

Bringing Up Great Kids

Parenting After Family Violence



Facilitating respectful, reflective & effective parenting groups



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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

BUGK Parenting after Family Violence	*Facilitating an online BUGK group	BUGK Parenting Adolescents
BUGK for Aboriginal and Torres Strait Islander Families	*Implementing BUGK	BUGK In the first 1000 Days
BUGK In Kinship & Foster Care	**BUGK Parenting & Mental Health	* By customised arrangement ** Under Development



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BUGK Resources *handout*

Available to Purchase

Free to Download

Websites

- www.childhood.org.au
 - Shop
 - Resources
 - Prosody Blog
- www.bringingupgreatkids.org
 - Free Resources
 - Information & Education

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The Primary Aim of BUGK



To increase reflective capacity in parents

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Table of Contents


- Chapter 1: Finding Safety After Violence
- Chapter 2: Challenging the Messages of Violence
- Chapter 3: Reclaiming the Messages of My Parenting
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- Chapter 5: Changing the Messages for my Child
- Chapter 6: Understanding and Responding to the Messages of Behaviour
- Chapter 7: Connecting the Stories of our Family

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 **Mindfulness for Parents** 



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



-  **Stop**
 - Stop what you are doing.
 - Make sure your feet are placed firmly on the ground.
-  **Pause**
 - Focus on your breath.
 - Breathe in slowly, right down into your belly, then exhale completely.
 - Take 5 more slow breaths, being aware of each breath in and each breath out.
 - Smile and enjoy standing like this for a moment. Feel your body relax.
 - Reflect. Ask yourself "What do I need?" and "What does my adolescent need?"
-  **Play**
Respond

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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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Parent Journal: My Self-Compassion Journal

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

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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
- Part 3
 - Self-Care
 - Self Compassion Journal
 - Storytime
 - Summary

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 **Who should come?** 

- What would be the criteria to enable parents to attend the group?
- When would you think parents were not ready to attend the group?

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Chapter 1

Finding Safety after Violence



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 **Chapter 1: Finding Safety after Violence** 
Key messages

-  • The safety of all participants is critical
- Recognising parental strengths and showing compassion for themselves and for each other is vitally important.

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Chapter 1: Finding Safety after Violence
Facilitator Reflection

- What are your experiences of family violence and self compassion?
- How do you see yourself as a family violence parent group facilitator?

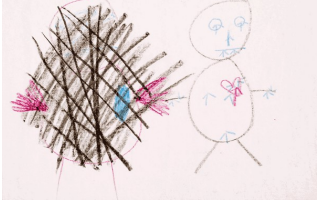




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Chapter 1: Finding Safety after Violence
Defining trauma

Trauma is not what happens **to** you, but what happens **inside** you.
 (Gabor Mate 2018)

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Chapter 1: Finding Safety after Violence
Neuroception of safety

- "The removal of threat is not the same as the presence of safety" (Porges, 2014)
- We need to help parents who have experienced trauma detect more features of safety in their group environment.




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 **Chapter 1 Finding Safety After Violence**
Family Soup 



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 **Chapter 1 Finding Safety After Violence**
Bringing safety to life 



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 **Chapter 1: Finding Safety after Violence**
Self-care 

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



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 **Chapter 1: Finding Safety after Violence** 

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

Challenging the Messages of Violence



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 **Chapter 2: Challenging the Messages of Violence** 
The power of small steps



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Chapter 2: Challenging the Messages of Violence
How do you talk to yourself?



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Chapter 2: Challenging the Messages of Violence
Self-care



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Chapter 3
Validating my Parenting Story



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 **Chapter 3: Validating my Parenting Story**
Pass the parcel 



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 **Chapter 3: Validating my Parenting Story**
Five messages about parenting 



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 **Chapter 3: Validating my Parenting Story**
Rubbish, recycle or reframe/recreate 

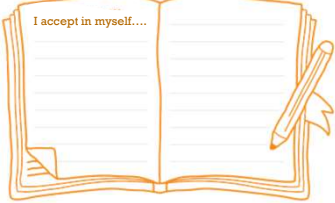



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 **Chapter 3: Validating my Parenting Story**
Self-care 

I accept in myself....



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Chapter 4

Understanding my Child's Story

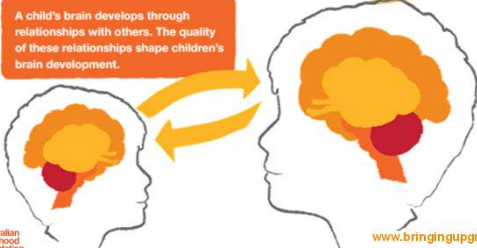



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 **Chapter 4: Understanding my Child's Story**
Growing Brains 

A child's brain develops through relationships with others. The quality of these relationships shape children's brain development.



