



PROTECTIVE FACTORS AND BARRIERS FOR ABORIGINAL AND TORRES STRAIT ISLANDER PARENTS

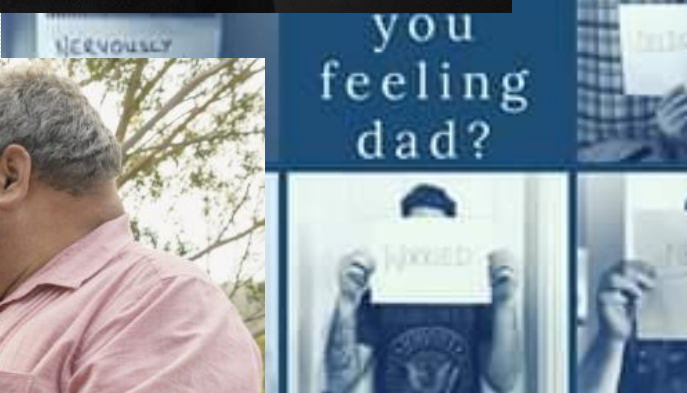
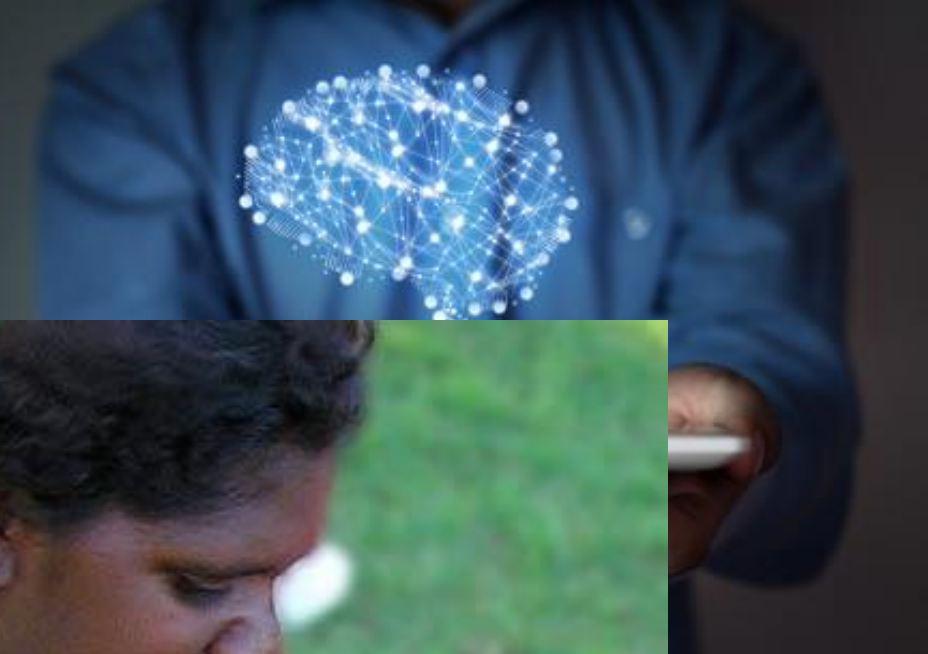
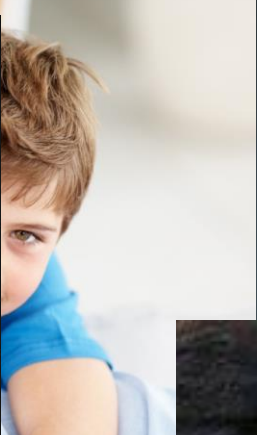
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**What are the factors that
contribute to Aboriginal
and Torres Strait Islander
parenting?**

