



Foundation BUGK

Chapter 6 Handouts

Asking for help



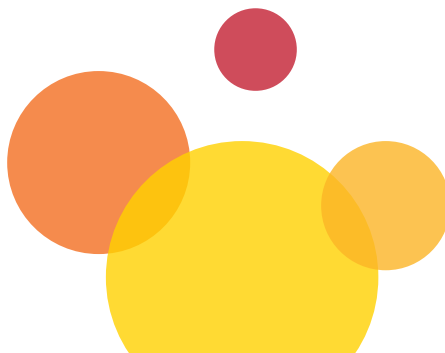
1 How easy do you find it to ask for help?

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?



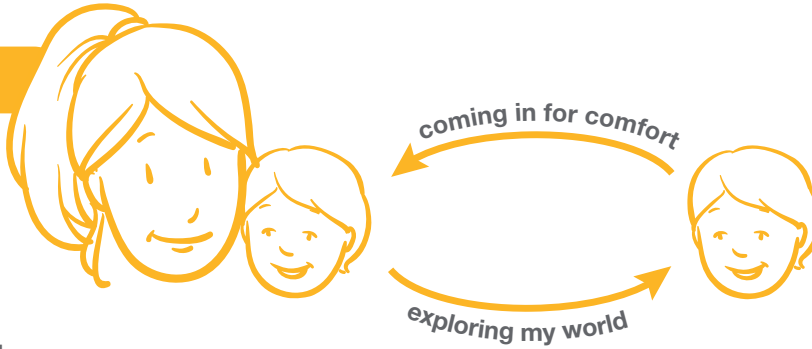
Being there for children



Page 1

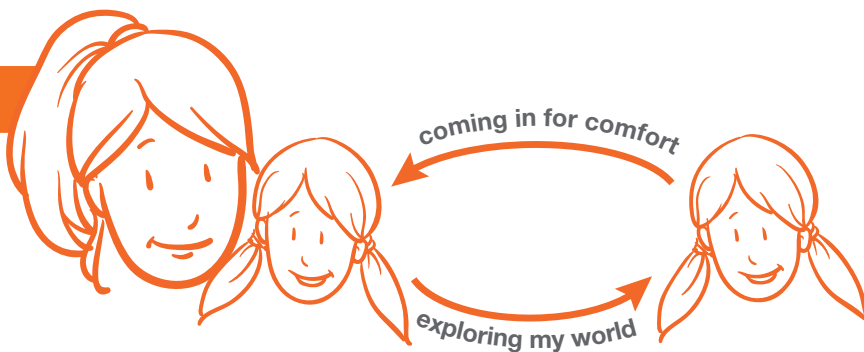
- A. What might **exploring my world**, and **coming in for comfort**, look like for a child of each of these ages?
- B. What does the child need from the parent in each case?

3 Years



I need you to...

6 Years



I need you to...

9 Years



I need you to...

