

Safer and Stronger Families

I Love my family



Ice Breaker

Myths of Parenting



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, be 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.





What do children need for Growing Healthy Brains ?

- By the time babies are born all the parts of the body are fully formed except their brains.
- The human brain takes time to develop.
- By birth, the brain has developed the main functions necessary for life breathing, keeping a steady heartbeat, sucking and sleeping. The rest of the brain takes years to develop.



Parents help to grow their child's brain

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

- Young brains are very sensitive to experience, support and care.
- Consistent relationships between children and their parents are the key to healthy brain development.



Communication



- Think about a time where your whole family are together.
What is that like??



Good communication

- Families that support each other communicate well about good and bad things.
- Good communication in your family is about:
 - encouraging to talk
 - helping children **learn words** that **express** their thoughts and wishes
 - listening and responding
 - listening and empathizing
 - negotiating and compromising
 - focusing on body language





Positive
communication
ideas:



Support services:

For help in your language (TIS)

131 450

Police **000**
InTouch **1800 755 988**
Safe Steps Crisis Line (24/7) for women and children who are victims of family violence **1800 015 188**
..... (24/7) **1800 737 732**

Family violence specialist support in Geelong

The Orange Door **1800 312 820**
The Sexual Assault & Family Violence Centre **03 5222 4318**
Family violence information/support Diversitat **5260 6000**
Barwon Community Legal Service **1300 430 599**
Men's Referral Service **1300 766 491**

Mental health support,

Beyondblue **1300 224 636**
Lifeline (24/7) **131 114**
Kids Helpline **1800 551 800**
Headspace (For young people aged 12-25 years) **1800 650 890**
With Respect **1800 542 847**

TAKE A BREAK



See you in 5 min



Family rules: why they're important

- Family rules are positive statements about how your family wants to look after and treat its members.
- Rules can help everyone in your family get along better. They make family life more positive and peaceful.

What do good family rules look like?

House rules



- Good family rules guide everyone's behaviour in a positive way.
- A **short list of positive family rules** is better than a long one, especially for younger children.

What to make rules about?

Choose the most important things to make rules about.

This might include rules about:

- **physical behaviour**
- **safety**
- **manners**
- **daily routines**
- **respect for each other**



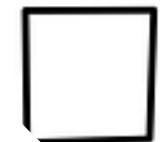
Say hello



No fight



Say Thank you



Wash your teeth



What to do when someone doesn't follow the rules?

- remind them of the rules and give them another chance.
- talk as a family about consequences. This can ensure that everyone understands and agrees on the consequences.

Encouraging good behavior within your family

- Catch them being 'good'.
- Try to say six positive comments for every negative comment.
- Get down to your child's level.
- Keep promises.
- Make your partner feel important.
- Hear them out.





Share one thing you enjoy about your family at the moment.

Acknowledgements:

Karen and Karenni Community Members:

- **Augustino Moedu**
- **Aung Saysay**
- **Corina Corina**
- **Ko Htoo Doh**
- **Mu Ra**
- **Nyunt Oo**
- **Toh Poe Ra**
- **Chrimoo Yohellaymusaw**

COGG Parenting Service Tracey Marshall

Barwon Health Jacinta Walsh

Diversitat Shiva Shamsi



Australian
Childhood Foundation
Protecting Children



raisingchildren.net.au

The Safer and Stronger Communities Pilot Project

Funded by

**The Department of Premier and Cabinet,
Victorian Government**

