

Bringing Up Great Kids
Learning the basics for professionals who work one on one with parents

A toolbox of useful resources for working with families

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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 of BUGK

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 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 and Foster Care	**BUGK Parenting & Mental Health	* By customised arrangement **Under Development

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What we will cover

This online training will cover tools you can use in working one on one with parents and children. It will include the following BUGK concepts:

- Well Being – empathy, gratitude and compassion
- Mindfulness – communication (focus on listening and body language)
- Reflecting on: relationships & family, brain development, behaviour

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BUGK Resources

Available to Purchase

Free to Download

Websites

www.childhood.org.au

- Shop
- Resources
- Prosody Blog


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- Free Resources
- Information & Education

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The Primary Aim of BUGK
To increase reflective capacity in parents




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 **Reflective journalling** 



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

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 **Wellbeing**

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 **Self Care & Nurturing** 



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Self-care Prescription

Prescription (Add your own activity)	Dose (How long?)	Frequency				
		Daily	Weekly	Fortnightly	Monthly	Yearly
Call or visit a friend or family						
Practice breathing / muscle relaxation						
Walk, play sport or exercise						
Have a bath						
Read a book or magazine						
Have one-to-one time with your partner						
Watch a movie						
Listen or dance to music						
Write, paint or play an instrument						
Cook your favourite meal						
Go out for dinner						
Go some gardening						
See a counsellor						
Go away for a weekend						
Go on holiday						

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Defining Compassion: *com* (with) *pati* (suffer): to suffer with

- ❖ Recognition of suffering
- ❖ Feelings of kindness & desire to ameliorate suffering
- ❖ Recognising our shared human vulnerability

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Compassion



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Self compassion:

- Is this the same as self-care?



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Definition

'Self-compassion is a form of acceptance - acceptance of ourselves while we're in pain'.

Christopher Germer

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Gratitude



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Empathy

I'm sorry that happened' 'that must be really hard',
'that must feel really bad'.




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Empathy



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Mindfulness



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Mindfulness

Deactivation

Mindfulness deactivates the Amygdala (the 'smoke-detector' of the brain) helping us to calm.

Medial Pre-Frontal Cortex
The centre of mindfulness/ self-awareness

Mindfulness also develops the Medial Pre-Frontal Cortex, helping us to develop reflection and empathy for others.

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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 to your adolescent with new understanding.

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Anterior Cingulate Cortex: activating STOP PAUSE PLAY

STOP
Ventral region- connects to amygdala- the 'brakes' in negative situations

PAUSE
Rostral region- connects to medial PFC- self-reflection & attunement

PLAY
Dorsal region(attention system) – connects to dorsolateral PFC- reappraisal & objective understanding

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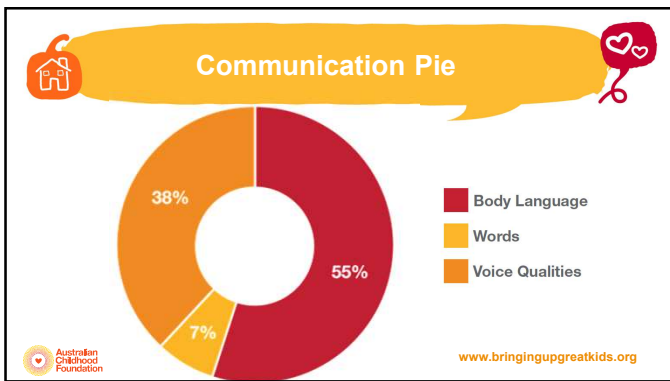
Chinese Symbol for Listening:
'Listen as if you are listening to a king'

聽 Listen

耳 Ear
眼 Eye
心 Heart
一 One (each body and mind effort)
王 King

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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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Listen Intentionally




1. 
2. 
3. 

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Reflections on Family and Relationships



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Relationships

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

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Reflection on Relationships

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'Good enough' parenting (Ed Tronick)

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 Reflection on Family 




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 Family Soup 



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 The Life Tree 



The Fruits
represent your hopes and wishes for your children.

The Leaves
represent your values and your skills.

The Branches
represent your hopes and wishes for your children.