PARENTAL RESILIENCE MODEL

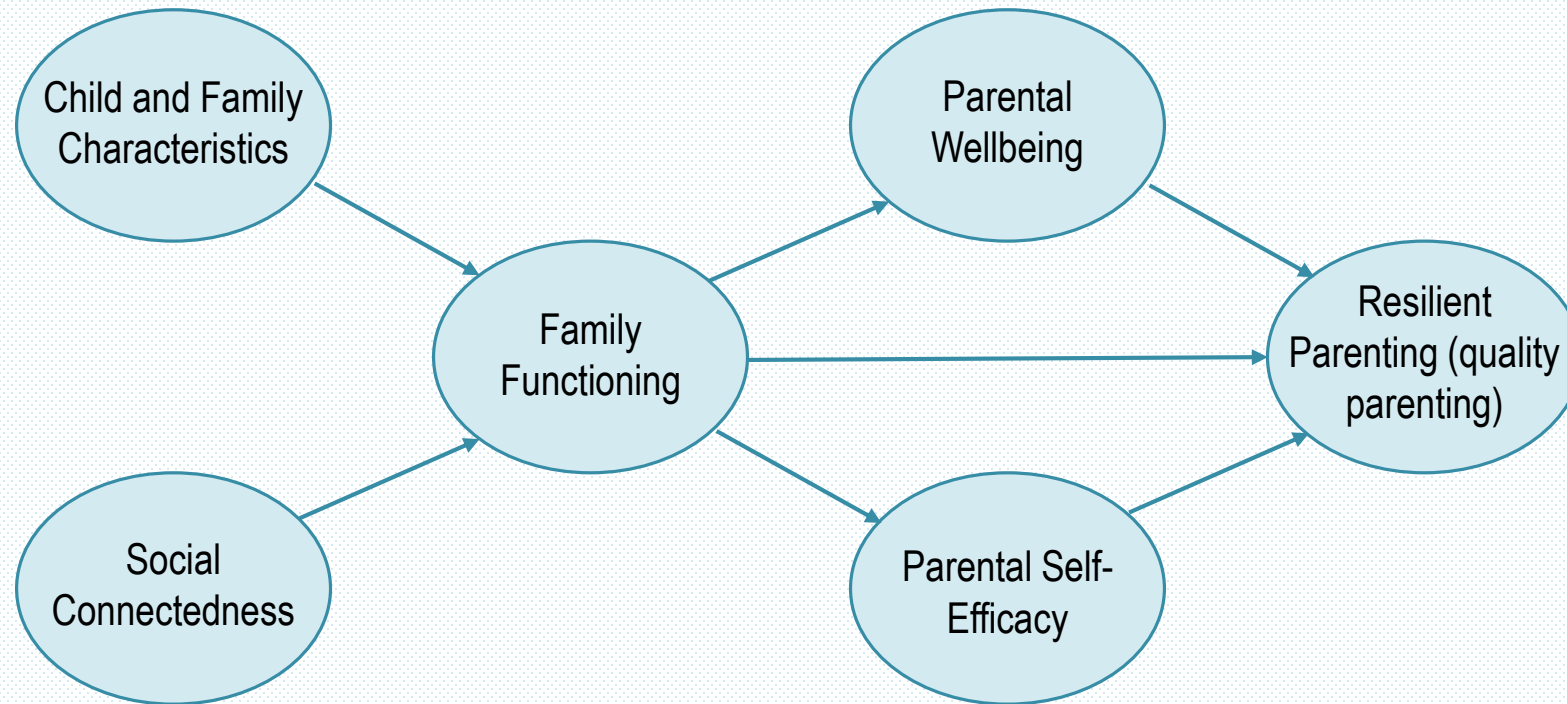


Figure 1: Gavidia-Payne, S., Denny, B., Davis, K., Francis, A. and Jackson, M. (2015), Parental resilience: A neglected construct in resilience research. *Clinical Psychologist*, 19: 111–121. doi: 10.1111/cp.12053

INDIGENOUS WELLBEING MODEL



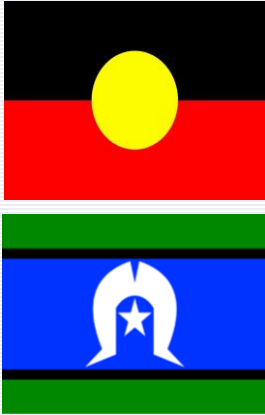
Figure 2: Gee, G., Dudgeon, P., Schultz, C., Hart, A., & Kelly, K. (2013). Aboriginal and Torres Strait Islander social and emotional wellbeing *Working Together: Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principles and Practice* (2 ed.).



