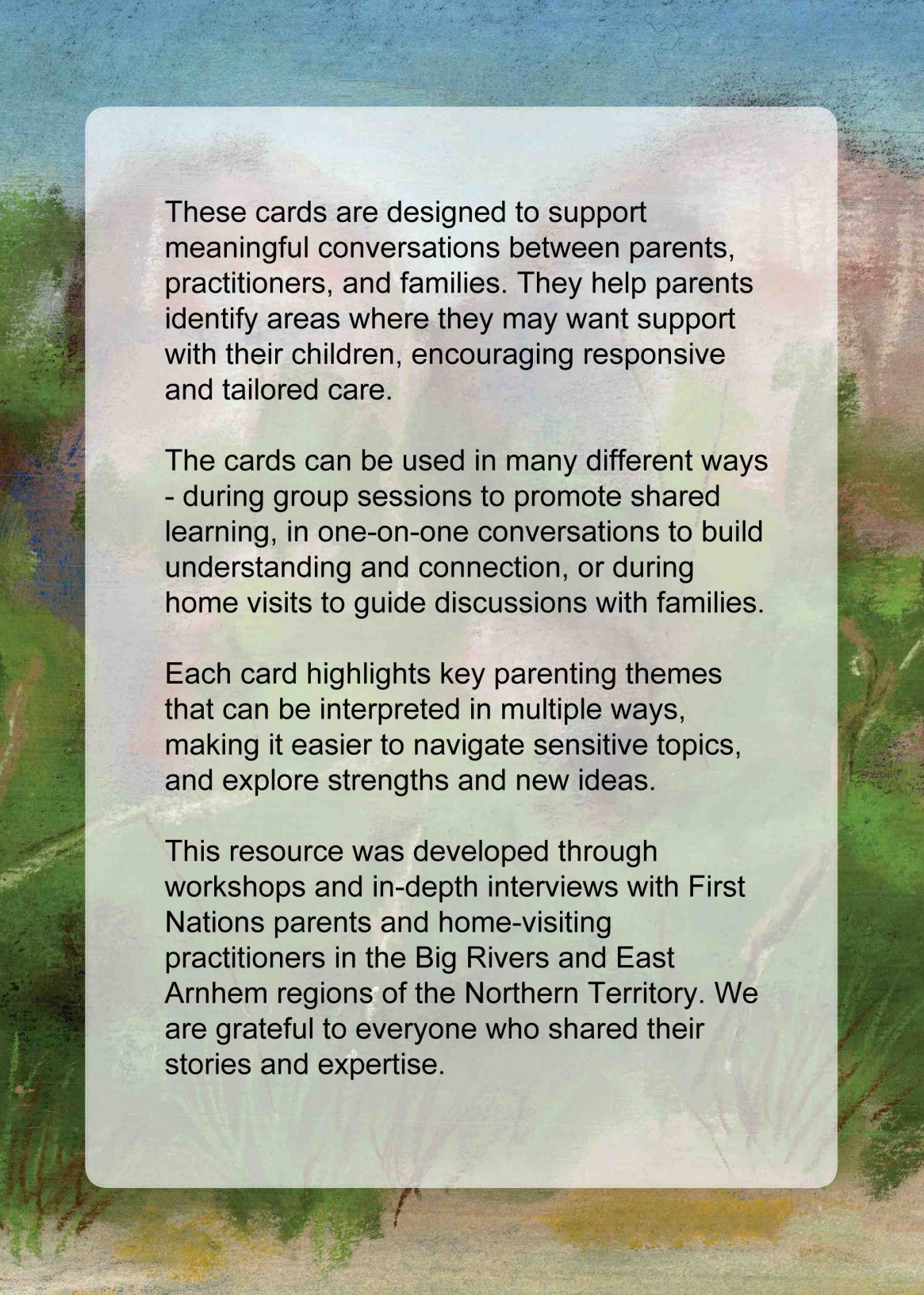


Talking about parenting



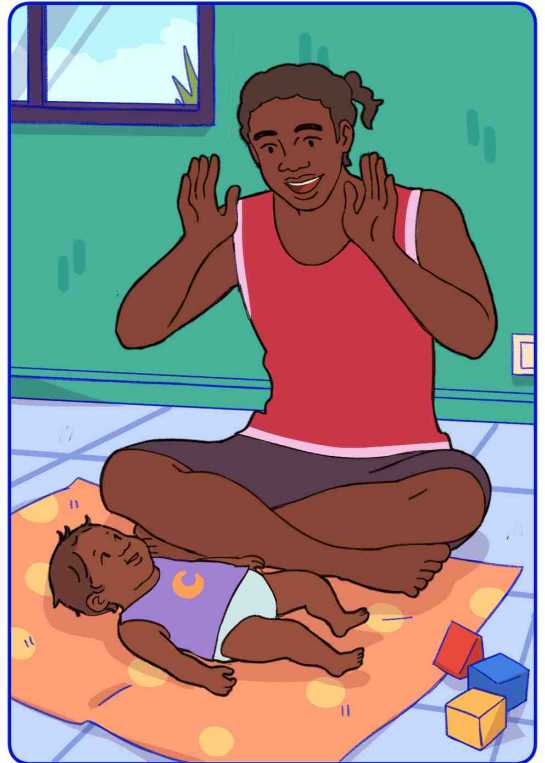
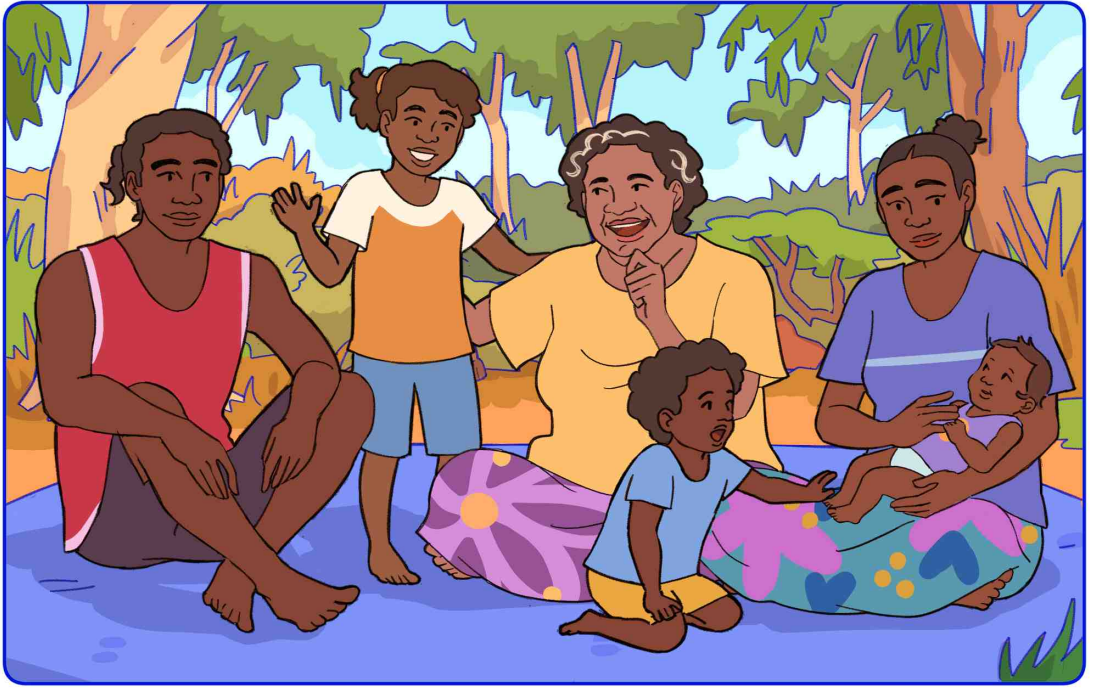


These cards are designed to support meaningful conversations between parents, practitioners, and families. They help parents identify areas where they may want support with their children, encouraging responsive and tailored care.

The cards can be used in many different ways - during group sessions to promote shared learning, in one-on-one conversations to build understanding and connection, or during home visits to guide discussions with families.

