

Strengths of Australian Aboriginal cultural practices in family life and child rearing

A collective community focus

The concept of “one community, many eyes” helps children to:

- > build trust and confidence in themselves and in others
- > access support when they face challenges
- > be safe



Autonomous play

Having the freedom to explore the world can empower children to:

- > build independence
- > learn responsibility
- > make sound decisions



Respect for the elderly

Elderly family and community members help children to:

- > learn their responsibilities
- > understand who they are and where they come from
- > keep the spirit of Aboriginal culture alive



Spirituality

Helps children to cope with life by:

- > connecting with others
- > instilling positive values, such as caring and sharing
- > improving physical, mental and spiritual wellbeing
- > providing opportunities to heal from trauma