

Wellbeing of a Child Aboriginal Perspective



In a Aboriginal Community The Child's Wellbeing

- Aboriginal families are important to the wellbeing of Indigenous communities, their culture and survival. Families are also important in defining identity and a sense of connectedness to kinship and spiritual culture that will strengthen the family



- Aboriginal health is not just the physical wellbeing of an individual but is the social, emotional and cultural wellbeing of the whole community



- In traditional family function, children help care for younger children and assist with household tasks from an early age



Aboriginal families view their structures and relationships differently; for example, each child can have several “nannas”, and each female in extended families can be “nanna”



to many children. In mainstream families, the family structure, relationships and expectations play out quite differently.



The historical legacies of forced separation from family and removal from traditional country continues to affect the social and emotional wellbeing of indigenous people, this is known as generational trauma.



Trauma in childhood violates a child's "sense of safety and trust and reduces their sense of worth, that it establishes and /or increases their levels of emotional distress, shame and grief"
(J,Atkinson,J, Nelson and C, Atkinson)



And can have a significant impact on carer-child relationships, parenting styles and how well families function. Serious breakdowns in family functioning



can lead to child neglect, abuse and family violence, causing serious harm and damage to children. The Gordon Inquiry (Gordon, Hallahan, & Henry, 2002).



Risk factors in Aboriginal families might be a range of issues. Eg

- * Substance misuse.
- * Cultural dislocation
- * Racism and discrimination
- * Social disadvantage
- * Lack of education
- * Family history of trauma
- * Family history of suicide.



Protective factors

- Being in a supportive relationship
- Being part of an extended family
- Shared parenting (aunts and uncles)
- Connection to land, culture, spirituality, ancestry, family and community



Knowledge for workers

- Understanding of Aboriginal culture and belief's
- For Aboriginal clients to gain the workers trust.
- The worker needs to gain the clients respect, by respecting the way the client lives.
- Never making judgements about the clients stories of trauma



- Ensuring that your work environment is culturally appropriate and inviting to your clients.



Services working together

- Building Strong Foundations are currently working along side Koolyangarra Aboriginal Child & Family Centre to provide baby weighing and information sessions about babies/children ages 0 to school age to provide counselling to parents
- BSF are currently working with the division of General Practitioners to ensure our clients are receiving the correct health care.
- BSF team are working from health centres in the Penrith LGA to provide baby clinics and counselling
- BSF are consistently networking with other services and the community.



We as professionals have an understanding of the historical past of the Aboriginal peoples.

We as professionals need to adjust our way of thinking to be able to successfully engage with the Aboriginal communities



Aboriginal service providers and
non Aboriginal service providers
need to work together to

CLOSE the GAP

This is known as
Reconciliation



BIRIE
Mudang
Mudjin
Penrith
St Mary's
BSF

Mudlang
Mudjin



OUR TEAM

Clinical Co-ordinator

3 Child & Family Health Nurses

3 Aboriginal Health Workers

1 Social Worker

1 Admin worker (8hrs)

1 Health Promotions Officer