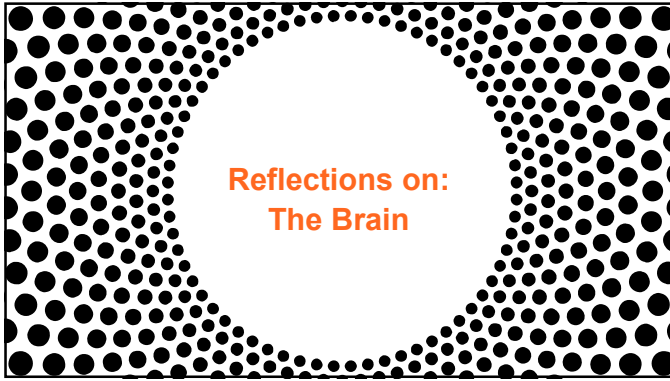
The Trunk
represent your strongest supports.

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

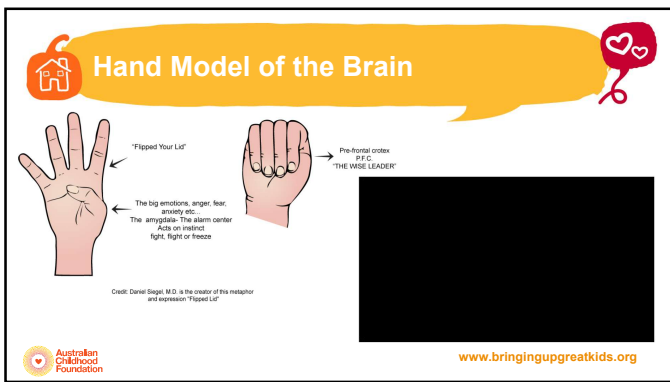
The Roots
represent where you have come from, your family history and important places and people from your past.

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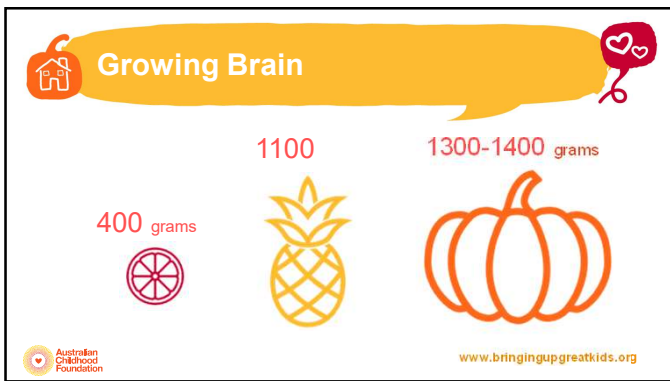
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Bottom up brain development

- Cortex**
Reasoning and Judging Centre
3-6 Years
- Limbic System**
Emotional Centre
1-3 Years
- Cerebellum**
Motor Centre
Birth-2 Years
- Brain Stem**
Basic Survival Functions
Pre-birth - 8 Months

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The Brain Story video

Chapter 4
Understanding your child's brain development

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Reflection on Behaviour

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Listening to young children

Listening to my **BIG** feelings


SAD ANGRY FRUSTRATED JOYFUL
EXCITED HAPPY FRIGHTENED



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Behaviour Cards



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

Underneath: angry, sad, frustrated

Needs: respect, love



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

Underneath: tired, relaxed

Needs: rest/sleep, nurturing

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Reflection on Behaviour

Needs

rest/sleep	safety	shelter	touch
play	creativity	hope	belonging
empathy	love	nurturing	respect
security	trust	comfort	support

Feelings

calm	happy	proud	playful
curious	enthusiastic	angry	mad
sad	frightened	lonely	scared
bored	excited	fulfilled	relaxed

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 **'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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 **I still love you** 



'What you did is not ok, but you are still a good person and I still love you'

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 **Asking for help**

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 **Asking for Help** 



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Storytime



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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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 Storytime 



 Source: <https://www.youtube.com/The Dinky Donkey - The Scottish Granny> www.bringingupgreatkids.org

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 Storytime 



 Source: <https://www.youtube.com/The Very Hungry Caterpillar - Animated Film> www.bringingupgreatkids.org

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 Contacting Us 

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