

**Bringing Up Great Kids**  
In the First 1000 days

Facilitating respectful, reflective & effective parenting groups

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

Australian Childhood Foundation

1

---

---

---

---

---

---

---

---

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.

Australian Childhood Foundation

2

---

---

---

---

---

---

---

---

**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 Parenting after Family Violence                   | *Facilitating an online BUGK group | BUGK Parenting Adolescents                         |
| BUGK for Aboriginal and Torre Straight Island Families | *Implementing BUGK                 | BUGK In the first 1000 Days                        |
| BUGK in Kinship & foster Care                          | **BUGK Parenting & Mental Health   | * By customised arrangement<br>**Under Development |

Australian Childhood Foundation

3

---

---

---

---

---

---

---

---

**BUGK Resources**

**Available to Purchase**



**Websites**

- [www.childhood.org.au](http://www.childhood.org.au)
  - Shop
  - Resources
  - Prosody Blog
- [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)
  - Free Resources
  - Information & Education
- [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

**Free to Download**



4

---

---

---

---

---

---

---

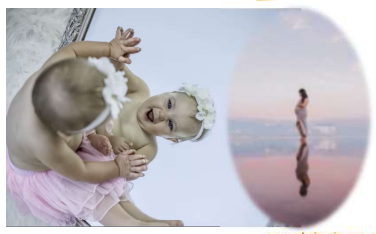
---

---

---

**The Primary Aim of BUGK**

To increase reflective capacity in parents



Australian Childhood Foundation

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

5

---

---

---

---

---

---

---

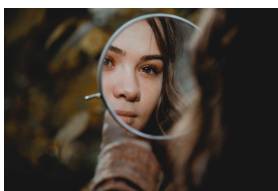
---

---

---

**The Primary Aim of BUGK**

To increase reflective capacity in parents



Australian Childhood Foundation

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

6

---

---

---

---

---

---

---

---

---

---

 **Table of Contents** 

- Chapter 1: Brain Growth and Development in the first 1000 days
- Chapter 2: A 1000 days of baby talk
- Chapter 3: Nurturing relationships 1000 days and beyond
- Chapter 4: 1000 recipes for the family soup
- Chapter 5: A 1000 year journey

 [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

7

---

---

---

---

---

---

---

---

 **Mindfulness for Parents** 



 [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

8

---

---

---



---


---

---

---

---

 **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 child need?"

**Play**

Respond to your child with new understanding.

 [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

9

---

---

---

---

---

---

---

---

 **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)

 [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

10

---

---

---

---

---

---

---

---

 **Pause on the Positives** 

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

 [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

11

---

---

---



---

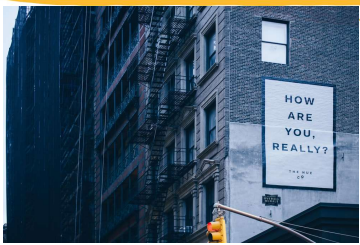
---


---

---

---

 **Check In** 



 [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

12

---

---

---

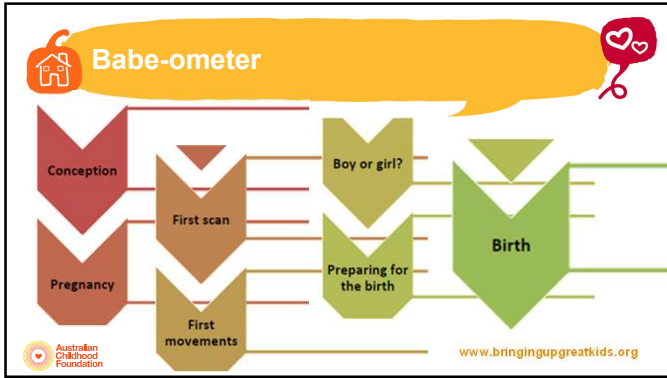
---

---

---

---

---



13

---

---

---

---

---

---

---

---

**Growing Like a Mushroom**

7 weeks

- Blueberry
- 1.2 cm
- <1gr

27 weeks

- Cauliflower
- 26.6 cm
- 875 gr

39 weeks

- Mini watermelon
- 50.7 cm
- 3.3 kg

Australian Childhood Foundation

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

14

---

---

---

---

---

---

---

---

**Babies Video**

<https://www.youtube.com/BABIES> - Official Trailer

Australian Childhood Foundation

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

15

---

---

---

---

---

---

---

---

**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.

Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

16

---

---

---

---

---

---

---

---

**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 pre and post birth
- Part 3
  - Self-Care
  - Storytime
  - Summary

Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

17

---

---

---

---

---

---

---

---



**Chapter 1**

**Brain Growth and Development in the First 1000 Days**

Australian Childhood Foundation

18

---

---

---

---

---


---

---

---

**Chapter 1**  
*Key messages*

- Pregnancy and parenting practices are culturally determined
- Pregnancy and parenting journey is an individual experience
- Self care is a lifelong journey



Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

19

---

---

---

---

---

---

---

---

**Chapter 1**  
*Facilitator Reflection*

- Provide a safe, warm, respectful atmosphere.
- Provide support and care for the participants inside and outside the group



Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

20

---

---

---

---

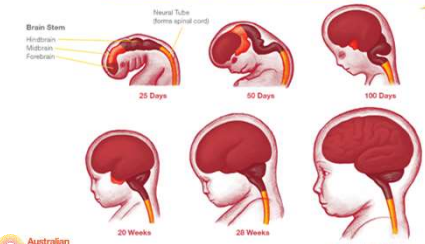
---

---

---

---

**Chapter 1**  
*Baby's brain development in utero*



Brain Stem: Hindbrain, Midbrain, Forebrain

Neural Tube (forms spinal cord)

25 Days, 50 Days, 100 Days, 20 Weeks, 28 Weeks, 35-40 Weeks (full term)

Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

21

---

---

---

---

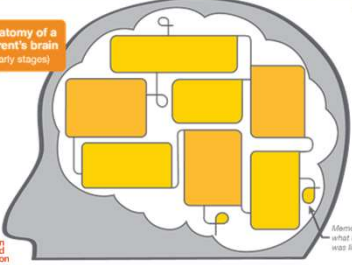
---

---

---

---

**Chapter 1**  
*Incomplete parent brain*



Anatomy of a Parent's brain (early stages)

Memory of what life was like [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

Australian Childhood Foundation

22

---

---

---

---

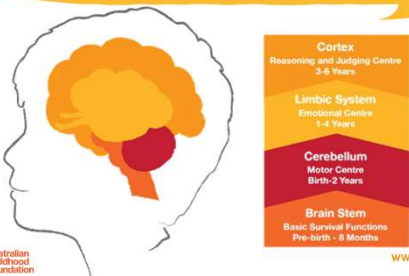
---

---

---

---

**Chapter 1**  
*Bottom up brain development*



Cortex  
Reasoning and Judging Centre  
3-6 Years

Limbic System  
Emotional Centre  
1-4 Years

Cerebellum  
Motor Centre  
Birth-2 Years

Brain Stem  
Basic Survival Functions  
Pre-birth - 8 Months

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

Australian Childhood Foundation

23

---

---

---

---

---

---

---

---

**Chapter 1**  
*Emotional and physical needs*



[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

Australian Childhood Foundation

24

---

---

---

---

---

---

---

---



**Chapter 1**  
*Mindfulness & the Brain*

**Deactivation**

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

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

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

Australian Childhood Foundation

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

25

---

---

---

---

---

---

---

---

**Chapter 1**  
*Brain integration*

Credit: <https://www.youtube.com/watch?v=V8eebGNOJYI>  
Baby exercise - crossing midline

Australian Childhood Foundation

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

26

---

---

---

---

---

---

---

---

**Chapter 1**  
*Brain integration*

<https://www.youtube.com/watch?v=V8eebGNOJYI>

Australian Childhood Foundation

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

27

---

---

---

---


---

---

---

---

**Chapter 1**  
*Have I told you lately that I love you*



Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

28

---

---

---

---


---

---

---

---

**Chapter 1**  
*Story-telling*



Credit: <https://www.youtube.com/watch?v=1ge5bYUcJBE> [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

29

---

---

---

---

---

---


---

---

**Chapter 1**

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?



Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

30

---

---

---

---

---

---

---

---



31

---

---

---

---

---

---

---

---



32

---

---

---

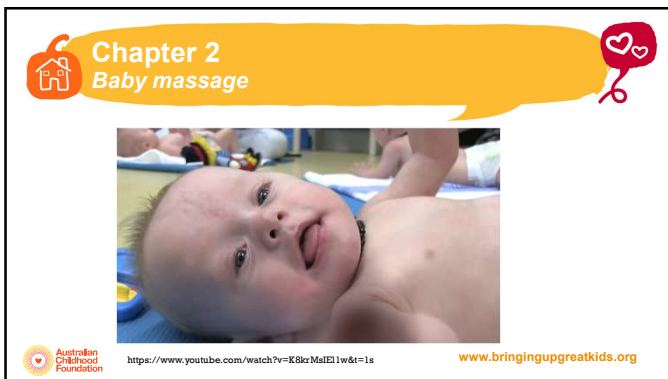
---

---

---

---

---



33

---

---

---

---


---

---

---

---

**Chapter 2**  
Singing to the baby in womb



Credit: <https://www.youtube.com/Friends> | Ross Singing To His Baby

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

34

---

---

---

---


---

---

---

---

**Chapter 2**  
I need you A- Z



Credit: [https://www.youtube.com/Little Girl Experiences](https://www.youtube.com/Little%20Girl%20Experiences) Rain For The First Time

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

35

---

---

---

---


---

---

---

---

**Chapter 2**  
Non-verbal communication



Credit: [https://www.youtube.com/Little Girl Experiences](https://www.youtube.com/Little%20Girl%20Experiences) Rain For The First Time

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

36

---

---

---

---

---

---

---

---



37

---

---

---

---

---

---

---

---



38

---

---

---

---

---

---

---

---



39

---

---

---

---

---

---

---

---

**Chapter 3**  
Message to my baby



Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

40

---

---

---

---


---

---

---

---

**Chapter 3**  
Connecting to your unborn baby



Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

41

---

---

---

---

---

---

---

---

**Chapter 3**  
Forming relationships

How is the baby in womb feeling?



Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

42

---

---

---

---

---

---

---

---

**Chapter 3**  
*Message to my Baby*



Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

43

---

---

---

---

---

---

---

---

**Chapter 3**  
*Singing to/with the baby*



Australian Childhood Foundation Credit: <https://www.youtube.com/BabySingswithGrandma> [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

44

---

---

---

---

---

---

---

---

**Chapter 4**  
**1000 Recipes for Family Soup**



Australian Childhood Foundation

45

---

---

---

---

---

---

---

---

**Chapter 4**  
*Family Soup*



Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

46

---

---

---

---

---

---

---

---

**Chapter 4**  
*Pass the Parcel*



Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

47

---

---

---

---


---

---

---

---

**Chapter 4**  
*Six theories*



"Before I got married  
I had 6 theories about raising  
children;  
now I have 6 children and no  
theories"  
(John Wilmot)

Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

48

---

---

---

---

---

---

---

---



**Chapter 4**  
*My favourite things*

Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

49

---

---

---

---

---

---

---

---

**Chapter 4**  
*Story time*

Australian Childhood Foundation [www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)  
Source: <https://www.shutterstock.com/183111933>

50

---

---

---

---

---

---

---

---

**Chapter 5**  
*A 1000 years journey*

Australian Childhood Foundation

51

---

---

---

---

---

---

---

---

**Chapter 5**  
*The wellbeing plate*

Play time  
Sleep time  
relationship time  
Nurturing time  
Physical Time  
Personal time  
Nature time

Australian Childhood Foundation  
www.bringingupgreatkids.org

52

---

---

---

---

---

---

---

---

**Chapter 5**  
*It takes a village (or community) to raise a child*

Australian Childhood Foundation  
www.bringingupgreatkids.org

53

---

---

---

---

---

---

---

---

**Chapter 5**  
*Self-care prescription*

Australian Childhood Foundation  
www.bringingupgreatkids.org

54

---

---

---

---

---

---

---

---

