

Being a role model

To feel like we're doing a good job as parents, it's important to be role models and set an example for our gundoos. This can be in the way we speak to others and the way we look after ourselves. As Uncle Eric says:

"I just want to say something to our parents you are the first teachers of our children, there's no question in my mind about that... you are the first teachers, and you are the most important teachers of our children."

No parent is perfect. We can't get it right all the time, and that's OK. But we can show our children how to be resilient and bounce back from our mistakes.

We can also model how to manage emotions, such as staying calm under pressure or cooling down quickly if we've lost our temper.

It can be hard to ask for support if we're struggling, because we may feel shame if we think we're not good enough role models for our children.

This can be especially hard for dads. But we know that all parents and carers, including dads, have a big role in guiding children's development and helping them navigate stressful experiences and community challenges. This can help children's learning and success at school too.

Our gundoos learn a lot by watching and copying what we do. If they see us shouting, swearing, or name-calling, they may do the same things. On the other hand, if we talk in

a quiet, calm voice, and be respectful, children learn that too.

We can also teach them new skills, like cooking, fishing, using tools, or doing jobs around the house. First, show them how to do it and talk about what you're doing, then let them practise, and praise them up for trying.

It's also important to model good habits for our physical health. This includes eating healthy food, such as five or more serves of fruit and veggies each day, doing an hour of physical activity each day, and practising good hygiene to keep our skin and bodies healthy.

Another important life skill we can teach our gundoos is how to calmly talk about problems and come up with solutions that are good for everyone.

By taking time to talk to our children every day, we can build good communication and relationships with them now and later when they're teenagers and adults.

It's up to us as adults in our community to set a good example for our children and prepare the next generation for a good life.

Do you have any bad habits you don't want to pass on? What about some good ones to teach our gundoos?

If you need help in setting that example, there's a heap of people around to help.

Remember, making small changes can a big difference.