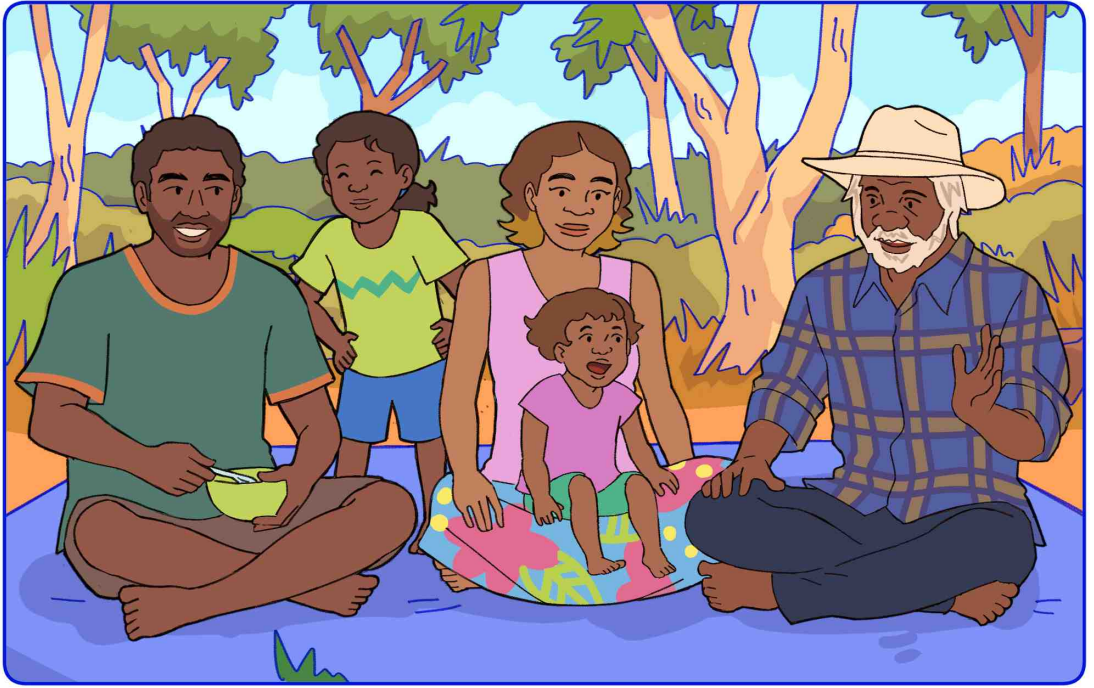
Each card highlights key parenting themes that can be interpreted in multiple ways, making it easier to navigate sensitive topics, and explore strengths and new ideas.

This resource was developed through workshops and in-depth interviews with First Nations parents and home-visiting practitioners in the Big Rivers and East Arnhem regions of the Northern Territory. We are grateful to everyone who shared their stories and expertise.



