



“It’s the start of the Women’s Final 200 metres” says the man on the TV “ . . . and Cathy Freeman is in lane 7”.

All the family are here, Uncle and Auntie and even Nanna. They’ve come to watch Cathy Freeman racing today. The race is finished . . . Cathy wins, and is given her medal.

“Hey, deadly, she’s won and look Mum, she’s carrying the Nunga flag too . . . deadly unna!”

In our world we learn by watching and copying others. This helps us sort out how we behave. Having a role model has always been an important part of our family life.

A role model can be anyone. They can be you, me, mothers or fathers, our grandparents, aunties, uncles, cousins or sometimes they can even be people we really don’t know personally.

Role models can be a powerful influence in our lives. They teach us many things. They can help us learn who we are, where we come from and where we’re going. We can copy their behaviours and some of the things they say and do. We must be aware too that they can also be a bad influence.

Good role models teach us good behaviours and values of living . . . the rights from wrongs, how to treat people and the things around us.

Good Nunga role models can give us strength and help us feel proud to be a Nunga. Even though things change or go wrong in our family they help keep our spirits up.

We must be able to rely on each other, and support and care for each other. We should let our kids see the good role modelling of ourselves and others. To be able to feel we can rely on others, helps us to be stronger.

These things might be good to think about

- Show and guide kids by modelling good behaviour yourself.
- Learn to look at life in a good way.
- Have the good things from the past.
- Look forward to and do things to make a better future.
- Let your kids dream and talk of the things they want to do and of the people they want to be when they grow up.
- Show your kids that you believe in them.
- Support your kids and family in the good things that they do.
- Try to match what you say with what you do.

These places might be able to help

Kalaya Children's Centre(08) 8447 6519

Kaurna Plains School(08) 8252 4419

Proudly allow the influence of some of our great identities guide our kids.

Written in Partnership

Ingrid O'Loughlin
Parenting SA

Artwork Ingrid O'Loughlin

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Parent Helpline
1300 364 100



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