“Mum and Dad are upset. Go outside and play while we work it out.”
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

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"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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DESIGN AND ILLUSTRATION BY SISTA GIRL PRODUCTIONS
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 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.

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DESIGN AND ILLUSTRATION BY SISTA GIRL PRODUCTIONS
"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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DESIGN AND ILLUSTRATION BY SISTA GIRL PRODUCTIONS
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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DESIGN AND ILLUSTRATION BY SISTA GIRL PRODUCTIONS
"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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DESIGN AND ILLUSTRATION BY SISTA GIRL PRODUCTIONS
“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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