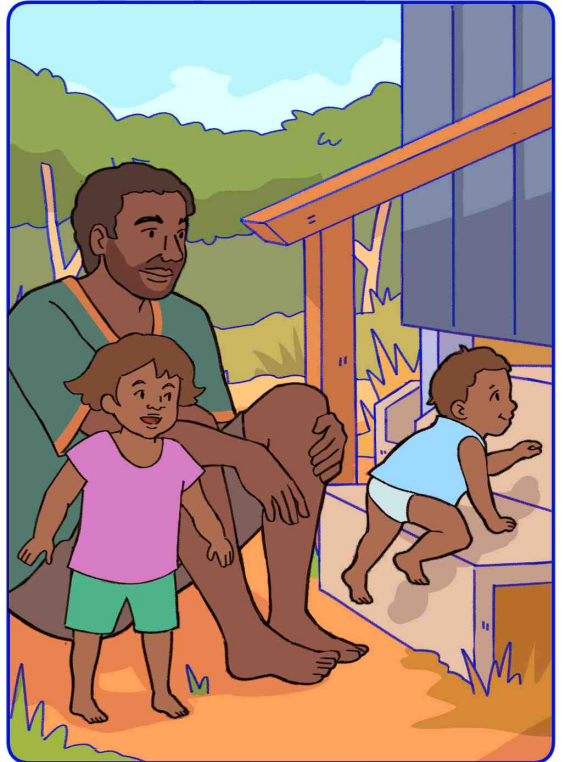
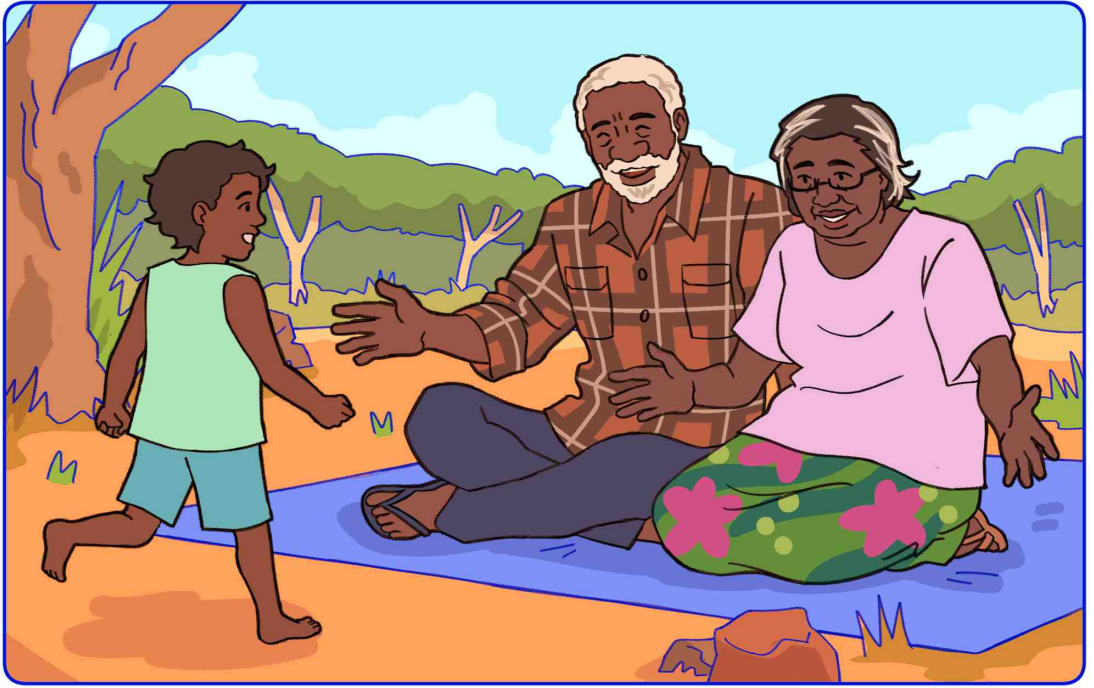
Love and connection

- How do you show your baby/kids you love them?
- What is your favourite thing to do together with your baby/kids?
- What is your baby's/kid's favourite thing to do?
- What makes your baby smile?
- What do you like to do together as a family?
- How do you make time to be with your little one?



Relationships and belonging

- What special relationships does baby have?
