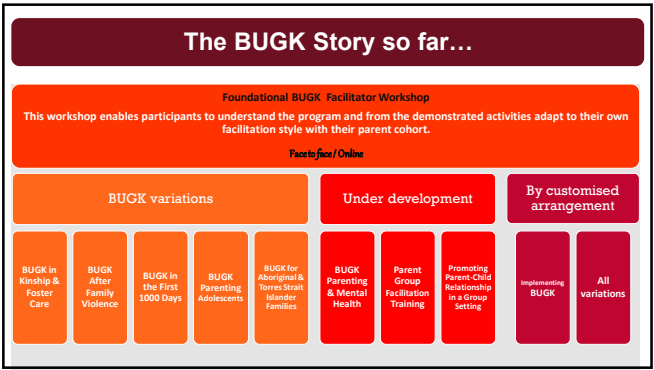




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3

BUGK Resources

Available to Purchase



Bringing Up Great Kids: Reflective Parenting Cards
Shut, Please! Play Records (CD)
Bringing Up Great Kids: Behaviour Builder Cards
I Need You A-Z Booklet for Understanding Your Baby's Needs
I Need You A-Z Cards to Support Understanding Babies' Needs

Free to Download



Website

www.childhood.org.au

- Shop
- Resources
- Prosody Blog


4

BUGK Resources




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Primary Aim of BUGK



To increase reflective capacity in parents

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Aim of BUGK Parenting Adolescents

Custodian to Consultant
Custodian
"a person who has responsibility for taking care of and protecting."

Consultant
"a supportive person who provides advice"



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Custodian to Consultant



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Mindfulness




Mind full, or mindful?

Image: <https://www.mindfulnessinaddictionrecovery.org/>

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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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Deep Listening

'To listen in reciprocal relationships with no judgment, just to try to understand'
Judy Atkinson



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Image: <https://www.norad.com.au/2019/04/17/active-listening/>

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Chapter Structure

Outline <ul style="list-style-type: none"> • Key Messages • Pre-session Facilitator Reflection • Preparation/ set-up/ resources 	Part 2 <ul style="list-style-type: none"> • Content / Core Activities
Part 1 <ul style="list-style-type: none"> • Welcome/reconnect • Stop...Pause...Play 	Part 3 <ul style="list-style-type: none"> • Self-Compassion • Summary

