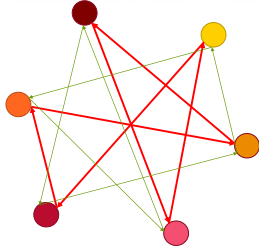
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Chapter 1: The Message Centre  
Neuronal Connections – Traumatized brain



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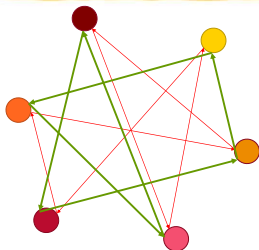
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Chapter 1: The Message Centre  
Neuronal Connections – Traumatized brain



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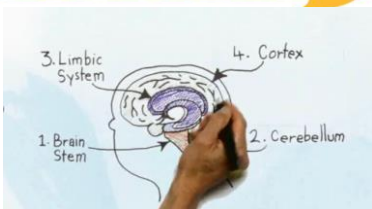
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Chapter 1: The Message Centre  
The brain story



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### Chapter 1: The Message Centre Bottom up brain development



<b>Cortex</b> Reasoning and Judging Centre 3-8 Years
<b>Limbic System</b> Emotional Centre 1-4 Years
<b>Cerebellum</b> Motor Centre Birth-2 Years
<b>Brain Stem</b> Basic Survival Functions Pre-birth - 8 Months

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### Chapter 1: The Message Centre Hand model of the brain



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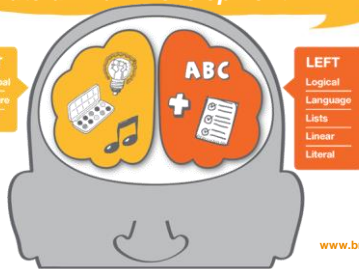
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### Chapter 1: The Message Centre Lateral Brain Development



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



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Chapter 1: The Message Centre  
*Journal Reflections*



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Chapter 1: The Message Centre

Questions, Thoughts or Ideas



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Chapter 2

Messages from the Past



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Chapter 2: Messages from the Past  
Bingo of family facts

**BINGO**

1. How many siblings do you have?	_____
2. What is your favourite colour?	_____
3. How many teeth do you have?	_____
4. How many eyes do you have?	_____
5. How many fingers do you have?	_____
6. How many toes do you have?	_____
7. How many arms do you have?	_____
8. How many legs do you have?	_____
9. How many hairs do you have?	_____
10. How many hairs do you have on your head?	_____
11. How many hairs do you have on your body?	_____
12. How many hairs do you have on your face?	_____
13. How many hairs do you have on your arms?	_____
14. How many hairs do you have on your legs?	_____
15. How many hairs do you have on your feet?	_____



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Chapter 2: Messages from the Past  
Virtual Pass the Parcel



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Chapter 2: Messages from the Past  
Virtual Pass the Parcel



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Chapter 2: Messages from the Past  
Virtual Pass the Parcel



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Chapter 2: Messages from the Past  
Virtual Pass the Parcel



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Chapter 2: Messages from the Past  
Virtual Pass the Parcel



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Chapter 2: Messages from the Past  
Virtual Pass the Parcel



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Chapter 2: Messages from the Past  
Activity - *Rubbish, Recycle, Reframe*



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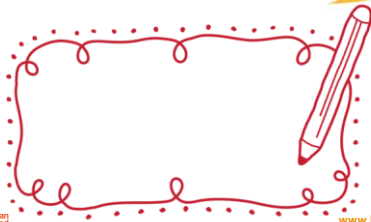
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Chapter 2: Messages from the Past  
Journal Reflections



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Chapter 2: Messages from the Past

Questions,  
Thoughts  
or Ideas



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**Chapter 3**  
**Giving & Receiving Messages**



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**Chapter 3: Giving & Receiving Messages**  
*Non-verbal Communication*



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**Chapter 3: Giving & Receiving Messages**  
*Virtual Role Play*



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Chapter 3: Giving & Receiving Messages  
Collage activity



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Chapter 3: Giving & Receiving Messages  
Listening to young children

Listening to my **BIG** feelings

SAD ANGRY FRUSTRATED JOYFUL  
EXCITED HAPPY FRIGHTENED



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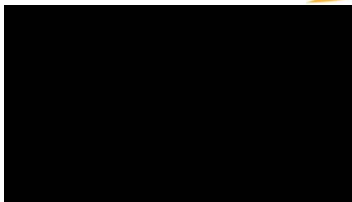
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Chapter 3: Giving & Receiving Messages  
Self-care



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Chapter 3: Giving & Receiving Messages  
Journal Reflections



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Chapter 3: Giving & Receiving Messages

Questions,  
Thoughts  
or Ideas



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Chapter 4  
The Messages of  
Behaviour



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### Chapter 4: The Messages of Behaviour



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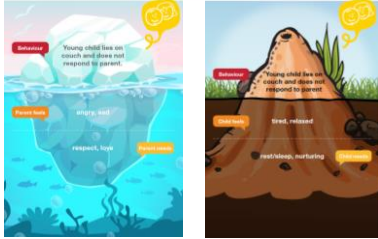
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### Chapter 4: The Messages of Behaviour Behaviour Iceberg



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### Chapter 4: The Messages of Behaviour Iceberg/Anthill



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Chapter 4: The Messages of Behaviour  
Self-care



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Chapter 4: The Messages of Behaviour  
Journal Reflections



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Chapter 4: The Messages of Behaviour

Questions,  
Thoughts  
or Ideas



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**Chapter 5**  
**Messages about Me**



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**Chapter 5: Messages about Me**  
*Activity: Position in the family*



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**Chapter 5: Messages about Me**  
*Family case scenario*



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Chapter 5: Messages about Me  
*Mindfulness bottle*



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Chapter 5: Messages about Me  
*Pause on Positives*

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



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Chapter 5: Messages about Me  
*Journal Reflections*



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Chapter 5: Messages about Me  
Self-care



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Chapter 5: Messages about Me

Questions,  
Thoughts  
or Ideas



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Chapter 6  
Passing on Messages



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### Chapter 6: Passing on Messages Pressing your buttons



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### Chapter 6: Passing on Messages Children & Stress

Play, relaxation and fun with family, are protective factors for children who are stressed.



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### Chapter 6: Passing on Messages Self Care & Nurturing Parents



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Chapter 6: Passing on Messages  
Self-care



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Chapter 6: Passing on Messages  
Journal Reflections



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Chapter 6: Passing on Messages

Questions,  
Thoughts  
or Ideas



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 **Celebration!!!** 



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 **Reflective Evaluation for a Reflective Program** 



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 **Contacting us** 

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