

Preparing expectant parents through the Bringing Up Great Kids framework



Australian Childhood Foundation acknowledges
Aboriginal and Torres Strait Islander peoples as the
Traditional Custodians of the land and waters across
Australia in which we share.

We pay our respects to Elders past and present and
to the children who are leaders of tomorrow.

We acknowledge the histories and living cultures
and the many thousands of years in which Aboriginal
and Torres Strait Islander peoples have raised their
children to be safe and strong.

We recognise and accept it is the oldest continuous
living culture in the world and that their sovereignty
has never been ceded.





The Primary Aim of BUGK



To increase reflective
capacity





Mindfulness





Pause on the Positives



One way I was
kind to myself
this week was...

One thing I am
grateful for this
week is...

One way I
could connect
with my kids
next week...

One way that I
stayed in touch
with friends this
week is...

A simple pleasure I
could treat myself to
next week is....

My favourite
moment with my
kids this week..

One of life's
secrets:
Learn to **pause**,
emerge **positive**



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Foundation

www.bringingupgreatkids.org

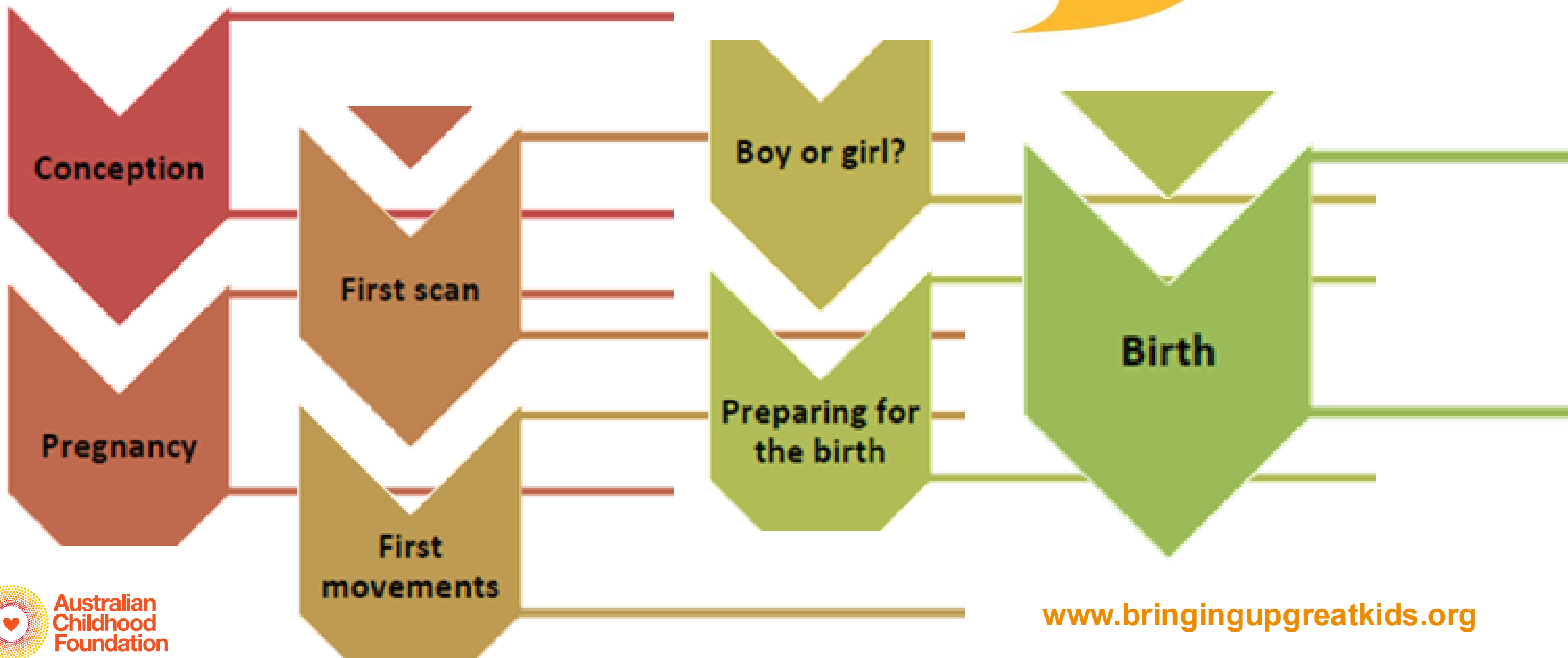


Check In



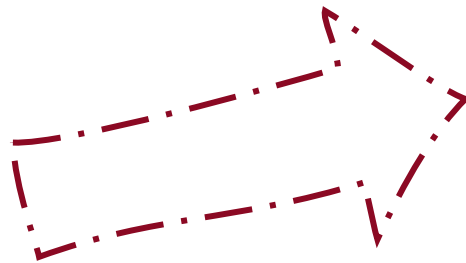


Babe-ometer





Pregnancy week by week





Growing Like a Mushroom



7 weeks

- Blueberry
- 1.2 cm
- <1gr



27 weeks

- Cauliflower
- 26.6 cm
- 875 gr



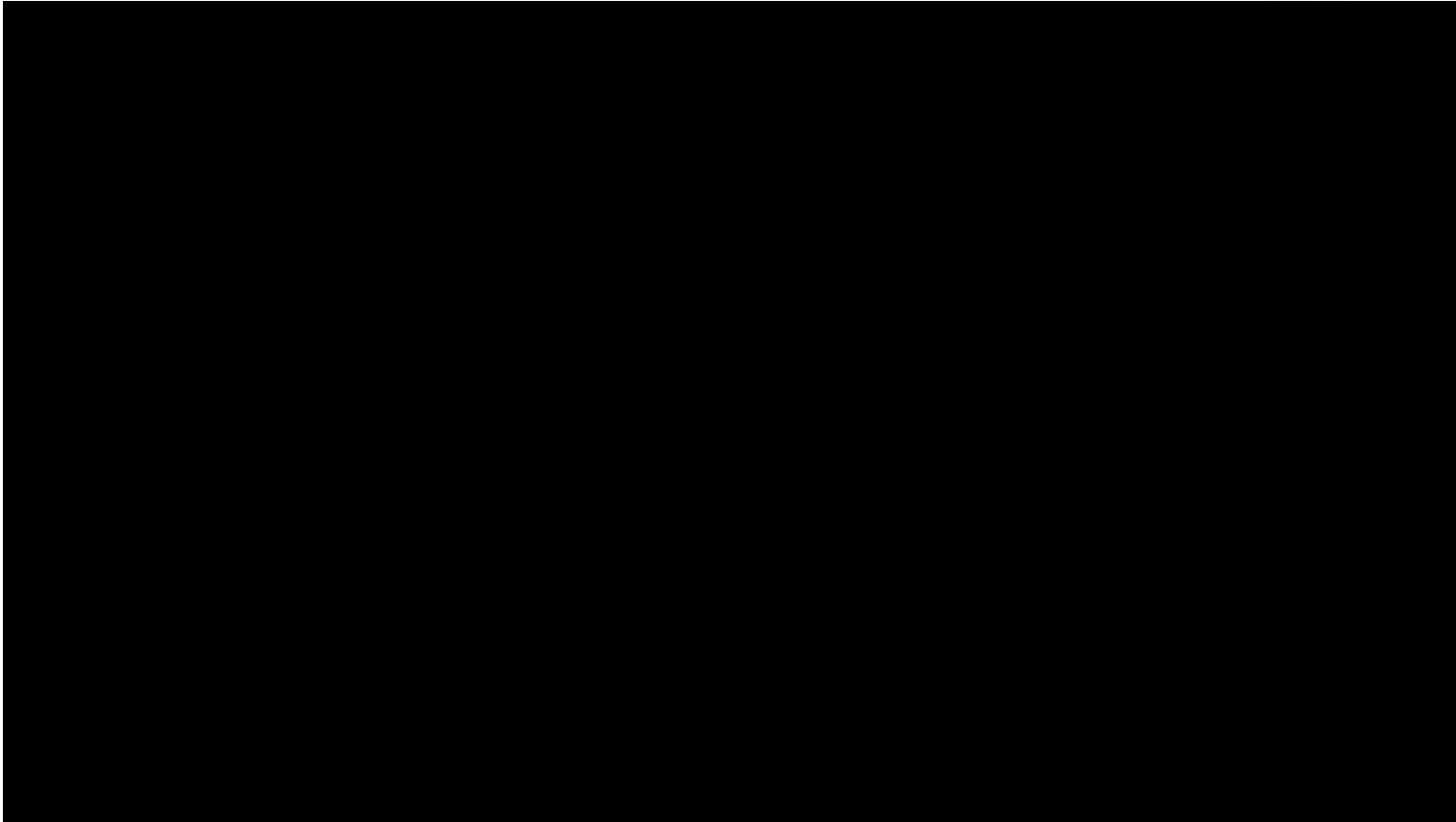
39 weeks

- Mini watermelon
- 50.7 cm
- 3.3 kg

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Babies Video





