

**Bringing Up Great Kids**  
for Aboriginal and Torres Strait Islander Families

Australian Childhood Foundation  
www.bringingupgreatkids.org

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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 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

**Available to Purchase**

**Free to Download**

**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

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## Online Learning Community

**Videos**

Thoughtful Parenting

**Extra Resources & Activities**

At Home Together with the Four Ms

Connected Parenting Booklet

**Links to Products & Training**

Bringing Up Great Kids - Facilitator Training

**Manuals & Handouts**

Foundation BUGK Parenting Program Facilitator Manual

**Discussion Forum**

BUGK Team Feed

Share your thoughts, ideas, knowledge in this space

**Blogs**

Explosive Adolescence

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## Names of the Stories

- Story 1 The Message Centre**
- Story 2 Messages Past Present and Future**
- Story 3 Giving and Receiving Messages**
- Story 4 Messages of behaviour**
- Story 5 Me and My Messages**
- Story 6 Safety Net**

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**Content of each story**

Each "story" is broken up into 3 sections

...

1. **What you will need**
2. **Introduction – connecting activities.**
3. **Yarning Circle/Healing**
  - A. **Deep listening**
  - B. **Content/Activities**
  - C. **Mindfulness/ self care**

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**Repeated Activities**

**Stop Pause Play**  
**Mindful Listening**  
**Capturing the journey**  
**Yarning/self care**

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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 child need?"
- Play**
  - Respond to your child with new understanding.

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**Mindfulness**

Mindfulness  
can be understood as  
bringing your mind and body  
into the same place at the  
same time

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**Dadirri**



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**Deep Listening**

**Ngangikurungkurr: Dadirri** – listening to one another

**Pitjantjatjara: kutini** – for listening; kulini yuku for listening and wanting to listen

**Gamilaraay: whinangarurru** – listening deep

**Ghungulu: yimbanylrara** – listening to Elders

**Bungjalung: gan'na** – to hear, listen, feel, think, understand

**Gunmbayngirr: junga-ngarraanga mlinggi** – hearing, listening, understanding, knowing from the heard.

**Kadaaniny** – listening, learning, sitting.

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 **Capturing the Journey** 

*Parents may want to record their journey in the group*



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 **Self-care/yarning** 



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**Story 1**

**The Message Centre**




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**Story 1: The Message Centre**  
*Key Messages*

1. Parents' relationships with their children are critical to children's brain development.
2. An understanding of early brain development can help parents better understand and more appropriately respond to children's behaviour.

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**Story 1: The Message Centre**  
*Before you start, think about*

1. Whilst parenting your own children, how much did you know about early brain development?
2. If they had known more, how might they have responded to your behaviour differently

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**Story 1: The Message Centre**  
*Yarning Circle: Mindful Listening*



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**Story 1: The Message Centre**  
Yarning Circle: Growing Brain



400 grams

1100 grams

1300-1400 grams



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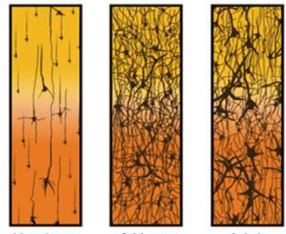
**Story 1: The Message Centre**  
Yarning Circle: Neuron Connections



Newborn

2 Years

Adult



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**Story 1: The Message Centre**  
Yarning circle : River story



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**Story 1: The Message Centre.**  
**Yarning circle: Healthy Brain**

- CONTROL CENTRE (stories & thinking)
- EMOTIONS & family
- YIPPEE! (good feeling)
- MEMORY
- LIFE (heartbeat & breathing)
- Balance body
- Feel body
- Move body



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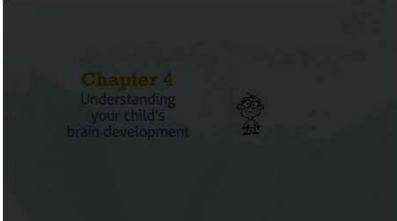
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**Story 1: The Message Centre**  
**Yarning Circle: The brain story**

**Chapter 4**  
 Understanding your child's brain development



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**Chapter 1: The Message Centre**  
**Yarning circle: Integrating the brain**

**YELLOW BLUE ORANGE**  
**BLACK RED GREEN**  
**PURPLE YELLOW RED**  
**ORANGE GREEN BLACK**  
**BLUE RED PURPLE**  
**GREEN BLUE ORANGE**

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**Story 1: The Message Centre. Capturing the Journey**

*Parents may want to record their journey in the group*



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**Story 1: The Message Centre Self-care/yarning**



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**Story 1: The Message Centre How will this work for you?**

Do you need to make changes to the content or delivery methods to suit your parent/carer group?



