

BREAKING THE CYCLE OF TRAUMA Koori PARENTING: WHAT WORKS FOR US

Safety



**"MUM AND DAD ARE UPSET.
GO OUTSIDE AND PLAY WHILE WE
WORK IT OUT".**

BREAKING THE CYCLE OF TRAUMA Koori PARENTING: WHAT WORKS FOR US Safety

➔ SAFE PEOPLE AND PLACES

- Shielding our kids from intense negative emotions and serious conflict.
- Not exposing our kids to negative situations and events involving alcohol or drugs.
- Not leaving our kids alone with adults we don't know or trust.
- Being willing to leave abusive relationships.
- Keeping an eye on our kids, but also distracting ourselves from worrying about them too much.

➔ SAFE CONVERSATIONS

- Encouraging our kids to tell us their concerns, and acting on these.
- Talking to our kids about unsafe situations, touching and secrets.
- Telling our partners if they are being too harsh on our kids.

Based on findings from the Trauma Education Project Parenting Yarning Circles

For more information, or to request a booklet containing further parenting strategies identified by Koori parents during the yarning circles, please call the VAHS Family Counselling Service on (03) 9403 3300



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BREAKING THE CYCLE OF TRAUMA
Koori PARENTING: WHAT WORKS FOR US
.....Healthy Mind.....



**"I REALLY WANT TO HEAL SO MY
KIDS DON'T HAVE TO GO THROUGH
THE SAME THING"**

BREAKING THE CYCLE OF TRAUMA

KOORI PARENTING: WHAT WORKS FOR US

Healthy Mind

➔ SELF-ACCEPTANCE AND REFLECTION

- Understanding and healing our own trauma for our children's sake.
- Observing and learning from our own and others' experiences.
- Recognising that stress and pressure is a part of parenting and finding ways to deal with stress.

➔ DEVELOPING A STRONG MIND

- Rehearsing things in our mind before acting.
- Using positive self-talk and reminders - e.g., 'I'm doing the best I can', 'I'm good enough', 'I'm doing the right thing', 'I'm okay'.

➔ MANAGING TRAUMA RESPONSES

- Knowing what triggers our trauma responses. E.g. arguments that make us lose control.
- Learning to respond, not to react.
- Trying to observe flashbacks and difficult emotions from a distance and not react.
- Using counselling to help make sense of things.

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BREAKING THE CYCLE OF TRAUMA
KOORI PARENTING: WHAT WORKS FOR US
.....
Healthy Emotions
.....



PERMISSION TO HEAL

BREAKING THE CYCLE OF TRAUMA Koori Parenting: What Works for UsHealthy Emotions.....

➔ POSITIVE EMOTIONAL SKILLS

- Making sure we take time out if we are upset, then 'getting back out there'.
- Remembering those we have lost, without forgetting those here.
- Seeing goodness in ourselves and others and trying to understand and forgive.

➔ MANAGING NEGATIVE EMOTIONS

- Remembering bad things can happen to good people and not blaming ourselves for our past trauma.
- Talking about instead of acting out anger with our kids.
- Letting our anger out safely through exercise, or taking time out.
- Being able to feel our grief and loss without being destructive.

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BREAKING THE CYCLE OF TRAUMA
KOORI PARENTING: WHAT WORKS FOR US
.....Healthy Actions.....



**"WE'LL TALK ABOUT THAT WHEN
YOU'RE OLDER BUB'S"**

BREAKING THE CYCLE OF TRAUMA Koori PARENTING: WHAT WORKS FOR US Healthy Actions

➔ SELF-CARE

- Taking time out alone - having a rest, taking a walk, or a day off.
- Leaving work at work, to allow more headspace for home.
- Writing things down to help plan, and focus on one thing at a time.
- Avoiding reading and hearing about too much violence and trauma or taking on other people's problems.
- Maintaining and reaching out to at least one close friend or connection, instead of cutting off.

➔ COMMUNICATION

- Communicating how we feel to our kids.
- Sharing our problems with close family or someone we trust.
- Being careful about when and how much of our own trauma we share with our children, or people we don't know well.

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BREAKING THE CYCLE OF TRAUMA
KOORI PARENTING: WHAT WORKS FOR US
Healthy Parenting



***"I'M SORRY BUB,
I LOST MY TEMPER"***

BREAKING THE CYCLE OF TRAUMA

KOORI PARENTING: WHAT WORKS FOR US

.....Healthy Parenting.....

➔ LOVE, RESPECT AND BOUNDARIES

- Loving and accepting our kids, but being able to say no to them and follow through with fair consequences.
- Giving our kids daily routines and responsibilities, and being firm about 'house rules'.

➔ RESPONSIBLE, NOT PERFECT

- Acknowledging our efforts and achievements.
- Being able to own our mistakes and say sorry to our kids.

➔ ALLOWING AND TEACHING INDEPENDENCE

- Allowing our kids to take more responsibility and make their own decisions and mistakes.
- Teaching our kids how to deal with conflict.

➔ GUIDING WITHOUT CONTROLLING

- Trying not to over-parent and being over controlling.
- Allowing our kids to express their emotions in a safe way.
- Allowing our kids to form their own views and relationship with ex-partners, instead of running ex-partners down.

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BREAKING THE CYCLE OF TRAUMA
Koori PARENTING: WHAT WORKS FOR US
.....
Healthy Culture And Community



"MUM, DAD, I LEARNT A SONG
IN LANGUAGE TODAY!"

BREAKING THE CYCLE OF TRAUMA Koori PARENTING: WHAT WORKS FOR US Healthy Culture And Community

➔ MAINTAINING AND RENEWING CULTURE

- Being able to identify our cultural values, obligations and roles, and renew and teach our kids cultural knowledge and ways of life.
- Educating our kids about cultural loss without damaging them. Encouraging cultural healing, not bitterness and anger.
- Providing our kids with opportunities to have cultural experiences we might have missed out on
- Teaching our kids to feel pride and learn about Aboriginal culture
- Connecting kids with Elders, country and their mob and community to overcome cultural losses.
- Helping our kids to define their own cultural identity and embrace their heritage

➔ DEALING WITH COMMUNITY VIOLENCE (LATERAL VIOLENCE)

- Taking a step back from situations when needed, and not reacting.
- Remembering others are entitled to their own opinions, but having the courage to stick to our own truths about our culture.
- Not tolerating inappropriate community behaviour, especially where our kids' safety is concerned.

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BREAKING THE CYCLE OF TRAUMA KOORI PARENTING: WHAT WORKS FOR US HISTORY AND EDUCATION



**"DAD'S SO GOOD WITH HER...
BETTER LATE THAN NEVER!"**

BREAKING THE CYCLE OF TRAUMA Koori PARENTING: WHAT WORKS FOR US HISTORY AND EDUCATION

➔ JOINING THE DOTS

- Trying to understand our parent's trauma and cycles of trauma.
- Understanding and accepting that our parents might be better grandparents than they were parents because they've healed in later life.
- Allowing for differences in parenting across generations.

➔ BREAKING THE CYCLE OF TRAUMA

- Grieving, and if possible accepting the loss of what we might have missed out on as a child.
 - Acknowledging even small breaks in the trauma cycle.
 - Not protecting abusive partners/parents.
 - Not modelling our parent's negative behaviour.
- Learning from their mistakes and choosing a different path for our kids.

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