- Who are the main caregivers for baby?
- Can you tell me about baby's connections - their homelands, skin, totem?
- What are your hopes and dreams for your little one?



Learning and developing

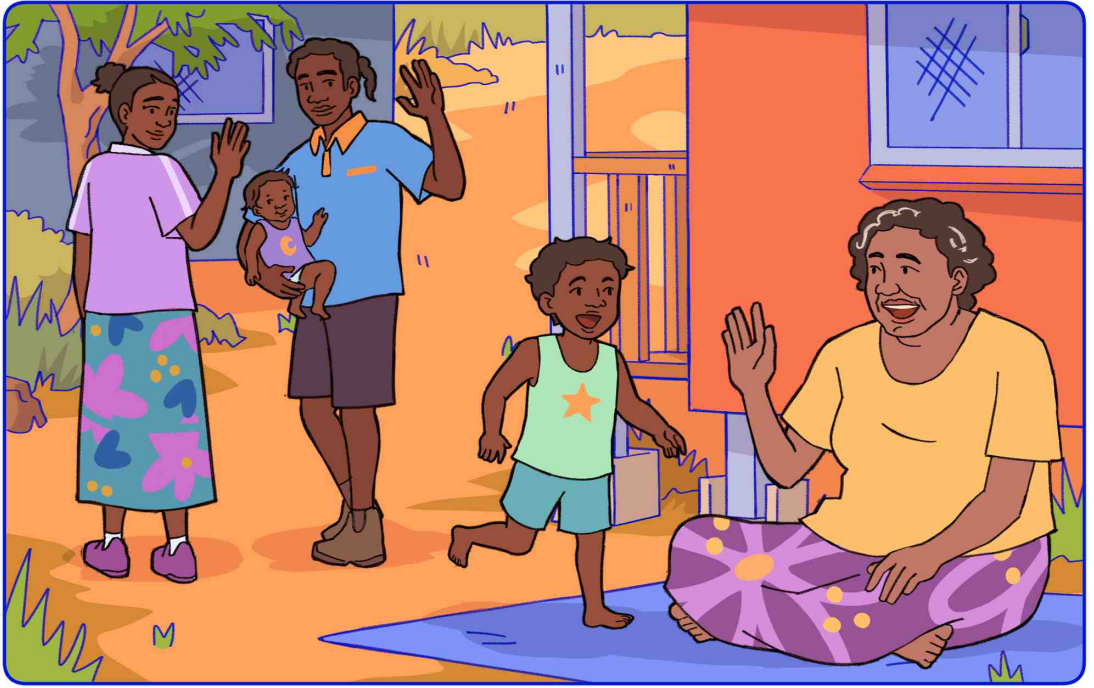
- What is your baby learning now?
- Is there anything new they can do?
- How is baby going with sleeping and feeding?
- Do you have any worries about your little one?
- What do you want your kids to learn?