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**Story 2**

**Messages past, present and future**



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**Story 2: Messages past, present and future** *Key Messages*

1. There is no such thing as a perfect parent
2. How we parent is usually culturally & community determined
3. Messages we received in childhood impact on our own parenting

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**Story 2: Messages past, present and future: Before you start, think about**

1. How can I create a safe, warm, respectful environment that will help parents explore their parenting journey in an enjoyable way
2. how was I cared for when I was growing up . What were some of the messages about myself that I learned from people in my family or community.....

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**Chapter 2: Messages:**  
*Yarning Circle: Virtual Pass the Parcel*



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**Chapter 2: Messages:**  
*Yarning Circle: Virtual Pass the Parcel*



*Culture and community are important in a child's life*

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**Chapter 2: Messages:**  
*Yarning Circle: Virtual Pass the Parcel*



*All children need storytelling*

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 **Chapter 2: Messages:**  
Yarning Circle: Virtual Pass the Parcel 



*It takes a community to raise a child*

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 **Chapter 2: Messages Past, Present Future**  
Virtual Pass the Parcel 



*All children need to find their identity*

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 **Chapter 2: Messages:**  
Yarning Circle: Virtual Pass the Parcel 



*Children need love*

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**Story 2: Messages: Yarning Circle: Keeping Safe and Strong**



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**Story 2: Messages, Past, present and future: Self-care/yarning**



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**Story 2 Messages Past Present and Future. Capturing the Journey**

*Parents may want to record their journey in the group*



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**Story 2: Messages past, present and future: How will this work for you?**

Do you need to make changes to the content or delivery methods to suit your parent/carer group?



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**Story 3**

**Giving & Receiving Messages**



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**Story 3: Giving and receiving messages: Key Messages**

1. Non-verbal messages are very powerful in our communication with children
2. Messages we receive from our childhood can create barriers to effective communication with our children
3. Being calm is essential to effective communication with children

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**Story 3: Giving and receiving messages:**  
*Before you start, think about*

- Think about your own childhood memories of being spoken to, and listened to, by your parents/caregivers.
- How was that experience for you?
- What do you think might have contributed to your parents' way of communicating with you?

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**Story 3: Giving and receiving messages**  
**Yarning circle: Communicating Feelings**



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**Story 3: Giving and receiving messages:**  
**Yarning circle : What gets in the way.....**

*'Yur baim is so pfworeul, taht it can read sntcencs with mexid up wrdos as inog as the frsit and lsat lterets are in the rght pacle.'*

*'Waht tnihs get in the way of us cmoniuncanig celalry with our clilhrdn?'*

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 **Chapter 3: Giving & Receiving Messages**  
**Yarning Circle: Non-verbal check-in** 



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 **Story 3: Giving and Receiving**  
**Self-care/yarning** 



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 **Story 3: Giving and Receiving:**  
**Capturing the Journey** 

*Parents may want  
to record their  
journey in the group*



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**Story 3: Giving and receiving messages: How will this work for you?**

Do you need to make changes to the content or delivery methods to suit your parent/carer group?



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**Story 4**

**Messages of Behaviour**



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**Story 4: Messages of behaviour**

**Key Messages**

1. Every behaviour has a meaning
2. For children , their behaviour is their language – it lets us know how they are feeling and what they are needing
3. When we understand our children's needs we can respond appropriately to them
4. A child learns to manage his behaviour through the experience of being soothed by a calm adult

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**Story 4: Messages of behaviour**  
*Before you start, think about*

Think about your parents' typical responses to you as a child when you were in a highly aroused emotional state e.g. when you were feeling angry, sad or frightened

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**Story 4: Messages of behaviour**  
**Yarning Circle: Behaviour Anthill**

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**Story 4: Messages of behaviour**  
**Yarning Circle: Anthill**

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**Story 4: Messages of behaviour**  
*Feelings and Needs*

