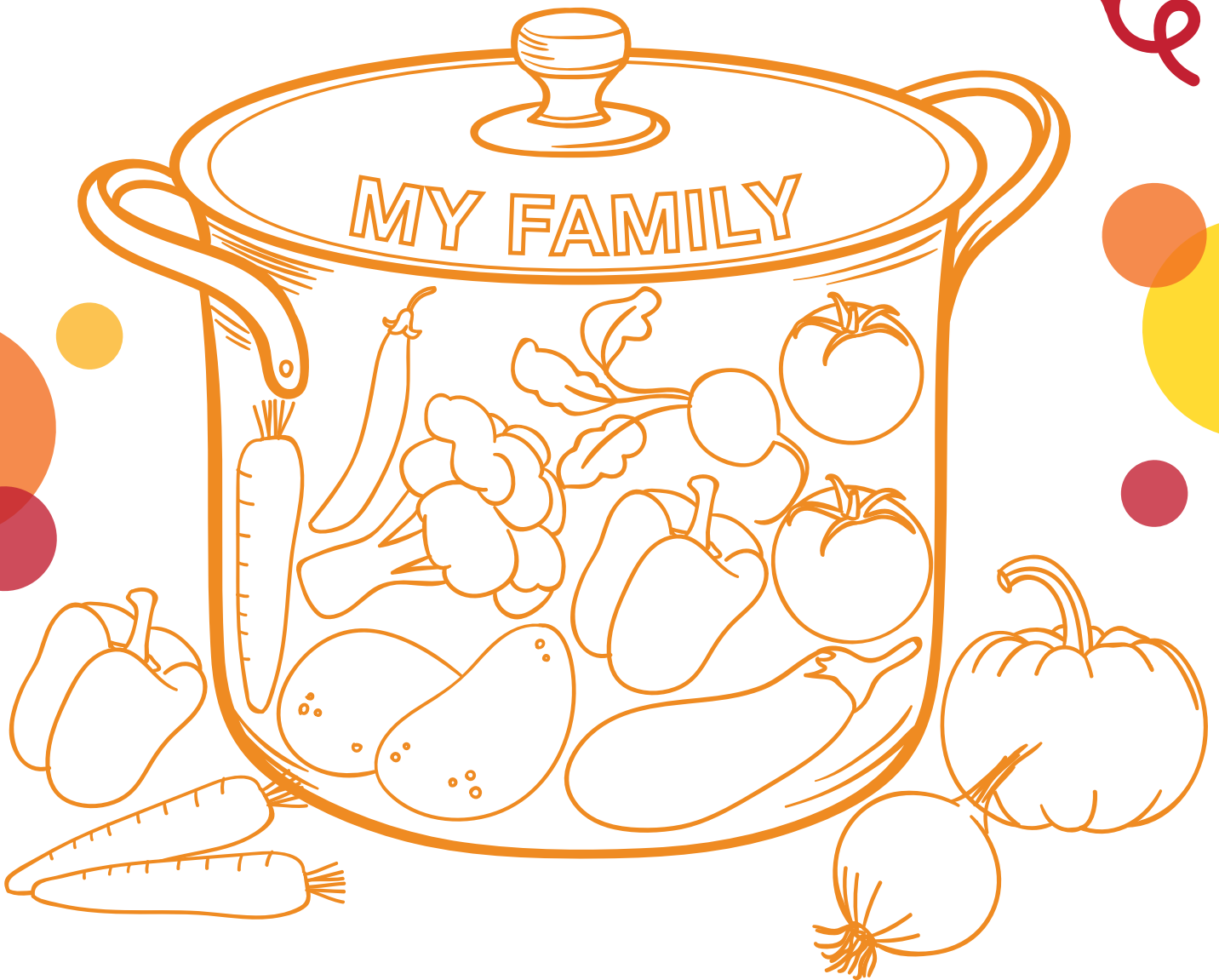




Bringing up Great Kids
**PARENTING AFTER
FAMILY VIOLENCE**
HANDOUTS

Family Soup



Notes



Pause on Positives



★ My favourite moment with my kids this week was...

★ One way that I stayed in touch with friends this week was...

★ One way I was kind to myself this week was...

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

★ One person who supported me this week that I feel grateful for is...

★ One way I could connect more with my kids next week is...