My Research



Participants

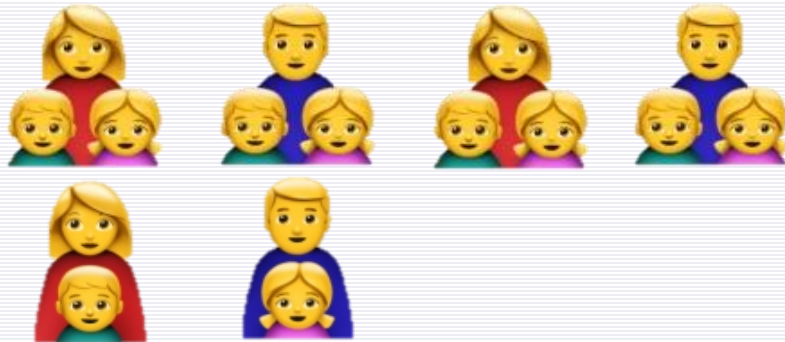


4 Aboriginal parents

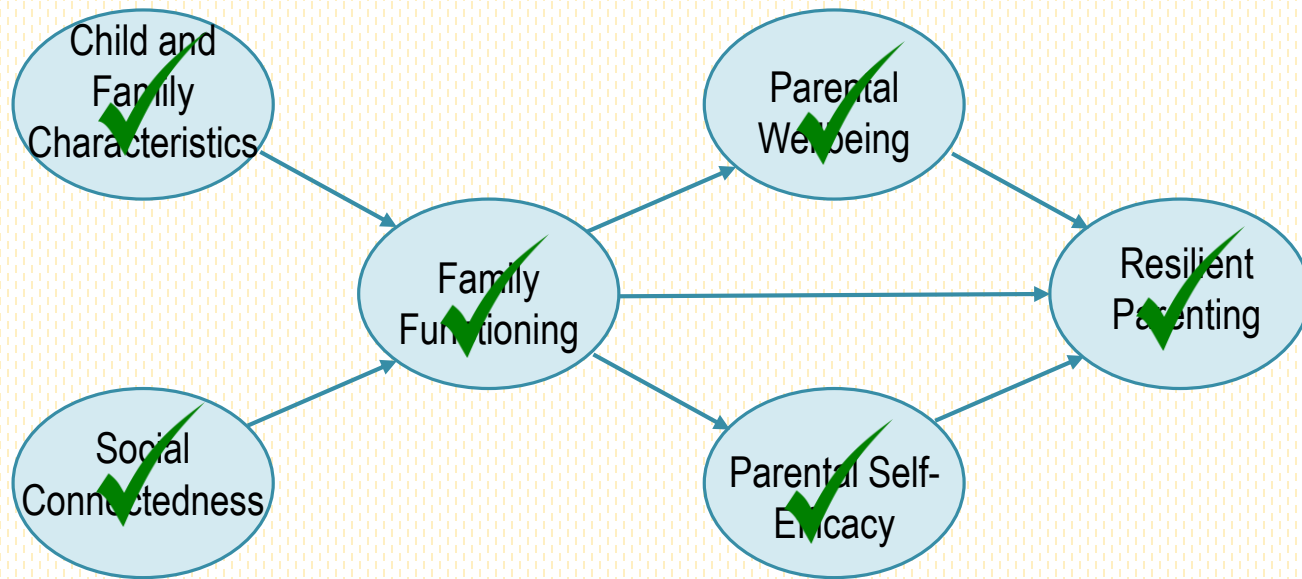
1 Torres Strait Islander parent

1 Aboriginal and Torres Strait Islander parent

Number of children



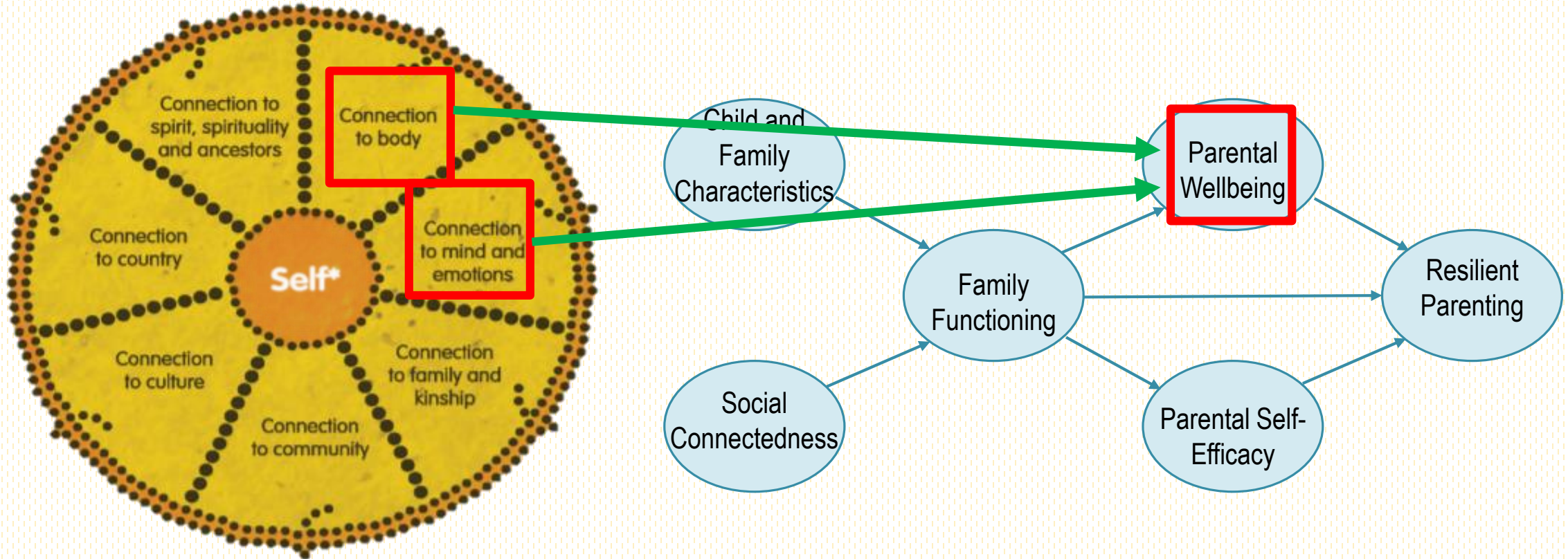
RESULTS



PARENTING ATTITUDES

