



It's breakfast time... 3 year old Kenneth is making his own breakfast. His mother says "put the milk down, I'll tip it in for you, you'll waste it all".

Kenneth says "No, me can do it". Then he pours all what's left of the milk into his bowl.

His mother says, "See, now there's no more left, none for me, none for Illanya and no milk left for your drink." Kenneth looks at his mother and then cries.

She says "See, no good crying Kenneth, nothing for you to drink now." Kenneth says "Me can't have drink now?" His mother says "Shouldn't have tipped it all over your breakfast, unna?"

This PEG uses 'he' and 'she' in turn.

Change to suit your child's or young person's sex.

This is our way of teaching our kids to learn to make decisions.

When they are old enough kids have to be responsible for their decisions and the choices they make and wear the consequences, whether good or bad. All this is part of becoming a responsible person.

We want our kids to become strong and healthy, and that means physically strong and healthy as well as spiritually strong and healthy. This is one of the best things we as parents can do for them. We need to teach them to be independent, and to be able to stand up for themselves, do things for themselves and handle the hard things that they come up against.

Tough things for kids

Sometimes kids can have stressful things happen to them. It might be when you get sick or if you have money problems. The arrival of a new baby, parents separating or fighting, moving to a new home, going into a new school, making new friends, being bullied, having a disability, someone special dying... all these things can make a big difference in your kid's life.

Building strengths

Sometimes though, we cannot stop things going wrong, but we can try to help our kids build on the strengths that will help them to get through tough times.

Tell our kids to be proud that they are Aboriginal and that you are too!



- > One of these strengths is belonging. The first year of your kid's life is so important. Young babies need to know someone cares and will always be there for them. Babies become attached to their mothers and fathers or the people looking after them. This builds a sense of belonging and safety and security.
 - > Kids need to feel they have some control in their own lives. They also need to feel that they can be good at things they try and do.
 - > Kids need to have lots of chances to feel what it's like to succeed. Every time your kid does something well that he sets out to do, he starts to develop a belief that he can go on trying and have more successes.
 - > The way that you think about and talk about your own experiences is very powerful in shaping your kid's beliefs about why success or failure might happen.
- (See the Parent Easy Guide called 'Optimism' which talks about how to help kids look on the bright side).

These things might help

You can help build your kid's confidence when you:

- > do something special with them whenever you can
- > give your kid a kiss or a hug for no special reason not just when they do things well
- > attend to them as soon as you can
- > smile and clap when your little kids do something for themselves
- > give praise or a hug when older kids do something for themselves or for others

- > let them try new things if it is safe for them
- > let them learn new things for themselves, instead of you having all the answers or doing it for them
- > even when they are little, give them choices to help them learn to make decisions like saying "do you want to wear your blue or red jumper?"
- > protect them from adult problems or business
- > try not to let your kids see and hear you arguing or fighting
- > keep them away from adult stuff that will scare them or worry them
- > find another caring person to 'be there' for your kid if you are feeling very stressed
- > make them feel loved and loveable
- > make them feel good about themselves especially if they feel different (e.g. disability)
- > don't compare them with others

Contacts

Aboriginal health services

Contact your local service for a range of health, medical and wellbeing services. Some have women's groups, men's groups and play groups.

Adelaide

- > Nunkuwarri Yunti, Adelaide: Tel (08) 8223 5217
- > The Parks Primary Health Care Centre, Angle Park: Tel (08) 8243 5611
- > Maringga Turtpandi, Hillcrest: Tel (08) 8334 8417
- > Southern Primary Health, ATSI Health Unit, Noarlunga: Tel (08) 8384 9266

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Revised 8/10

Parent Helpline

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