★ A simple pleasure I could treat myself to next week is...





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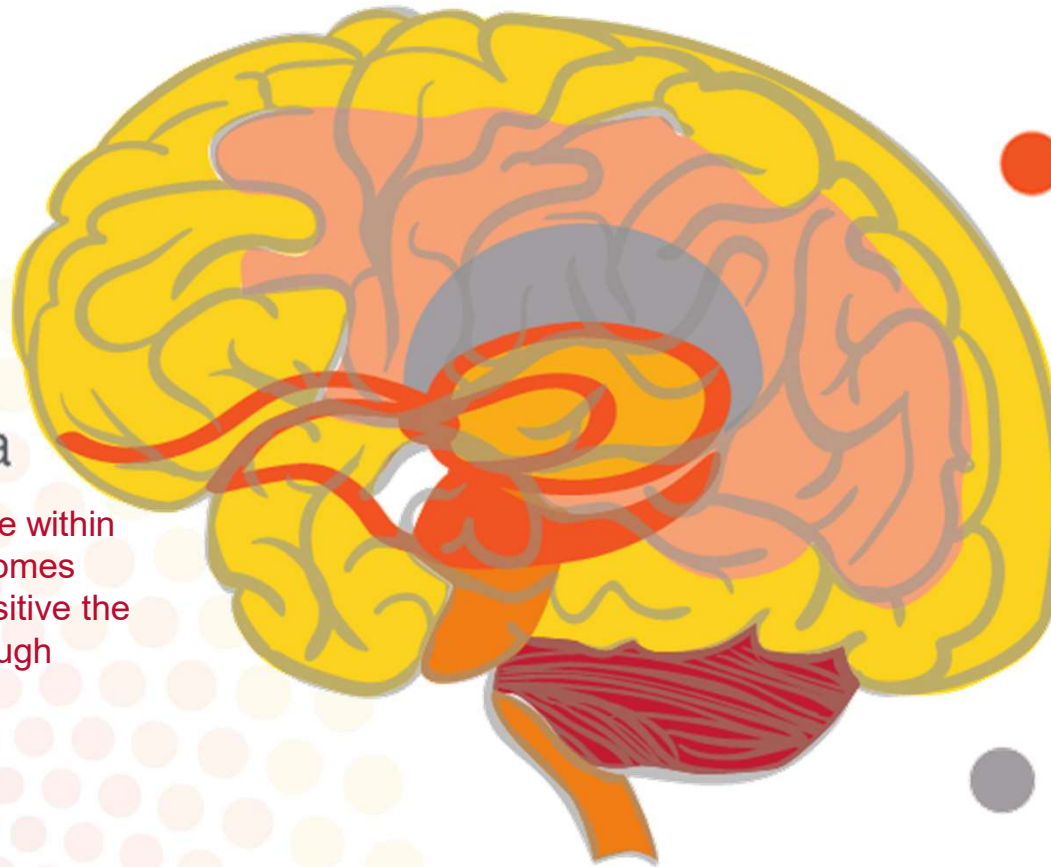




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Where trauma affects the brain



Amygdala

Survival response centre within the limbic lobe that becomes enlarged and more sensitive the more it is activated through responding to threats

Hippocampus

Consolidates memory by providing the context/ sequential data for episodic memories. Goes offline if trauma overwhelms and disrupts cortex.

Bridge between the 2 hemispheres. Chronic stress can damage and thin down this bundle of neurons

Corpus Callosum

Barriers to Communication



‘Waht tnihgs get in the way
of us cmomiuntcanig celalry
wthi our clihrdn?’

‘Yuor bairn is so pfworeul, taht it
can raed sntcenecs wthi mexid
up wrdos as Inog as the frsit and
lsat lterets are in the rgiht pacle.’



