

BUILDING A
HAPPY FAMILY
IN YOUR HOME



STOP



- Stop what you are doing.
- Make sure your feet are placed firmly on the ground.

PAUSE

- Focus on your breathing.
- Breathe in slowly, right down into your belly, then exhale completely.
- Take 4 more slow breaths, be aware of each breath in and each breath out.
- Smile and enjoy feeling like this for a moment. Feel your body relax.

REFLECT. ASK YOURSELF...

A close-up illustration of the man's face, showing a thoughtful or questioning expression. A red speech bubble with a white background is positioned to the left of his face.

What do I need?



PLAY



- Respond to your child with new understanding.

START THE DAY ON
A GOOD NOTE
BY GREETING



Good morning!

How was your sleep?

END THE DAY WITH
A GOOD NIGHT



Good night ~

Sweet dreams ~

Can you pass me the spoon please?

Thanks son!

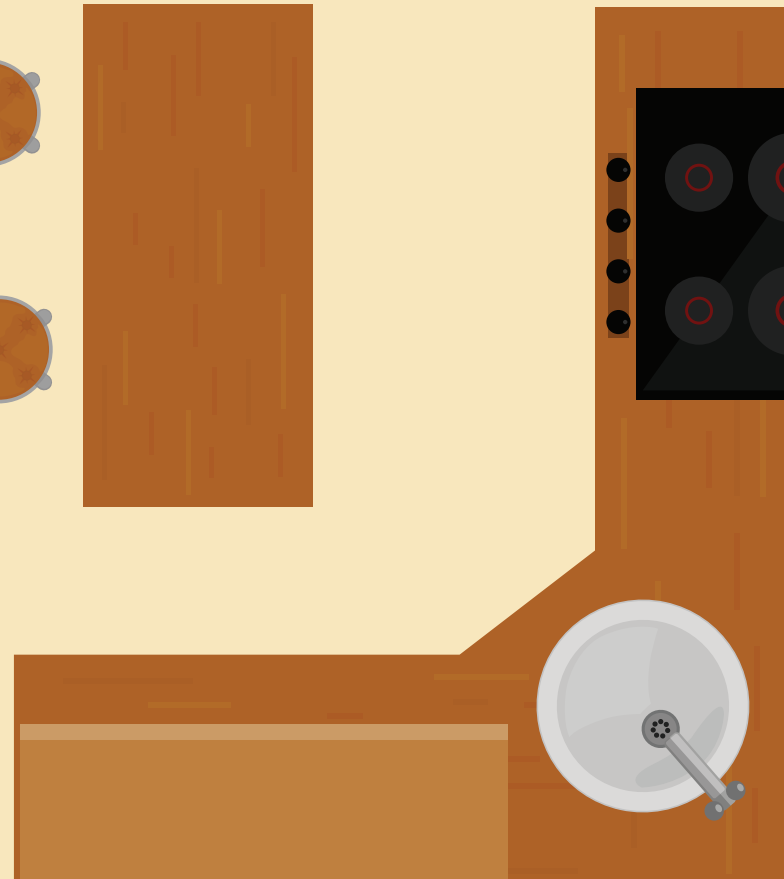
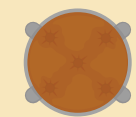
This is delicious mum!

You're welcome!

I'm glad you like it!



SHOW RESPECT AND USE
POLITE PHRASES
WHEN SPEAKING



PLAY TOGETHER WITH
YOUR CHILDREN
AT THE PARK



SPEND HOLIDAYS
TOGETHER
AS A FAMILY



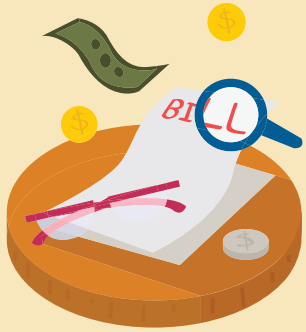
ALLOW EVERYONE TO
HAVE A SAY BEFORE
DECISION MAKING



SHARE HOUSEHOLD
RESPONSIBILITIES
WITH YOUR FAMILY



Utility Bills



Spending



Mortgage



Family Holidays

BE WILLING TO **ASSIST WITH BILL**
WHEN A FAMILY MEMBER FACES
FINANCIAL HARDSHIP

I can pay the internet bill this month!



DO NOT BE OVER
CONTROLLING OR RESTRICTING
WITH YOUR FAMILY



We really want to go..

All our friends are going!

UNDERSTAND THAT SOCIALISING
OUTSIDE OF YOUR HOME
IS IMPORTANT FOR LEARNING



I understand... you may go.

PRACTICE YOUR RELIGION
BUT DO NOT FORCE IT
ON YOUR CHILDREN



DO NOT FORCE
MARRIAGE

I'm too young to marry...



REMEMBER TO
GAMBLE RESPONSIBLY



REMEMBER THE MONEY
CAN BE USED ON OTHER
USEFUL THINGS



REMEMBER TO DRINK RESPONSIBLY



DO NOT YELL OR BE VIOLENT TO YOUR FAMILY



This is my last!

I want to be a Doctor

I want to be a Pilot!



You have our support!

That's great!

SUPPORT AND GIVE YOUR CHILDREN THE
OPPORTUNITY TO PURSUE
THEIR OWN DREAM



THE FUTURE OF YOUR FAMILY
DEPENDS ON THE UPBRINGING
OF YOUR CHILDREN



LIVE HAPPILY WITHOUT
WORRY OR STRESS
IN RETIREMENT



PROVIDE A **HAPPY, PEACEFUL
AND SAFE ENVIRONMENT**
FOR YOUR FAMILY
AUSTRALIA AWAITS YOU!



SUPPORT SERVICES

CALL POLICE ON 000 IN AN EMERGENCY

FOR HELP IN YOUR LANGUAGE

Safe Steps Crisis Line

InTouch on **1800 755 988** or visit www.intouch.org.auw

24/7 for women and children who are victims of family violence.

Call **1800 015 188** (ask for an interpreter)

For 24-hour support

Call **1800 737 732** or visit www.1800RESPECT.org.au.

You can ask for an interpreter, or call the Translating and Interpreting Service (TIS) on **131 450** and ask them to call for you.

FAMILY VIOLENCE SPECIALIST SUPPORT IN GEELONG

The Orange Door

13 14 50

The Sexual Assault & Family Violence Centre

03 5222 4318 or reception@safvcentre.org.au

FAMILY VIOLENCE INFORMATION AND SUPPORT IN GEELONG

Diversitat

5260 6000

Legal support

Barwon Community Legal Service on **1300 430 599**

For men's support in your language

Call TIS on **131 450** and ask them to call the Men's Referral Service at **1300 766 491**

For mental health support

Ask TIS to call Beyondblue at **1300 22 4636** or Lifeline (24-hour Crisis Line) **131 114**

Kids Helpline

Call **1800 551 800** or go to kidshelpline.com.au

Headspace

Call **1800 650 890** or go to headspace.org.au

With Respect

Call **1800 LGBTIQ (1800 542 847)**