An impressionistic painting of a forest scene. A light-colored path or stream winds through the center of the image, flanked by dense green foliage and trees. The brushstrokes are visible and textured, with a mix of greens, blues, and earthy tones. The overall mood is serene and natural.

Being there and watching out

- What is baby interested in now?
- How do you help them explore the world?
- Do you have any worries about keeping the kids safe?
- Who is there to help watch over (look out for) the little ones?



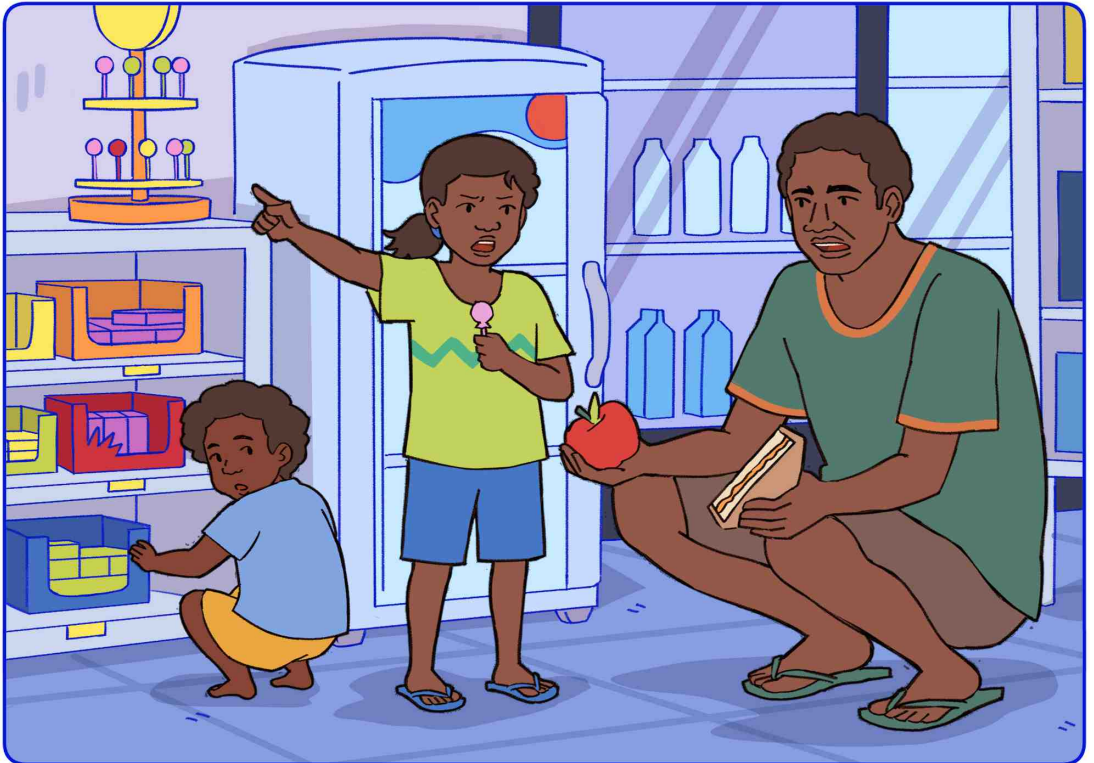
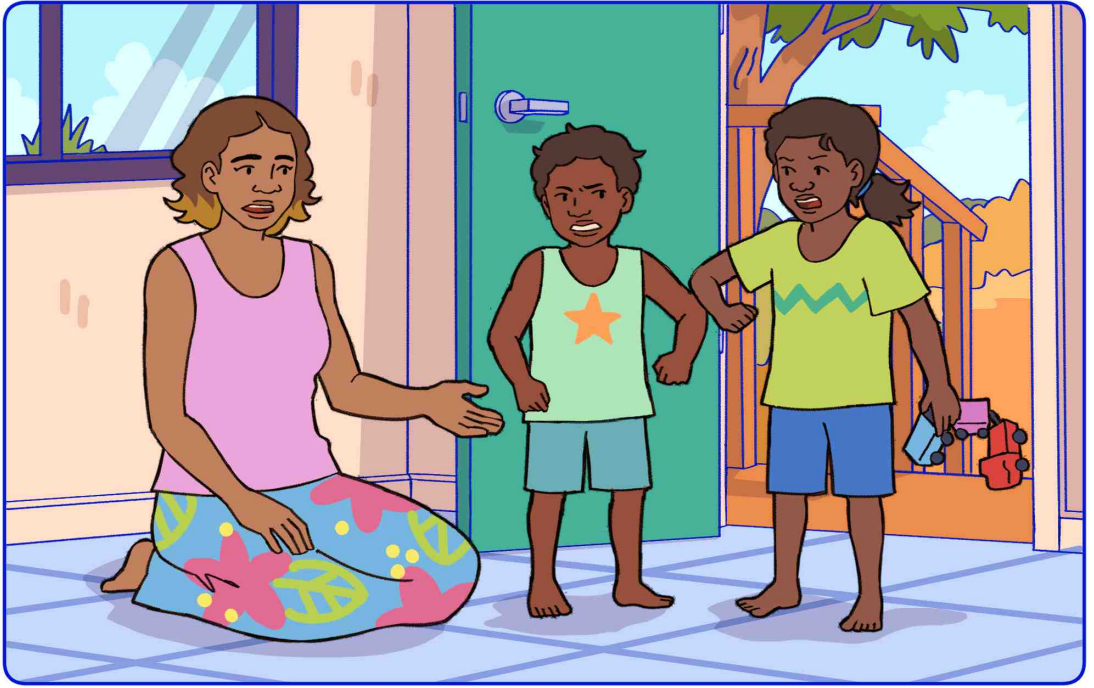
Separating and coming back