My Parenting Chart



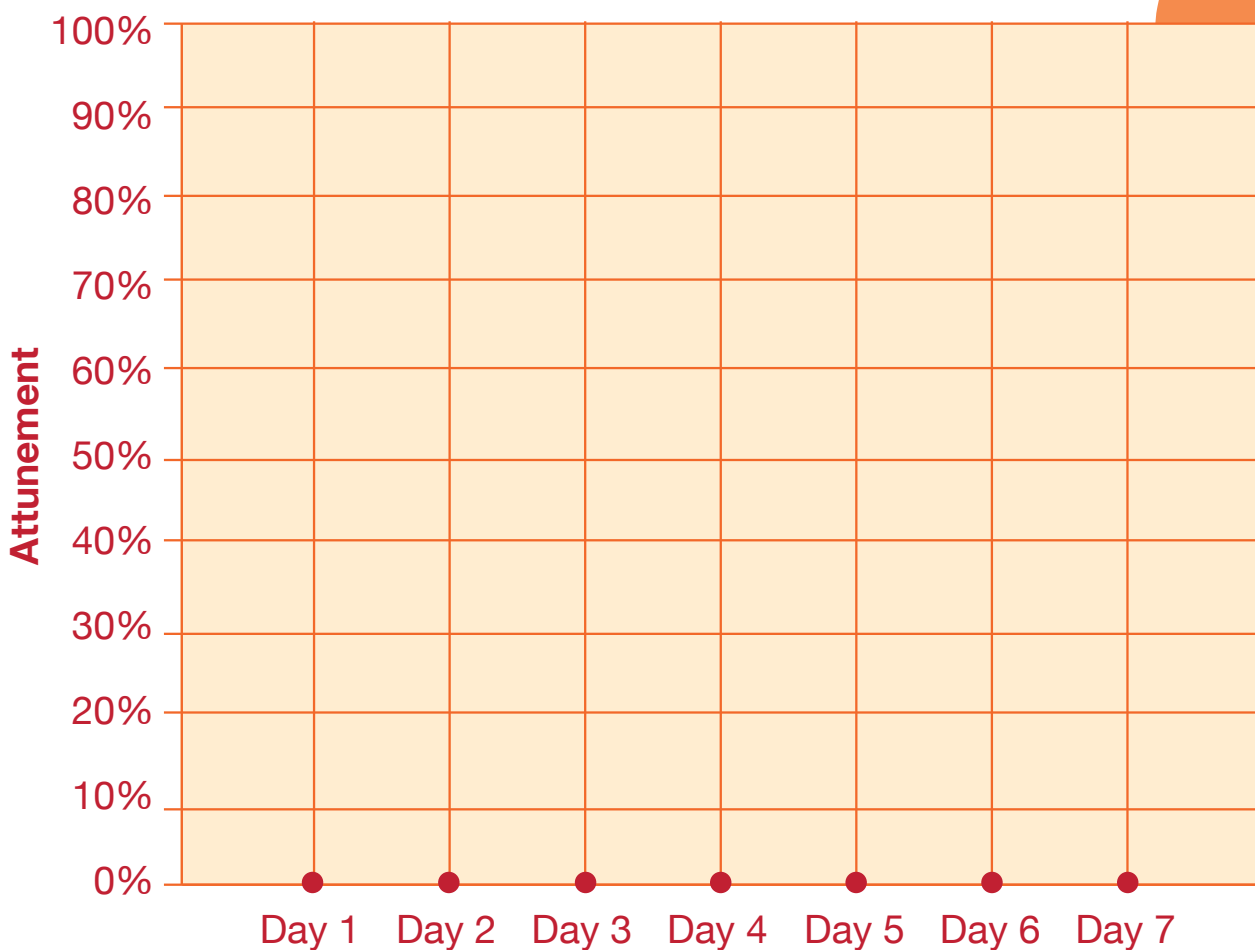
Let's have a look at our own parenting!

Think of the last 7 days with your children. If you were to put the level of attunement between yourself and your child into numbers, what would be the percentage for each day?

First draw the "expected line": how attuned you expected your relationship to be?

Then draw the "actual line" that describes your actual level of attunement for each day.

Please use two different colours.



Asking for help



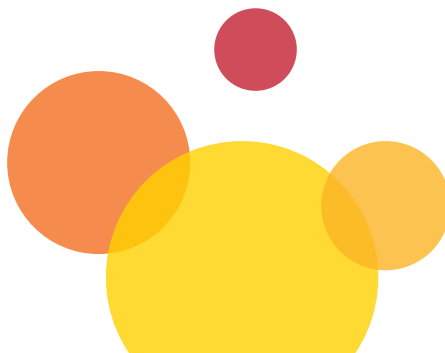
1 How easy do you find it to ask for help?

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?

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

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

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



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.”

“It takes a village to raise a child.”

“Every parent needs help at times.”



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