“you know you’re a mother or a father...when you... can be a parent not only to... your immediate children but to... foster kids or kids that’s been handed over or kids that haven’t been in the right care.” (P2)

BODY, MIND AND EMOTION

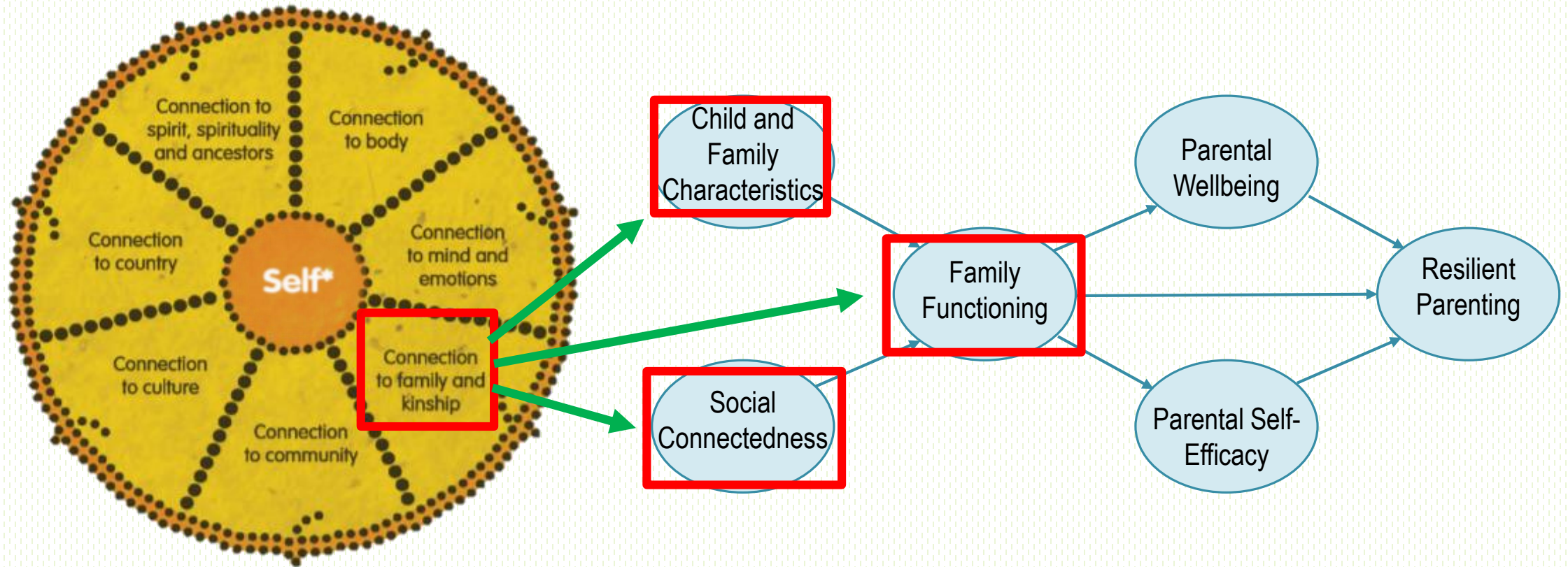


BODY, MIND AND EMOTION

“I’m really keen about my... health and wellbeing and my fitness.”^(P2)