- Do you get some time for yourself?
- What do you like to do?
- Who are the safe people you can leave the kids with?
- What does bub do when you leave?
- How do you feel when you leave?
- How do you explain to little ones about when you'll come back?
- How do you make them feel safe and loved when you return?



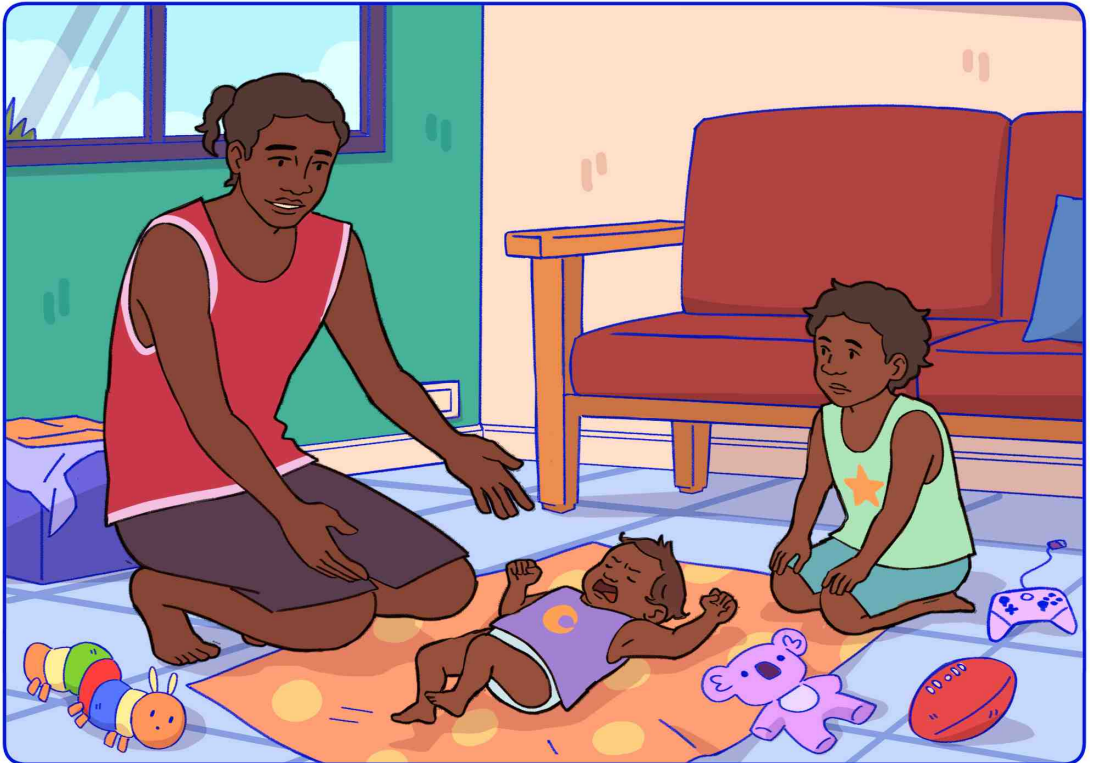
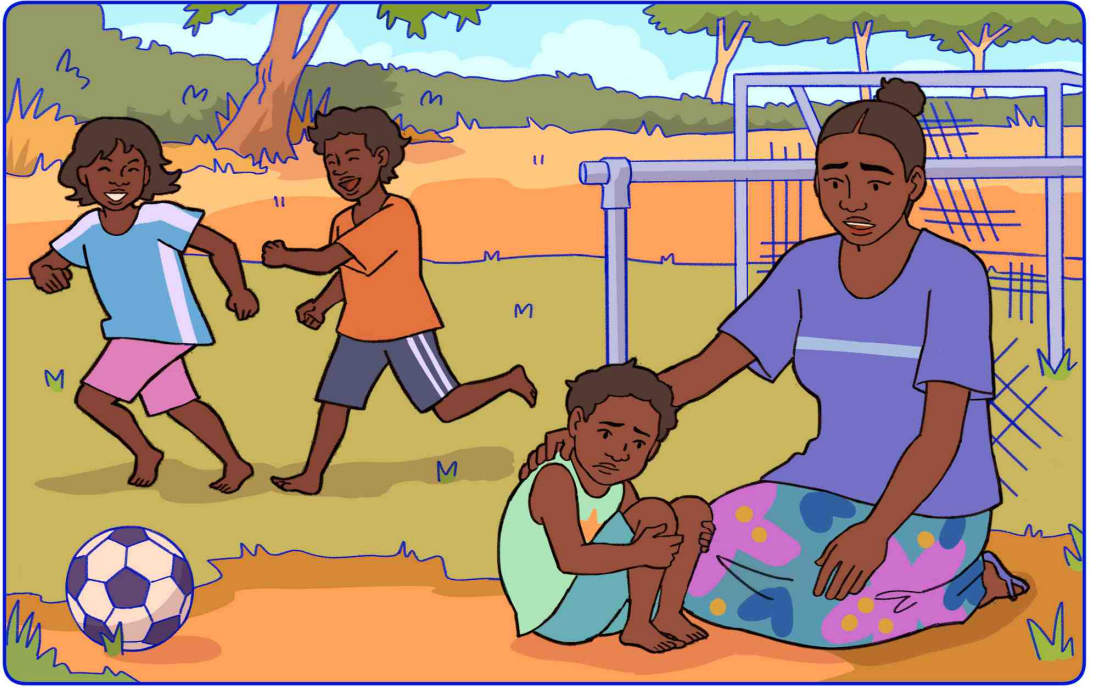
Playing and having fun

- What are your baby's favourite things to play?
- What fun games do you play together with your kids?
- How does it make you feel when you are playing together?
- How does it make your little ones feel?
- Who else does your baby like playing fun games with?