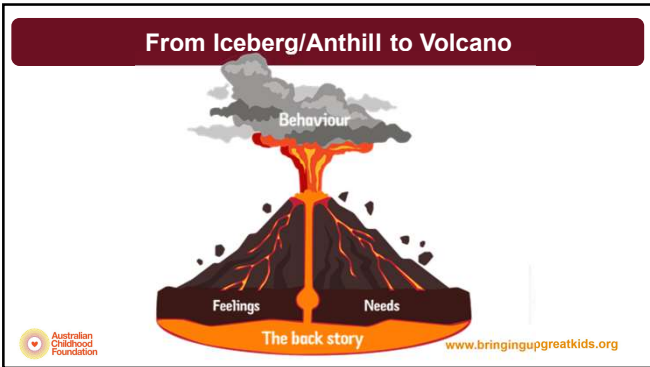
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CHAPTER 4: What do you see in me? Parent behaviour	
CHAPTER 5: Can you hear me?	
CHAPTER 6: Everyone's looking at me!!	
CHAPTER 7: The new landscape	
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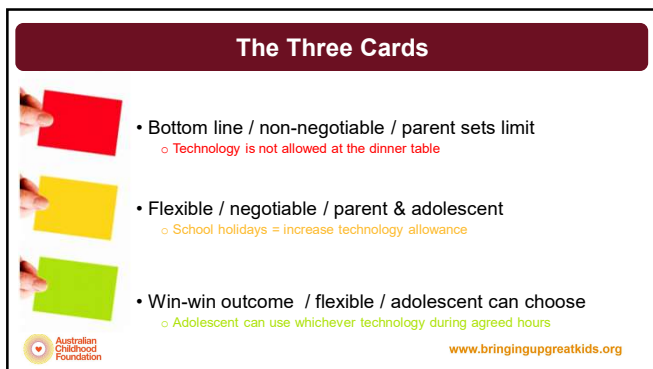
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The Adolescent Cards	
 <p>Card 9</p> <p>The Adolescent's Story</p> <p>Adolescents are in a unique position. They are no longer children, but they are not yet adults. They are in a state of transition, and this can be challenging. They are trying to figure out who they are and what they want. They are trying to find their place in the world. They are trying to become independent. They are trying to become adults. They are trying to become the best version of themselves.</p> <p>Parental perspective:</p> <p>It's not surprising that parents often have a hard time understanding their adolescents. They are trying to figure out who their child is and what they want. They are trying to figure out how to help their child. They are trying to figure out how to be a good parent. They are trying to figure out how to be a good person.</p> <p>The Nature Story</p> <p>The adolescent is a creature of nature. They are part of the natural world. They are part of the cycle of life. They are part of the story of the universe. They are part of the story of humanity. They are part of the story of the world. They are part of the story of the future.</p>	 <p>The Back Story</p> <p>There is a hidden story behind every adolescent. It is a story of struggle and triumph. It is a story of pain and joy. It is a story of loss and gain. It is a story of hope and despair. It is a story of love and hate. It is a story of life and death. It is a story of the human condition. It is a story of the world. It is a story of the future.</p> <p>Adolescent's Back Story</p> <p>Adolescents are in a unique position. They are no longer children, but they are not yet adults. They are in a state of transition, and this can be challenging. They are trying to figure out who they are and what they want. They are trying to find their place in the world. They are trying to become independent. They are trying to become adults. They are trying to become the best version of themselves.</p> <p>Adolescent's Back Story</p> <p>Adolescents are in a unique position. They are no longer children, but they are not yet adults. They are in a state of transition, and this can be challenging. They are trying to figure out who they are and what they want. They are trying to find their place in the world. They are trying to become independent. They are trying to become adults. They are trying to become the best version of themselves.</p>

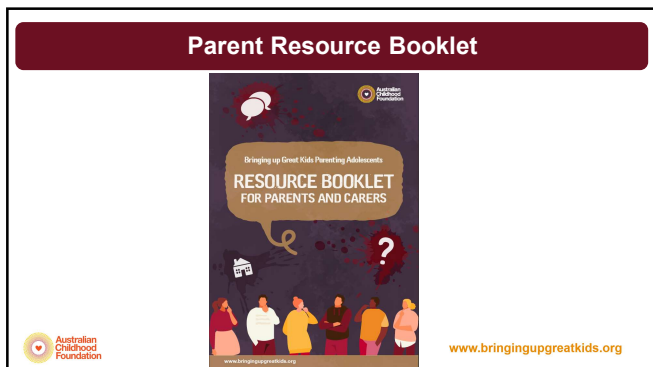
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Chapter 1


What's going on in my head?




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Chapter 1: What's going on in my head?



Key Messages

- An understanding of adolescent brain development can help parents better understand, and more appropriately respond to adolescent's needs and behaviour
- Nurturing relationships are critical to supporting adolescents growing and changing brains.



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Chapter 1: What's going on in my head?

Facilitator Reflection

- What do you already know about the adolescent brain and how it grows and changes?
- How does this impact your understanding of adolescents?




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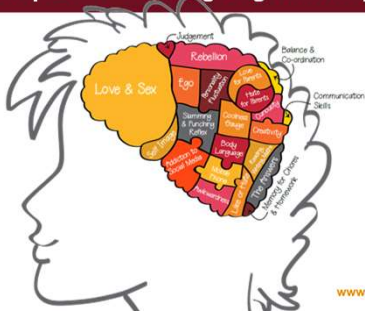
Chapter 1: What's going on in my head?



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Chapter 1: What's going on in my head?



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Chapter 1: What's going on in my head?