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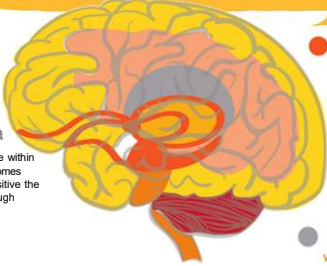
Chapter 4: Understanding my Child's Story
Neuronal connections in family violence



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Chapter 4: Understanding my Child's Story
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.

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

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Chapter 4: Understanding my Child's Story
The traumatised brain

Three Core Concepts in Early Development

3 Toxic Stress Derails Healthy Development

NATIONAL SCIENTIFIC COUNCIL ON THE DEVELOPING CHILD
 Center on the Developing Child HARVARD UNIVERSITY

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 **Chapter 4: Understanding my Child's Story**
Self-care 



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Chapter 5
Changing the Messages for the Child



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 **Chapter 5: Changing the Messages for the Child**
Communication patterns 





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Chapter 5: Changing the Messages for the Child
Barriers to Communication

“What things get in the way of us communicating clearly with our children?”

“Your brain is so powerful, that it can read sentences with mixed up words as long as the first and last letters are in the right place!”

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Chapter 5: Changing the Messages for the Child
Self-care




<https://dribbble.com/shots/5687910-Walking>

<https://dribbble.com/shots/2671153-Paris-Walk-Cycle>




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Chapter 6
Understanding and Responding to the Messages of Behaviour





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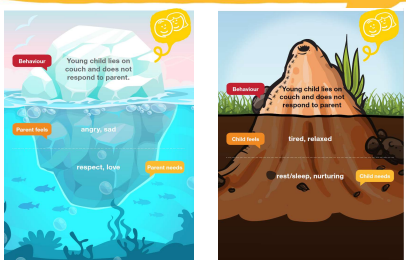
Chapter 6



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Chapter 6
Anthill/Iceberg



Enhance: Young child lies on couch and does not respond to parent.
 Behavior: Young child lies on couch and does not respond to parent.

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Chapter 6
Messages of Behaviour



“The problem for children who have experienced trauma is they can develop a mismatched nervous system that can react to the environment as dangerous, when it is safe.”
(Porges, 2014)


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Chapter 6
'When kids feel right, they act right'

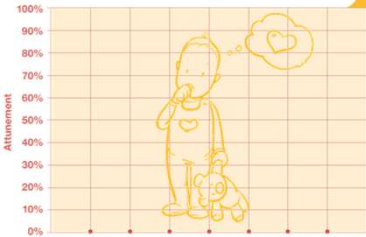
Rather than asking:
 "What are you doing?"
 and
 "How can I stop it?"


Wonder:
 "What are you feeling?/trying to tell me?"
 And
 "What do you need (from me)?"

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Chapter 6
My Parenting Chart



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Chapter 6
Helping Everyone with Their Big Feelings

Listening to our **BIG** feelings

SAD ANGRY FRUSTRATED JOYFUL EXCITED HAPPY FRIGHTENED

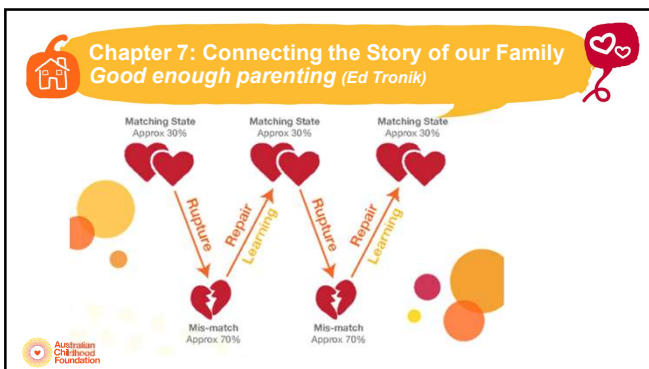


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Chapter 7: Connecting the Story of our Family
Self compassion: be kind to yourself




BE KIND TO YOURSELF

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Chapter 7: Connecting the Story of our Family
Self-care



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Chapter 7: Connecting the Story of our Family
Self-care



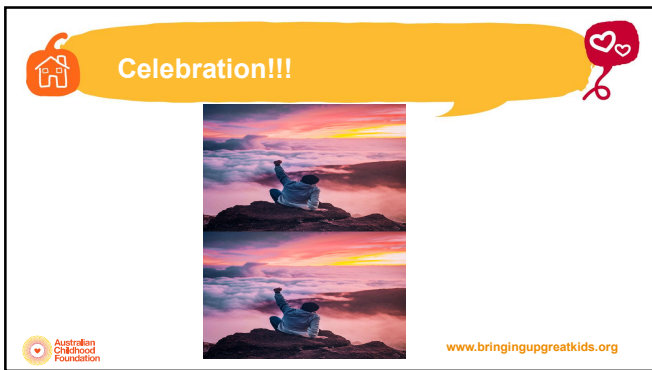
Calmer Choice
Cultivating Awareness • Living Mindfully • Enhancing Resilience

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 **Contacting Us** 

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