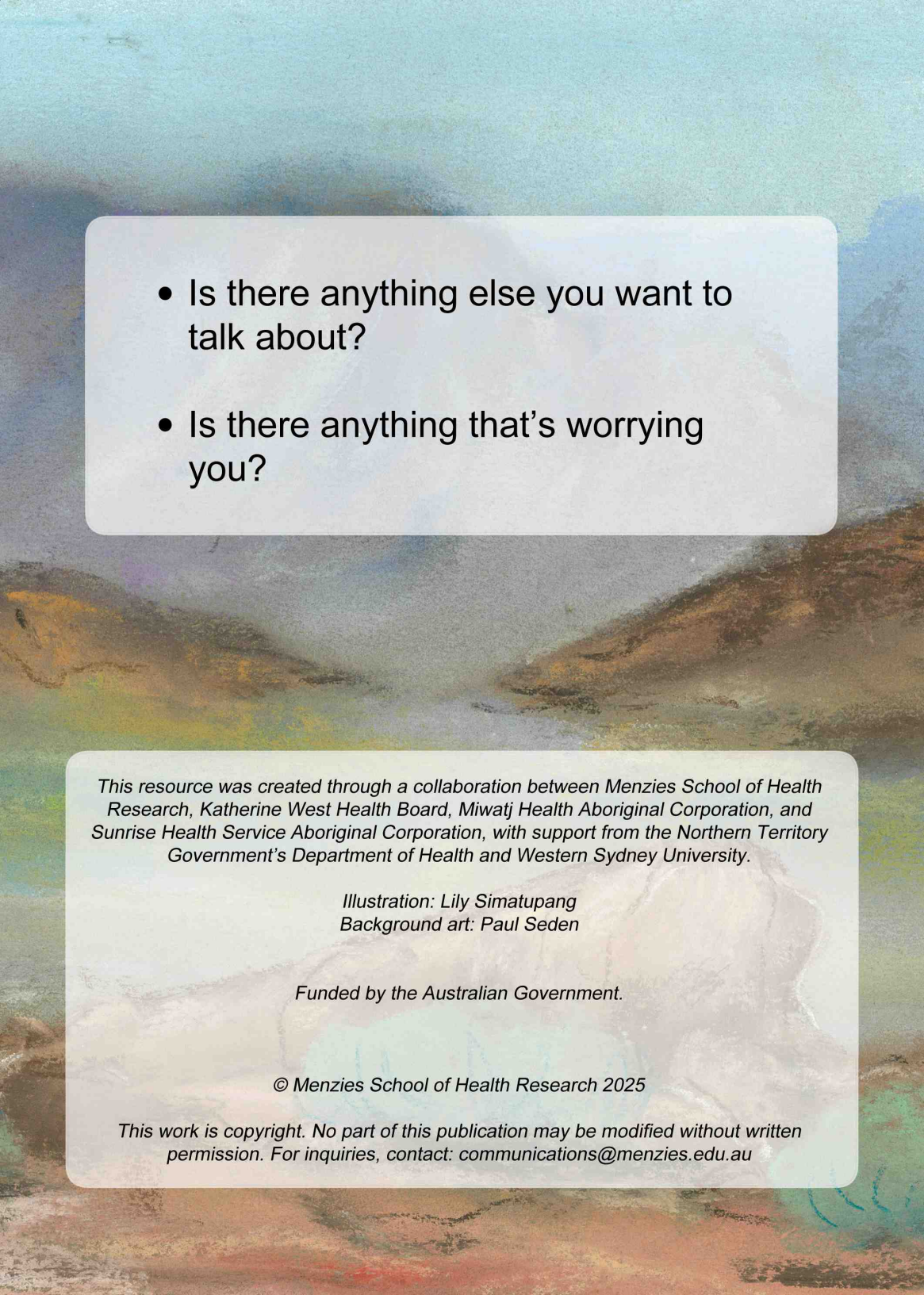
Choices and limits

- Do you have any worries about what your kids are doing?
- Are there any ways you set rules or limits that seem to work well for your family?
- What do you usually do when your child doesn't listen?
- How is your child going with other kids, like teasing, sharing, or playing together?
- What helps you stay calm when things get hard?
- What does your child do that makes you feel proud?



Helping with big emotions

- Do you have any worries about how your little ones are feeling?
- What do you do when your child is upset?
- How do you make them feel better?
- How do you help your kids understand what they're feeling?
- What things do you do to keep yourself calm?

- 
- Is there anything else you want to talk about?
 - Is there anything that's worrying you?

This resource was created through a collaboration between Menzies School of Health Research, Katherine West Health Board, Miwatj Health Aboriginal Corporation, and Sunrise Health Service Aboriginal Corporation, with support from the Northern Territory Government's Department of Health and Western Sydney University.

*Illustration: Lily Simatupang
Background art: Paul Seden*

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