

Useful parenting tips

As parents, we're really proud of our children. We want to help them connect with culture, Country, and spirituality so they can grow up strong and confident in who they are and where they come from.

As a community, we all share the responsibility of looking after our gundoos. When we have strong connections with family and kinship, we can feel at ease knowing that there are people looking out for them. This creates a safe environment where our children can play and explore.

One way we pass on our culture is through storytelling. We share Dreamtime stories and tales about the generations before us. It's a beautiful way to preserve our traditions and pass them on to the next generation.

Another important value in our culture is respect. We teach our children to respect their parents, elders, and the community. And we can encourage faith by having time connecting with nature, going to church or having family prayers.

Our goal as parents is to prepare our gundoos to do their best and get the most out of life. We can start by setting a good example and showing them how to talk to others calmly and respectfully. And we can use everyday moments to help them learn. This means taking time to talk, teach, ask questions and listen to their ideas.

They also learn when we tune in and praise them when they're being helpful, kind or gentle, and show their feelings in positive ways that don't hurt others.

At times we have to guide children's emotions and behaviours. We can do this constructively by acting straight away when they're running amok, and teaching them to play together, share and take turns instead of fighting.

Setting rules and having consequences for breaking them can also help our children learn what's expected of them and how to make good choices.

In all the busyness of being a parent, it's easy to forget about our own needs. It's important to take time for ourselves and do things we enjoy. We can also reach out to family for help taking care of our children, and to enjoy time together. This helps us stay connected to family and kinship.

When we take care of our own needs, we're more able to be patient, consistent, and available to our gundoos.

If we can recognise when we're getting stressed and about to lose it, that's the time to stand back, take a deep breath and think about what's happening. This can help us regulate our own emotions and calmly deal with the situation. That way we can be the parent we want to be.

It's good for every parent to get support. Look for services or connect with other parents by joining a parenting group, where you can share ideas and have fun.

Let's keep supporting each other as parents to help our gundoos to grow up strong and confident!