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

→ SAFF PFOPIF 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







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

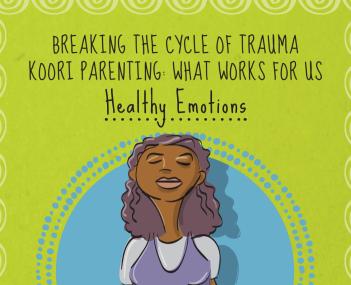
- Knowing what triggers our trauma responses. E.g. arguments that make us lose control.
- Learning to respond, not to react.
- Trying to observe flashbacks and difficult emotions from a distance and not react.
- Using counselling to help make sense of things.

Based on findings from the Trauma Education Project Parenting Yarning Circles









PERMISSION TO HEAL

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

Based on findings from the Trauma Education Project Parenting Yarning Circles







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

→ SFLF-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

Based on findings from the Trauma Education Project Parenting Yarning Circles











"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 expartners down.

Based on findings from the Trauma Education Project Parenting Yarning Circles







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 CUITURE

- 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.

Based on findings from the Trauma Education Project Parenting Yarning Circles







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.

Based on findings from the Trauma Education Project Parenting Yarning Circles





