

PARENT INFORMATION & TIPS

CHILD PROTECTION WEEK 2023

Theme: **WHERE WE START MATTERS**



Overarching message: 'Every child in every community needs a fair go'.

The aim of child protection week is to empower every member of our community with the knowledge and resources to prevent, address, and improve the conditions that contribute to significant risk of harm. Together, we build a foundation of resilience, reducing the need for child protection services and improving future outcomes for children.

BELONGING & CONNECTION - CREATE PROTECTION

Belonging no matter what your age helps to increase your resilience, self-esteem, confidence, connection and provides protective factors. For young people a sense of belonging creates security and helps them establish safe ways to explore emotions, develop friendships and build resilience.

Here are some simple ways you can create belonging and connection with your child:

Spending time playing with our children.

Reading with or listening to your child read.

Giving your child praise and encouragement.

Showing positive affection.

Doing activities like cooking or gardening with children.

Sitting with them when sad or feeling big emotions.

Teaching our children new skills like riding a bike.

Talk to your child about their day.

Helping your child when they make mistakes.

Listening to your child without judgement and offering support when needed.

We believe that parents hold a key role in where it starts, and we are here to support you.

HELPING KIDS THRIVE

SUPPORTING FRIENDSHIPS

- Highlight the significance of friendship in our lives, emphasizing how it contributes to our well-being, happiness, and overall quality of life.
- Identify which qualities make a good friend and the kind of values they hold.
- Discuss the importance of active listening, open and honest communication, compromise, and the need for both parties to invest time and effort into the relationship.
- Discuss effective conflict resolution strategies, such as active listening, expressing feelings assertively rather than aggressively,
- Explore the concept of building a diverse and supportive friendship circle.



RESILIENCE

- Giving children the ability to bounce back from adversity, overcome challenges, and adapt to changes.
- Exploring the role of parents, caregivers, and educators in creating a supportive environment that promotes resilience in children.
- Encouraging children to take responsibility and actively participate makes them more prosocial and aware of the world around them.
- Understanding low and high levels of resilience in children.
- Encouraging children to view challenges as opportunities for growth and to develop a positive mindset towards problem-solving.



MANAGING BIG EMOTIONS

- "Emotions come and go; they explain how we are feeling at that time in relation to our perspective.
- Unhealthy habits are formed when we hold onto emotions for too long.
- Remember children are learning to support big emotions.
- Be mindful of how we model our emotions at home.
- Be a solution finder not problem holder.
- Understand there are no negative emotions, it is how we respond that may be negative.
- Understand we can't control everything that is happening to us, but we change how we experience those things.