Newborn 3 Years 14 Years

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Chapter 1: What's going on in my head?




Pre-Frontal Cortex
Higher Functioning Centre

Cortex
Reasoning and Judging Centre

Limbic System
Emotional Centre

Cerebellum
Motor Centre

Brain Stem
Basic Survival Functions



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Chapter 1: What's going on in my head?





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Chapter 1: What's going on in my head?





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Chapter 1: What's going on in my head?

"There is an alternative to that harsh self-talk: self-compassion. "self-compassion provides an island of calm, a refuge from the stormy seas of endless positive and negative self-judgment." Kristin Neff



Mindfulness
Being aware of the physical, emotional, or mental pain of the moment.



Self-kindness
Treating ourselves with kindness, considering our own needs.



Common Humanity
Recognizing that these experiences are a normal part of being human.




Image: <https://accresente.uofuhealth.utah.edu/resilience/how-to-practice-self-compassion-for-resilience-and-well-being>


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Chapter 1: What's going on in my head?

- 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

You and me – we're in this together!





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Chapter 2: You and me – we're in this together!



Key Messages

- Myths about adolescents can influence the way we parent our adolescent children
- Maintaining relationships and strong connections with our adolescent children is essential.



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Chapter 2: You and me – we're in this together!

Facilitator Reflection

- What are some of the messages - both spoken and implied, that you received from your parents when you were an adolescent?




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Chapter 2: You and me – we're in this together!

Handle your teenager with care



Teen stabbed by group of 'youths' in Penrith home



Pregnancy rate for teens rising



Teenage party mob clashes with police




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Chapter 2: You and me – we're in this together!





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Chapter 2: You and me – we're in this together!

Pass the Parcel


Myths/statements about parenting adolescents


 Helpful vs Unhelpful 

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Chapter 2: You and me – we're in this together!



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The Three Cards



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Chapter 2: You and me – we're in this together!

Pick Your Battles


Parents' choice/opinion/taste/practice	My adolescent's choice/opinion/taste/practice	Where might your views have come from?	How do you wish your parents had responded to you?
Your clothing is too revealing to be worn out.	Everyone is wearing this.		
When you are invited to a family event you will attend.	I don't like them, and you can't make me to go!		
Your music is too loud.	It needs to be loud to be enjoyed.		

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Chapter 2: You and me – we're in this together!



Brandi Carlile
"Pride and Joy"
Give Up The Ghost
2009

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Chapter 2: You and me – we're in this together!

My journey as an adolescent

When did you not like about yourself as an adolescent?

What do you like about yourself as an adult?

How long did it take you to get to where you are now?

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Chapter 2: You and me – we're in this together!

Gratitude tree

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Chapter 2: You and me – we're in this together!

Self-care Activities

- A mindful start
- 50 ways to take a break


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Chapter 2: You and me – we're in this together!

- 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 3


What are you doing?!! Adolescent Behaviour




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Chapter 3: What are you doing?!! Adolescent Behaviour



Key Messages

- Adolescents are behaving through their limbic system
- An understanding of the emotional needs of adolescents assists us to appropriately respond to them



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Chapter 3: What are you doing?!! Adolescent Behaviour

Facilitator Reflection

- What was some of the behavior you engaged in?
- How do you reflect on those behaviours now?




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Chapter 3: What are you doing?!! Adolescent Behaviour

Life on the slopes of Mount Etna




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Chapter 3: What are you doing?!! Adolescent Behaviour

Different Faces of a Volcano



How do adolescents show us what they feel and need?


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Chapter 3: What are you doing?!! Adolescent Behaviour

Volcano

- It is not easy to predict from the outside when it is going to reach the explosion point.
- To be safe, you just need to be alert and evaluate.
- Volcanic eruptions can have short and long-term effects on the surrounding climate and environment.
- Lava eruption leaves fresh material on the surface and slope of the volcano.
- During the activity of a volcano, the appearance and functional structure of that part of the earth may change completely.
- Between eruptions there can be lots of rumblings inside the volcano, sometimes some steam escapes.