“there’s not a lot of time that I actually get to myself alone”^(P3)

FAMILY AND KINSHIP



FAMILY AND KINSHIP

Co-Parents

“I was lucky enough to have, you know, a loving husband” (P4)

Extended Family

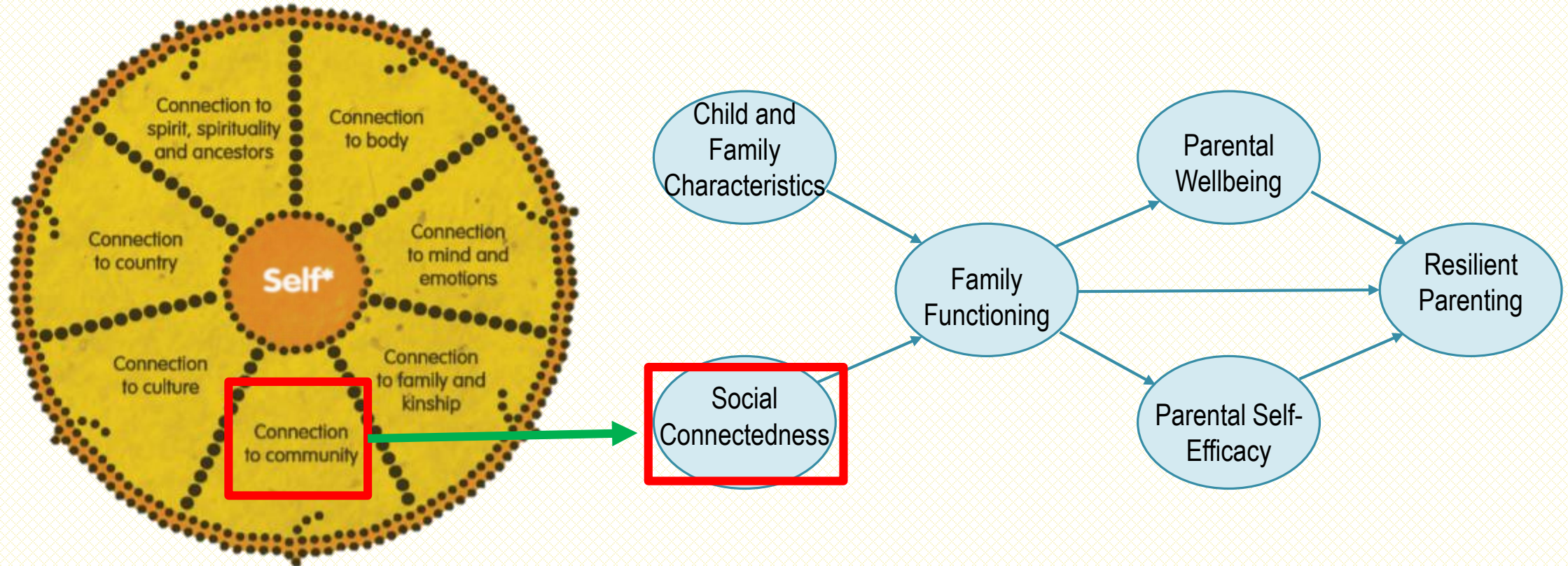
“I guess I’m lucky in that sense that I do have family around that can allow me to be young sometimes” (P5)

FAMILY AND KINSHIP

Parent-Child Relationship

“what you missed out on yesterday you try to pick up tomorrow...no matter what we all family in one way... you develop that friendship with your children too” (P2)