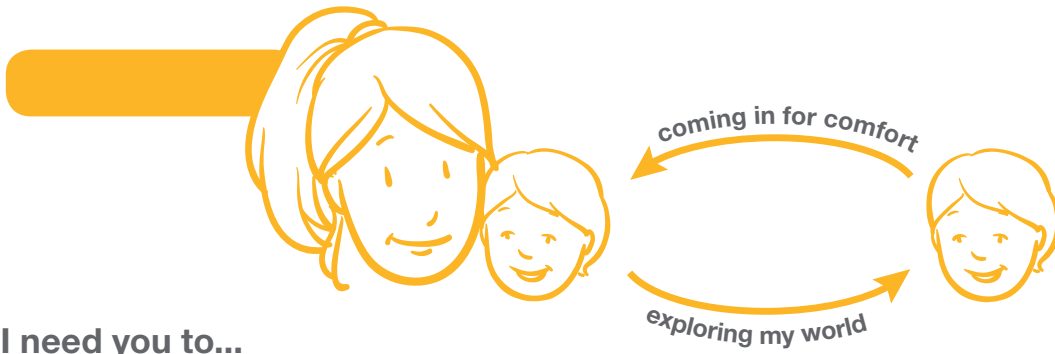


Being there for children

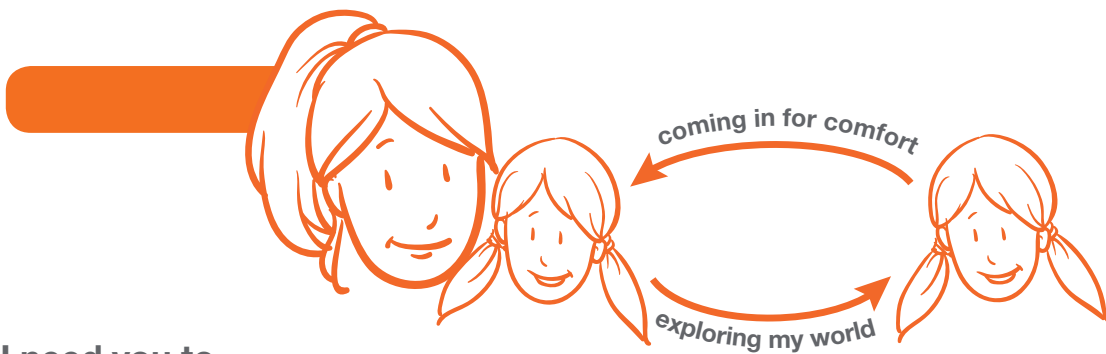


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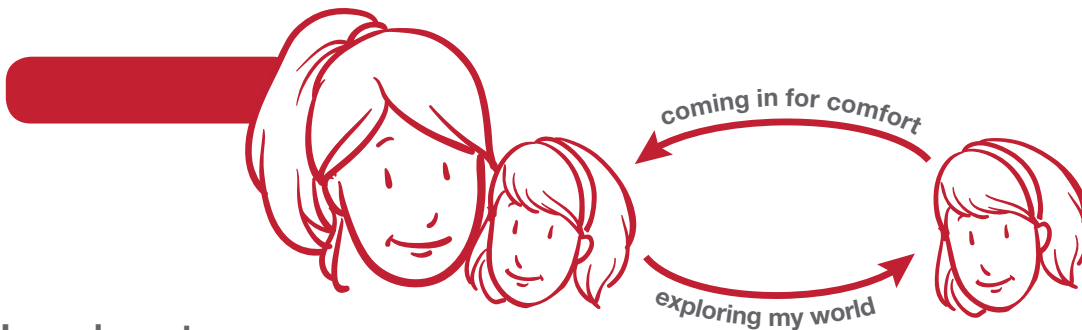
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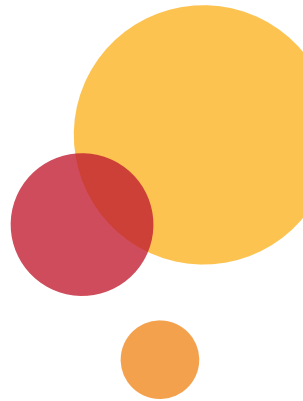
I need you to...



I need you to...



I need you to...



Life Tree



The Fruits

represent your children.

★ Draw them on your tree in a way that says something about each child.

The Leaves

represent your values and your skills.

The Branches

represent your hopes and wishes for your children.

The Trunk

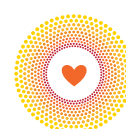
represent your strongest supports.

The Earth

represent all those things which keep you 'grounded' and make you feel stable and strong.

The Roots

represent where you have come from, your family history and important places and people from your past.



Life Tree



The Fruits

If you think about your children as gifts that you will pass on to the next generation what are some of the messages you would like them to take with them?

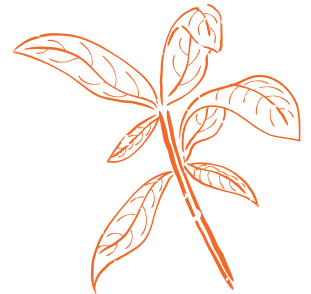
The Leaves

What are your values and your strongest skills? Who did you learn these from? Think about how you are passing those values and skills on to your children.



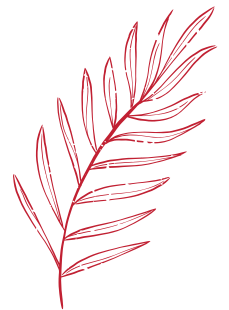
The Branches

What are your hopes and wishes for your children? Where did they come from?



The Trunk

Who are the people or organisations you feel comfortable to turn to for help when you need support?