Relationship with Adolescent

- Sometimes my adolescent asks questions or talks about issues and I do not know where he got these from.
- Recently, I feel like I no longer know parts of my child. He looks and feels like a stranger.
- My adolescent has a different mood every day and the moods can change without much warning!
- Sometimes it feels impossible to understand my adolescent and what affects them and causes their reactions.
- Living with an adolescent in the family has a great impact on the family process, interactions and relaxation.
- I am just beginning to understand my adolescent's moods and temperament before a reactive kind of behaviour. This helps me to better take care of them and myself.

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Chapter 3: What are you doing?!! Adolescent Behaviour

The Volcano

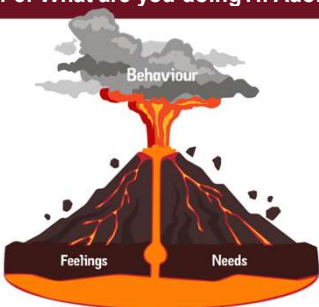


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Chapter 3: What are you doing?!! Adolescent Behaviour



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Chapter 3: What are you doing?!! Adolescent Behaviour


Refuses to go to school

My adolescent does that because they are feeling... What they need is...

My adolescent does that because they are feeling... What they need is...

My adolescent does that because they are feeling... What they need is...

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Chapter 3: What are you doing?!! Adolescent Behaviour

Higher Striker



The challenge

What supports me


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Chapter 3: What are you doing?!! Adolescent Behaviour


1. What thoughts or feelings may cause BIG emotions in your adolescent?





2. What is the act of high striking in your adolescent? (e.g. throwing things or screaming)



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Chapter 3: What are you doing?!! Adolescent Behaviour

3

3. To what level does this escalate their behaviour?

4

5

4. How do you respond or wish to respond to your adolescent?

6

5. Design your facial expression while responding.

6. How might your adolescent be feeling or reacting after the strike and receiving your response?

Sandra and Woo by Oliver Kibitzer (Writer) and Powree (Artist) - sandraandwoo.com

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Chapter 3: What are you doing?!! Adolescent Behaviour

Dear Mum and Dad

1. Model adulting.
2. Let me figure things out for myself.
3. Remember the things you did as an adolescent.
4. Help me with perspective.
5. Keep me safe.
6. Be kind.
7. Show interest in the things I enjoy.

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Chapter 3: What are you doing?!! Adolescent Behaviour

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Chapter 3: What are you doing?!! Adolescent Behaviour

Self-care activities

- Name It to Tame It
- Breathing activity
- Self-compassion activity
 - negative verses positive self talk



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Chapter 3: What are you doing?!! Adolescent Behaviour

- 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 4


What do you see in me? Parent Behaviour



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Chapter 4: What do you see in me? Parent Behaviour



Key Messages

- This is new terrain for the parent of the adolescent
- Adolescents need parents who are strong and wise (consultants)



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Chapter 4: What do you see in me? Parent Behaviour

Facilitator Reflection

Think about your parents' typical responses to you as an adolescent when you were in a highly aroused emotional state.

- How did this make you feel?
- How did you respond?

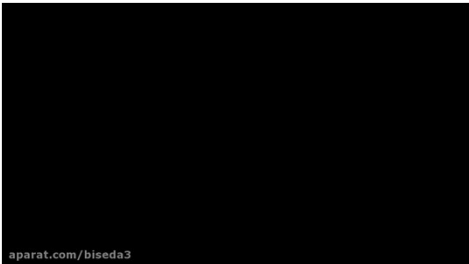




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Chapter 4: What do you see in me? Parent Behaviour






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Chapter 4: What do you see in me? Parent Behaviour

Adolescence vs Adulthood

What were my needs as an adolescent?	What did I expect from those around me?	What was their actual behaviour with me?



