

Dimension	What Workers Look For	Examples
<p>Showing your role as a parent</p> <p>Workers look for signs that you are parenting your children in everyday ways.</p>	<ul style="list-style-type: none"> • caring for your children • setting gentle boundaries and guiding behaviour. • showing love, encouragement, and pride in your children. 	<ul style="list-style-type: none"> • pack a bag with nappies, wipes, bottles, and a change of clothes • bring along fruit, sandwiches, or a favorite snack • remind your child to wash their hands before eating • help your child tie their shoes or zip up their jumper • support your child with their education, e.g. learning shapes/ numbers/ writing together (depending on age) • kicking a ball together • doing hair or nails together
<p>Supporting connections</p> <p>Workers notice how you help your children stay connected to family, community, and culture.</p>	<ul style="list-style-type: none"> • siblings, kin, or family in visits where possible (or talking about them) • sharing culture, traditions, or stories • supporting your children to take part in cultural activities or community events 	<ul style="list-style-type: none"> • celebrate birthdays with a small cake or card • teach your child a family recipe or cook cultural food together • share a story or song • bring along photos of grandparents, siblings, or cousins and talk about them • take your child to a cultural community event (plan with caseworker first) • talk to your child about their family history
<p>Listening and responding</p> <p>Workers look at how you respond to your child's signals and feelings.</p>	<ul style="list-style-type: none"> • noticing when your child is hungry, tired, upset, or excited • responding with comfort, guidance, or play • being patient if your child needs time to settle. 	<ul style="list-style-type: none"> • pick up your baby when they cry, check their nappy, offer a bottle, or rock them gently • if your toddler hides behind a chair, get down at their level and say, "It's okay, I'll wait until you feel ready." • if your child is excited about a drawing, praise it and ask them to tell you about it • notice if your teen seems down and ask, "You seem quiet today, do you want to talk?" • if your child looks overwhelmed help to calm them
<p>Putting your child first</p> <p>Workers are looking for your focus to be on your child's needs.</p>	<ul style="list-style-type: none"> • giving your child your full attention (not being distracted by phones or side conversations) • being flexible if your child isn't ready to join in 	<ul style="list-style-type: none"> • switch your phone off or put it away. If you'd like to take photos tell the worker that's what you are doing • if your child wants to play blocks but you feel tired, join them anyway • let your child lead the activities or games

	<ul style="list-style-type: none"> • showing that your child's comfort and feelings come before your own. 	<ul style="list-style-type: none"> • if you're upset, take a deep breath and refocus on your child so they don't take on your emotions as well as their own.
<p>Showing empathy</p> <p>Workers notice how you understand and respond to your child's emotions and experiences.</p>	<ul style="list-style-type: none"> • listening to their point of view • acknowledging their feelings and being patient • reassuring your children that they are loved and cared for 	<ul style="list-style-type: none"> • telling your child, "I know it's hard to say goodbye. I love you and I'll see you next time" • when your child says they miss home, you could respond, "I miss you too, you are always in my heart" • if your child is angry, stay calm and say "I can see you're upset. Let's take a break together" • listen closely when your child talks about school or friends and respond with interest
<p>Guiding behavior</p> <p>Workers look for how you guide your child when they need direction.</p>	<ul style="list-style-type: none"> • using calm, kind, and consistent approaches • praising good behaviour • helping your child learn self-control by modelling calm yourself 	<ul style="list-style-type: none"> • if one child grabs a toy of another child, gently guide, "Let's take turns. Here's another toy while you wait." • praise good behaviour, "I love how you're sharing with your sister, that's kind." • redirect: if a toddler is throwing blocks, say, "Blocks are for building, not throwing. Let's build a tower." • with a pre-schooler, use choices, "Do you want to pack up the crayons first or the blocks?" • with older children, set limits calmly, "It's not okay to yell at me. Let's talk when you're calmer." • model calm by lowering your voice and taking a breath if things get heated