The Earth

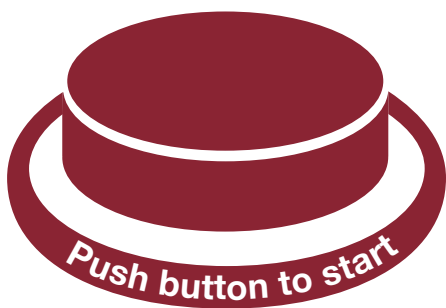
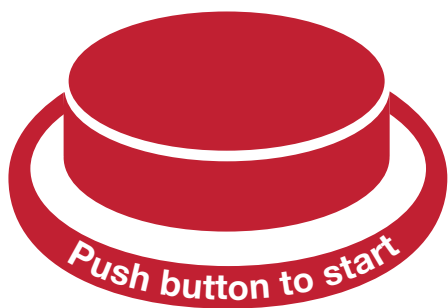
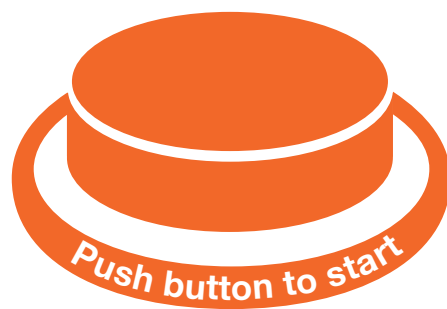
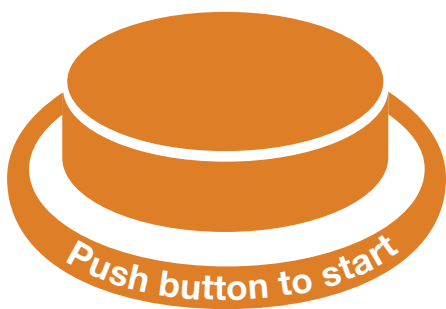
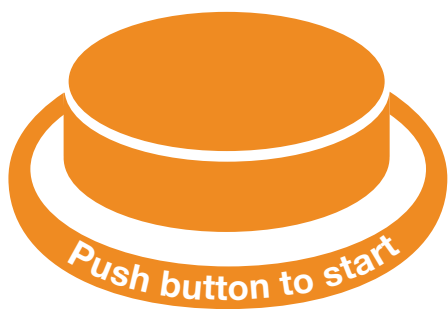
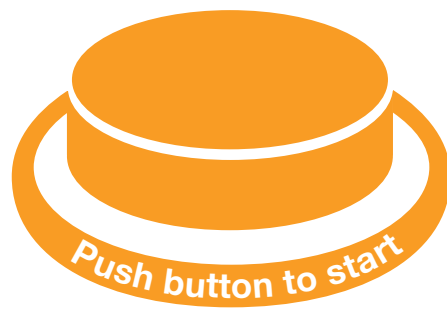
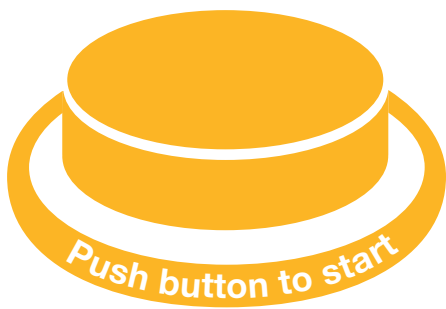
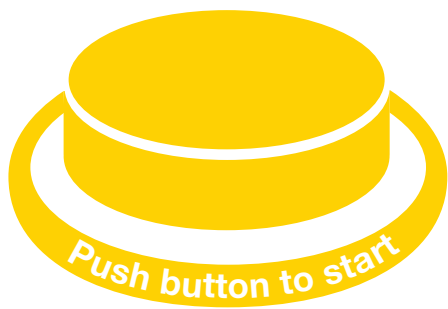
Write about the things that you do to nurture yourself to make you feel good and to keep you calm.

