

# Aboriginal Building Connections

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*Helping separated parents have strong,  
healthy relationships with their kids*

## Information for Facilitators

**Aboriginal Building Connections** is a three-hour culturally appropriate parenting education seminar that has been developed to support Aboriginal parents, grandparents, carers and extended family members practice positive ways of parenting after separation. In particular, it aims to encourage Aboriginal parents and family members to gain awareness of the importance of giving up serious conflict to support their kids and grow them healthy, safe and strong.

### Aboriginal Building Connections has been designed to:

- Build on the success of the Building Connections Program
- 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

### The seminar aims to assist parents to:

- Look after themselves during and after the break-up
- Acknowledge inter-generational trauma triggers and respond differently
- Support their kids to have a constructive relationship with the other parent
- Gain more skills, confidence and awareness about the need to give up unhealthy parenting behaviours and adopt new healthy strategies
- Make a real commitment to respecting the role of the other parent for the kids' sake
- See child rearing and the management of familial conflict through a cultural lens
- Be the parent they want to be, through giving up the arguing with the other parent, so their kids are no longer harmed by high-level, entrenched conflict

See a sample of the Aboriginal Building Connections program at:

<https://www.interrelate.org.au/resources/training>

For more information on program licencing and facilitator training contact:

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