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Chapter 4: What do you see in me? Parent Behaviour

Possible questions to consider at the time of conflict


1. How are you feeling? How will you share your feelings with your adolescent safely?
2. How do you think your adolescent is feeling? How can you check in with them?
3. Are you open to deeply listen to their side of the story?
4. How do you assess the situation?
5. What values of your family have been damaged now?
6. Was the red line clear to them?
7. How can you help them understand the value that the adolescent has violated?
8. Who is involved in this issue?
9. What can we do to minimise the damage to the relationship?
10. How do you think raising the issue with the adolescent makes him feel?
11. Who may be available to you for consultation/support in this situation?
12. Have you communicated the situation with the other parent? Are you in agreement?
13. Who is the best person to deal with this issue?
14. Are you ready to have an objective, open minded and safe conversation with them?
15. How can you both best repair and move forward?






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Chapter 4: What do you see in me? Parent Behaviour






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Chapter 4: What do you see in me? Parent Behaviour

 Playfulness

 Acceptance

 Curiosity

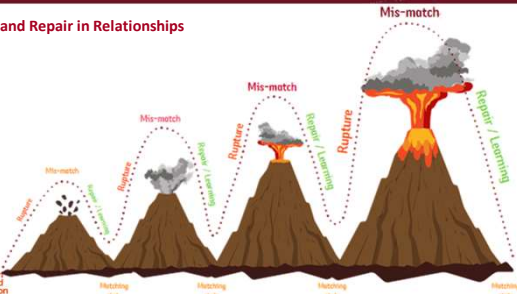
 Empathy

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Chapter 4: What do you see in me? Parent Behaviour

Rupture and Repair in Relationships



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Chapter 4: What do you see in me? Parent Behaviour

Self-care activities

- Mindful breathing
- Muscle relaxation
- Self-compassion meditation for parents



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Chapter 4: What do you see in me? Parent Behaviour

- 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 5 Can you hear me?



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Chapter 5: Can you hear me?



Key Messages

- Messages we received from our childhood can create barriers to or enhance effective communication with our adolescents
- Mindful listening is a valuable skill to support strong relationships




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Chapter 5: Can you hear me?

Facilitator Reflection

- How were you spoken to by your parents?
- Did you feel listened to?
- What do you think about adolescents having a say in what happens in their lives?







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Chapter 5: Can you hear me?





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Chapter 5: Can you hear me?

Different roles





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Chapter 5: Can you hear me?

Different roles

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Chapter 5: Can you hear me?

Communication Barriers ...

Cliche
You are so young and your resume is a disaster of you. Clean up! Break and the resume word resumes with you. I hope this interview you not to cover your resume before they talk!

The problem with you!
The problem with you is that you always say the wrong thing. You don't listen and you forget all the time. You are too smart and not smart enough. You don't listen. Besides you always take things too personally.

Philosophical
Everything happens for the best! If you miss one bus another will come along soon. When one door closes another one opens. That was just not meant for you. You know what the design guy is that thing when the given you weren't made kindergarten!

'Take me for instance'
When I was your age and went looking for my first job I cleaned my glasses, put on clean clothes washed my face, showered to make a good impression.

Self-pity
I am so sorry I don't know what to do. My heart breaks for you. Life is so much a matter of luck and we are not a lucky that has much luck. We don't know anyone who can do it for us.

Minimising the situation
I don't see why you are so unhappy. There is still the great reason for you to be so disappointed. The said that you did not work out. It's not even worth talking about.

Reassuring
What are you upset? To get the best job you wanted? Life is full of challenges. You may have to go for 10 jobs before you get home.

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Chapter 5: Can you hear me?

and a Way Forward

- You really wanted that job, didn't you?
- I really did
- And it seemed like the perfect job for you too
- Yeah well, that wasn't the way it worked out
- How disappointing
- Yeah it sure is
- Getting a job so you can have your own money is something you are really looking forward to.
- Yeah, I know (sneezes) I guess I will just have to apply for another one. It's not the end of the world.

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Chapter 5: Can you hear me?