Storytime



The reading of children's stories to parents, re-engages parents with their childhood experiences of having stories read or told to them and the inherent "messages" within them.



Baby's brain development in utero



25 Days



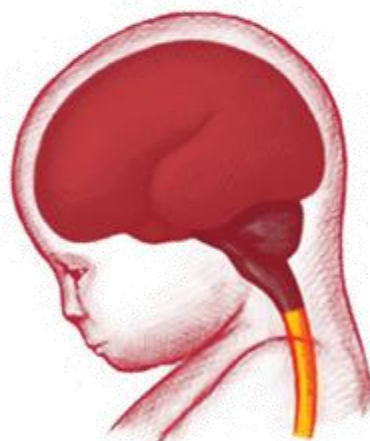
50 Days



100 Days



20 Weeks



28 Weeks



35-40 Weeks (full term)

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Have I told you lately that I love you



	My Preferences	My partner's preferences	Wondering about our baby
Kind Words 			
Quality time 			
Gifts 			
Doing helpful things 			
Loving touch 			



Singing to Babies (Rock-a-bye Baby)





Sound of Music





Talking to the baby in womb

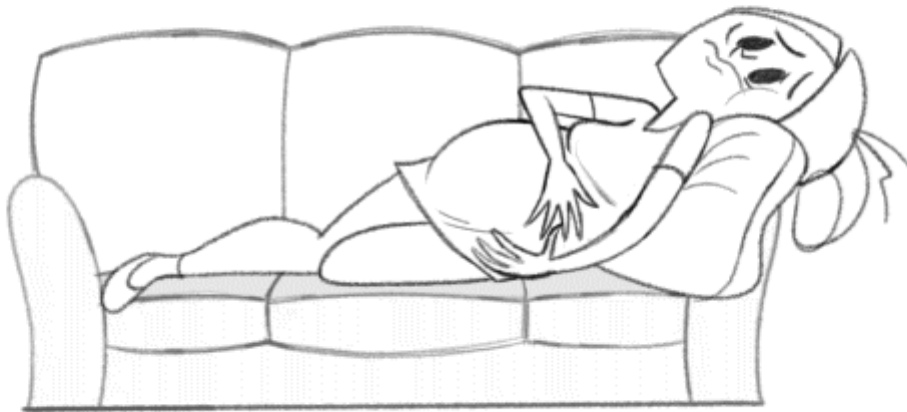




Feelings in utero



How is the baby in womb feeling?



