

What is Aboriginal Building Connections?

Aboriginal Building Connections is a parenting education program focused on raising awareness of the risk of harm to our kids caused by high-level unresolved and entrenched conflict.

Aboriginal Building Connections provides practical and achievable 'hints and tips' to help parents take care of themselves, become aware of their own needs as distinct from their kids' needs, and ultimately build a healthy parenting relationship with their kids.

This parenting education program is designed to be delivered in a culturally appropriate group setting to give participants the opportunity to share experiences and hear from other parents; both the parent the child lives with and the parent the child spends time with – both mums and dads. Consideration has also been given to the important roles played by kinship groups and community in the lives of many Aboriginal kids and families.

Aboriginal Building Connections has been designed to...

- build on the success of the Building Connections program for separating parents
- reduce the impact of entrenched, high-level parental conflict on their kids
- encourage parents to work together to have regular contact with their kids
- assist Aboriginal families to improve their kids' developmental, social and emotional outcomes

and aims to direct parents to seek help in

- looking after themselves during and after the break up
- supporting their kids to have a constructive relationship with the other parent
- gaining more skills, confidence and awareness about the need to give up unhealthy parenting behaviours and adopt new healthy strategies
- making a real commitment to respecting the role of the other parent for the kids' sake
- being the parent they want to be, through giving up the blewin' with the other parent, so their kids are no longer harmed by high-level, entrenched conflict

The goals of the program are to:

01

Make participants aware of the effect on their kids of unresolved parental conflict.

02

Provide a learning opportunity for participants to recognise the need to develop strategies to deal more calmly with the other parent and extended family.

03

Encourage participants to become aware of the importance of being supportive of the kids' relationship with the other parent.

04

Encourage awareness of the need for better appreciation of the role of both parents (including themselves), and assist participants distinguish between healthy and unhealthy parenting behaviours.

05

Increase help-seeking behaviours in parents through support from professional help such as counselling, mediation or a parenting education program.

Call 1300 i relate (1300 473 528)

or visit www.interrelate.org.au