



# Child Wellbeing Tip Sheet #1

## It's National Child Protection Week & RUOK? Day

This past year has brought with it so many pressures on children, parents and carers. It is important now more than ever to ask people in our lives, **'are they really OK'?**

What resources can we give to parents to help them during these difficult times?

PACE is a brain-based parenting approach created by Dan Hughes that has been found to help with conflict within families. This approach is a helpful tool for any parent to keep in mind during those times when they may not be feeling OK.

**P** **Playfulness** means creating an atmosphere of interest and fun using a light tone voice, as in storytelling. When effective, the child's brain will trigger chemicals engendering trust and enabling them to feel safe with the adult.

**A** **Acceptance** is at the core of the child's sense of safety to know that they are loved and accepted without judgement underneath any outward behaviour. Whatever the problem is a hand, it is important for the adult to ensure that the child knows you will support them. The child then becomes more confident that conflict and discipline involves behaviour, not the relationship with their parents or self-worth.

**C** **Curiosity** means that the adult stays curious about the child's behaviour, interactions and relationships, conveying a wish to understand, often by wondering out loud about the meaning behind their behaviour, asking in a quiet, accepting tone that conveys a simple desire to understand the child: "What do you think was going on?", "What do you think that was about?" or, "I wonder what...?" Making sense of how the child has learnt to behave in certain ways can help with acceptance.

**E** **Empathy** lets the child feel the adult's compassion for them. Being empathetic means the adult is actively showing the child that the child's inner life is important to the adult and they want to be with the child during the hard times. Together they will get through it.

[www.samaritans.org.au](http://www.samaritans.org.au) | Lifeline: 13 11 14 | Kids Helpline: 1800 55 1800

really  
**Are they OK?**

Ask them  
today

Learn how to ask at [ruok.org.au](http://ruok.org.au)

**RUOK?**  
A conversation could change a life.

**NATIONAL  
CHILD  
PROTECTION  
WEEK**

**5-11 September 2021**