Needs				Feelings			
rest/sleep	safety	shelter	touch	calm	happy	proud	playful
play	creativity	hope	belonging	curious	enthusiastic	angry	mad
empathy	love	nuturing	respect	sad	frightened	lonely	scared
security	trust	comfort	support	bored	excited	fulfilled	relaxed

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**Story 4: Messages of behaviour**  
*'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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**Story 4: Messages of behaviour**  
*Repair after Disconnection*



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

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**Story 4: Messages of Behaviour**  
*Self-care/yarning*



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**Story 4: Messages of Behaviour**  
 Capturing the Journey

*Parents may want  
 to record their  
 journey in the group*



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**Story 4: Messages of behaviour**  
 How will this work for you?

Do you need to make changes to the content or delivery methods to suit your parent/carer group?



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**Story 5**  
**Me and My Messages**

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**Story 5: Me and my messages**  
**Key Messages**

- 1. Family and community is important**
- 2. Everyone needs to connect and be connected.**
- 3. Each person has a place in family and community.**

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**Story 5: Me and my messages**  
**Before you start, think about**

- **Yourself as a child.**
- **How did you fit into your family?**
- **What are the stories your family tell about you as a child?**
- **What are the messages you've taken with you from your childhood?**

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**Story 5: Me and my messages**  
**Yarning Circle: Connections**

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**Story 5: Me and my messages**  
**Listening to young children**

Listening to my **BIG** feelings

SAD ANGRY FRUSTRATED JOYFUL  
 EXCITED HAPPY FRIGHTENED

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**Story 5: Me and My Messages**  
**Self-care/yarning**

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**Story 5: Me and My Messages. Capturing the Journey**

*Parents may want to record their journey in the group*



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**Story 5: Me and my message How will this work for you?**

Do you need to make changes to the content or delivery methods to suit your parent/carer group?



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**Story 6 Safety Net**



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**Story 6: Safety net**  
**Key Messages**

1. We need to be in a calm state before we can act rationally
2. Looking after ourselves, includes asking for help when we need it
3. All parents need help and support some time
4. When parents are reflective of their parenting they are more likely to have happy and positive relationships with their children

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**Story 6: Safety net**  
*Before you start, think about*

- How do you respond to stress?
- How did your parents generally respond when, as a child, you were angry, anxious or sad?
- Which situations with your children 'press your buttons'?

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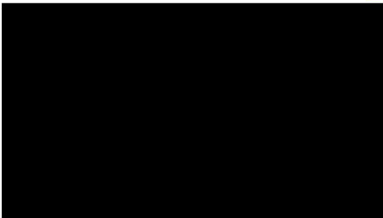
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**Story 6: Safety Net**  
**Yarning Circle: Hand model of the brain**



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**Story 6: Safety Net**  
**Yarning Circle: Managing our stress**



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**Story 6: Safety Net**  
**Yarning Circle: Managing our stress**

Reflect on your own reactions to stress. e.g.

- Are you generally a 'bottler' of your emotions?
- Do you 'explode' easily?



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**Chapter 6: Safety Net**  
**Yarning Circle: Pause on positives**

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

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**Story 6: Safety Net**  
**Self-care/Yarning**



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**Story 6: Safety Net**  
**Capturing the Journey**

*Parents may want  
to record their  
journey in the group*



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**Story 6: Safety net**  
**How will this work for you?**

Do you need to make changes to the content or delivery methods to suit your parent/carer group?



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**Additional Resources**



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

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**Additional Resources**

- Black Dog Institute - iBOBLY App
- Australian Indigenous Health Info Net – Aboriginal Parent Easy Guides
- Victorian Aboriginal Health Service – Koori Parenting Resources
- We Al-li – Healing Cards
- Deadly Tots – Growing up bubs flip chart

What other resources can you share?

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

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**Reflective Evaluation for a Reflective Program**



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

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**Contacting Us**

 [parenting@childhood.org.au](mailto:parenting@childhood.org.au)

 **Bringing Up Great Kids Parenting Programs Professionals Network**

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

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**Contacting Us**

 [parenting@childhood.org.au](mailto:parenting@childhood.org.au)

 **Bringing Up Great Kids Parenting Programs Professionals Network**

 **Bringing Up Great Kids Online Learning Community**

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

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