Image: <https://www.theguardian.com/technology/gamer-heads-grim-2016/>
Image: <https://australianchildhoodfoundation.org.au/news/2017/10/24/your-depend-on-social-media-connection/>

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Chapter 5: Can you hear me?



Text adapted and image adopted from: *Sitting Still Like a Frog: Mindfulness Exercises for Kids and Their Parents* by Eline Snel

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Chapter 5: Can you hear me?

Self-care activities

- Gratitude
- A to Z Self-care



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Chapter 5: Can you hear me?

Parent Resource Booklet

What are some of your memories of being spoke to, and listened to, by your parents?

What do you think might have been some of the things which influenced your parents' approach to communicating with their adolescent?



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Chapter 5: Can you hear me?

- 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 6


Everyone's looking at me!!



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Chapter 6: Everyone's looking at me!!



Key Messages

- Understand individual differences, the affects of adolescent's view of themselves, relationships and the world around them
- How do parents hold their own belief's, values and culture while accepting their adolescents emerging belief's, values and culture may be different



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Chapter 6: Everyone's looking at me!!

Facilitator Reflection

- What are the stories your family tell about you as a child/adolescent?




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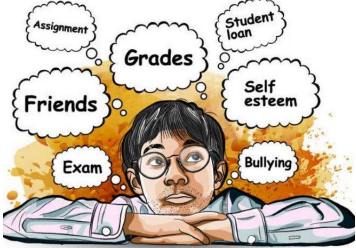
Chapter 6: Everyone's looking at me!!





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Chapter 6: Everyone's looking at me!!



Image: <https://alliance-educare.in/blog/teenage-problems-and-solutions>www.bringingupgreatkids.org

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Chapter 6: Everyone's looking at me!!

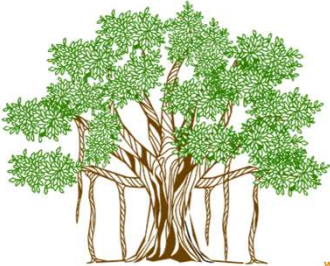
Four adolescents


The Adolescent	What we see	Adolescent face	Parent face	How do you feel about this?	How does it look?	How does it look from a consultant perspective?
						



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Chapter 6: Everyone's looking at me!!



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Chapter 6: Everyone's looking at me!!

Self-care activities

- Quiet Reflection
- Looking at nature
- 20 Ways to be Kind to Myself






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Chapter 6: Everyone's looking at me!!

- 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 7


The New Landscape




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Chapter 7: The New Landscape



Key Messages

- Adolescents need understanding, reassurance, safety, nurturing and to be able to explore their independence.
- All parents need help and support at some time
- When parents ask for help this shows strength and courage




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Chapter 7: The New Landscape

Facilitator Reflection

- How do you manage stress and calm down?
What does your own self-care look like?
- Are you able to ask for and accept help?
- How does this feel for you







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Chapter 7: The New Landscape

Helicopter parenting





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Chapter 7: The New Landscape



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Chapter 7: The New Landscape

The Changing Landscape



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Chapter 7: The New Landscape

The Fertile Ground

How do you deal with the eruption in a way that doesn't harm the relationship?




How do you feel when the relationship volcano erupts?

How do you feel when you see signs of change & growth?



How can you support nurture and connection?

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Chapter 7: The New Landscape

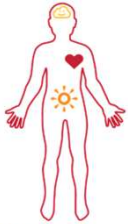


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Chapter 7: The New Landscape

The Mindful Body Scan



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Chapter 7: The New Landscape



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Chapter 6: Everyone's looking at me!!

Self-care activities

- I am a ...
- Life tree





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Chapter 7: The New Landscape

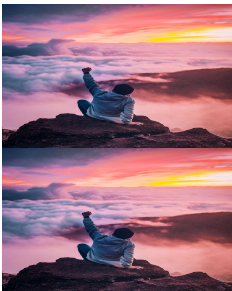
- How will you adapt the content of this chapter into your work with parents?
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Celebrations!



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Reflections & Evaluations




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