Joanna Doudaich '18
CUPOJO.NET



Self-care: Massage





Connecting with your unborn baby



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Message to my baby



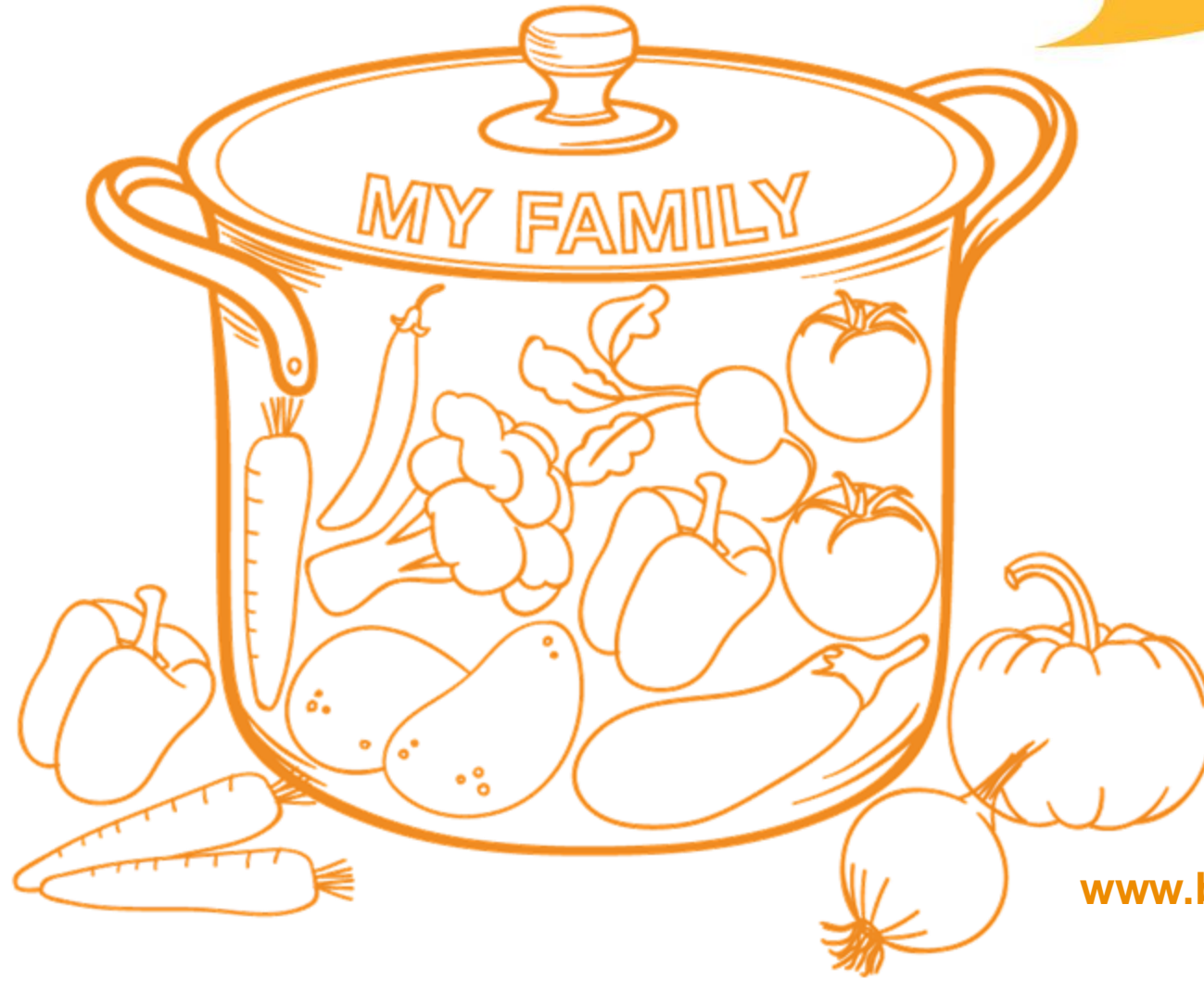


Forming relationships





Family Soup



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My favourite things





*It takes a village (or community)
to raise a child*





Story time: Ubuntu