The Roots

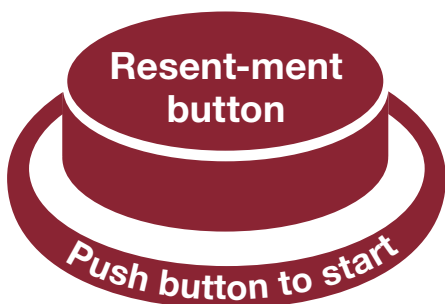
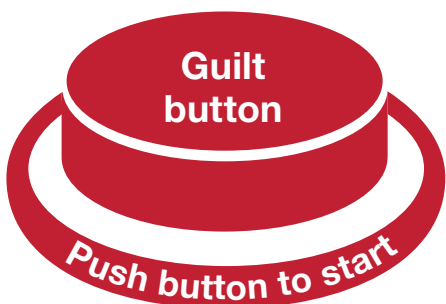
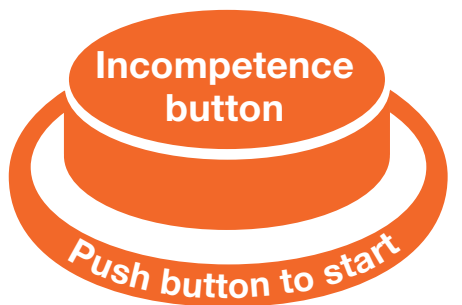
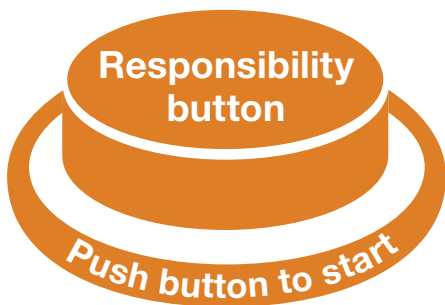
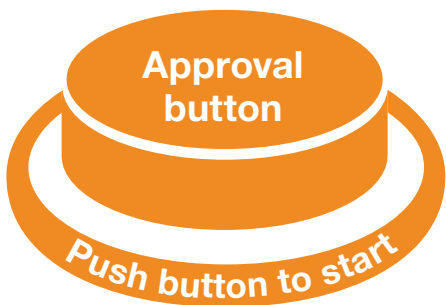
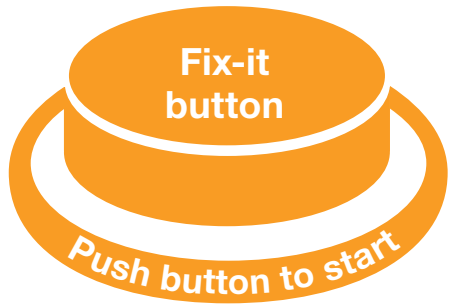
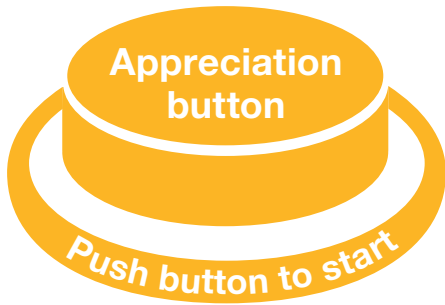
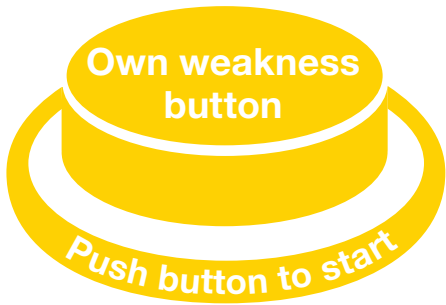
Think about the people from your childhood who were most important to you. Who were they and what are some of the most important messages they gave you? Name some things from your childhood that you would like to pass on to your own children and some you would choose to leave behind.



Pressing your buttons



Pressing your buttons



Self-care reflection



Psychological Self-Care

Activities that help you to feel clear-headed and able to intellectually engage with the professional challenges that are found in your work and personal life.

- Keep a reflective journal
- Engage with a non-work hobby
- Turn off your email and work phone outside of work hours
- Make time for relaxation
- Make time to engage with positive friends and family

Emotional Self-Care

Allowing yourself to safely experience your full range of emotions.

- Develop friendships that are supportive
- Write three good things that you did each day
- Play a sport and have a drink together after training
- Go to the movies or do something else you enjoy
- Meet with a social group
- Talk to a friend about how you are coping with work and life demands

Spiritual Self-Care

This involves having a sense of perspective beyond the day-to-day of life.

- Engage in reflective practices like meditation
- Go on bush walks
- Do yoga
- Reflect with a close friend for support

Relationship Self-Care

Is about maintaining healthy, supportive relationships, and ensuring you have diversity in your relationships so that you are not only connected to people at work but also in your personal life.

- Prioritise close relationships in your life e.g. with partners, family and children
- Attend the special events of your family and friends
- Arrive to work and leave on time every day

In creating a self-care plan it is important to ask yourself, “what might get in the way?” What can you do to remove these barriers? If you can’t remove them you might want to adjust your strategies. Think honestly about whether any of your strategies are negative and how you can adjust your plan to avoid or minimise their impact. It is important that your plan resonates for you.



The Story Continues



Imagine your child as a 25 year old adult making a speech at your birthday party. What do you hope he or she will say are the most important things they have learnt from you?

Lined writing area for the response.