COMMUNITY

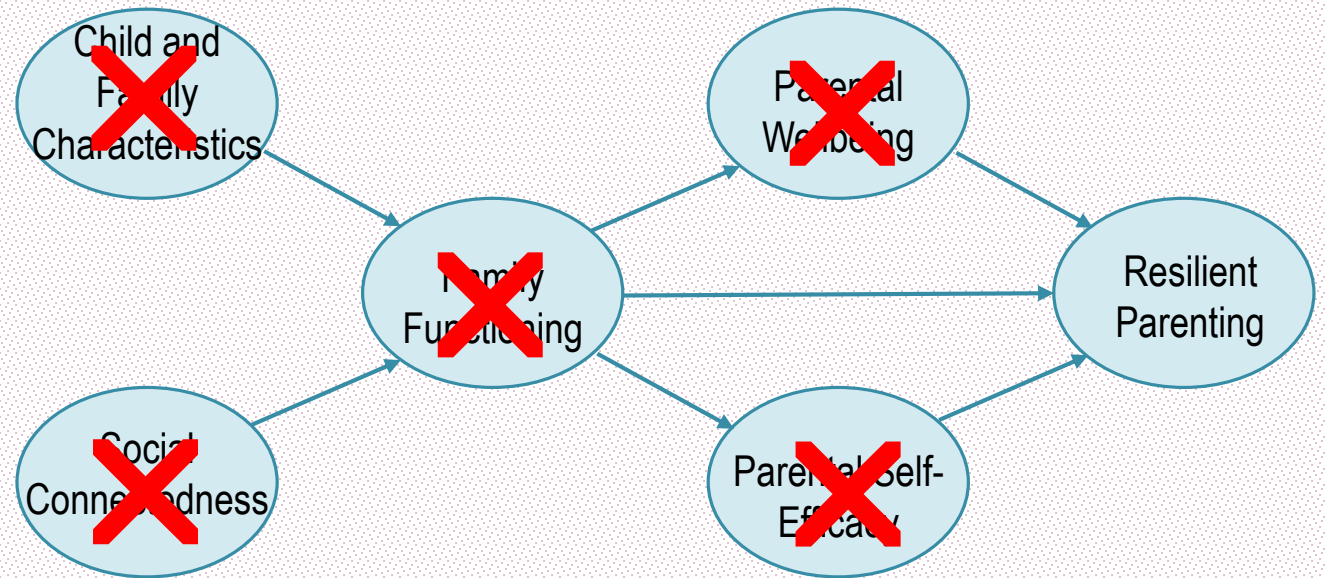
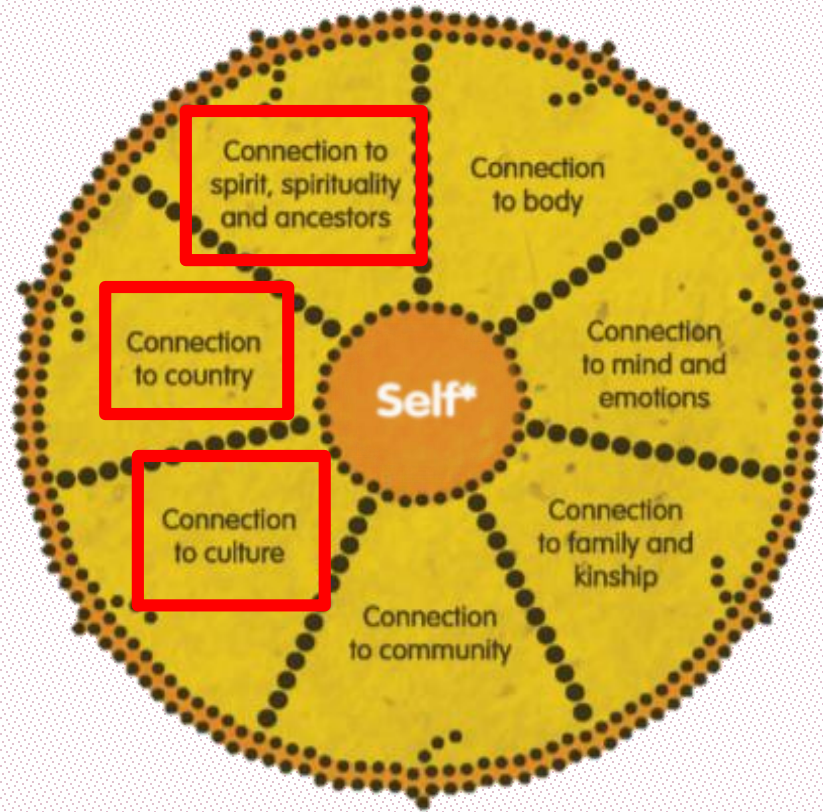


COMMUNITY

“as you can see I’m fair so even for me I’d feel strange going along to some of those meetings because I’m outside of my hometown” (P1)

“My best friend is my rock. She’s my go-to person if I need somebody because I know she’ll say yes before my mum” (P5)

CULTURALLY SPECIFIC FACTORS



CULTURE

“you know our culture talks about connection.... yeah it’s always been about staying connected.” (P4)

“I’ve always known that when I had kids I’d make them know who they are and proud of where they come from” (P5)

COUNTRY

“So it might be taught as, you know, we are connected to country but nobody ever links that concept of country as family anymore” (P1)

SPIRITUALITY

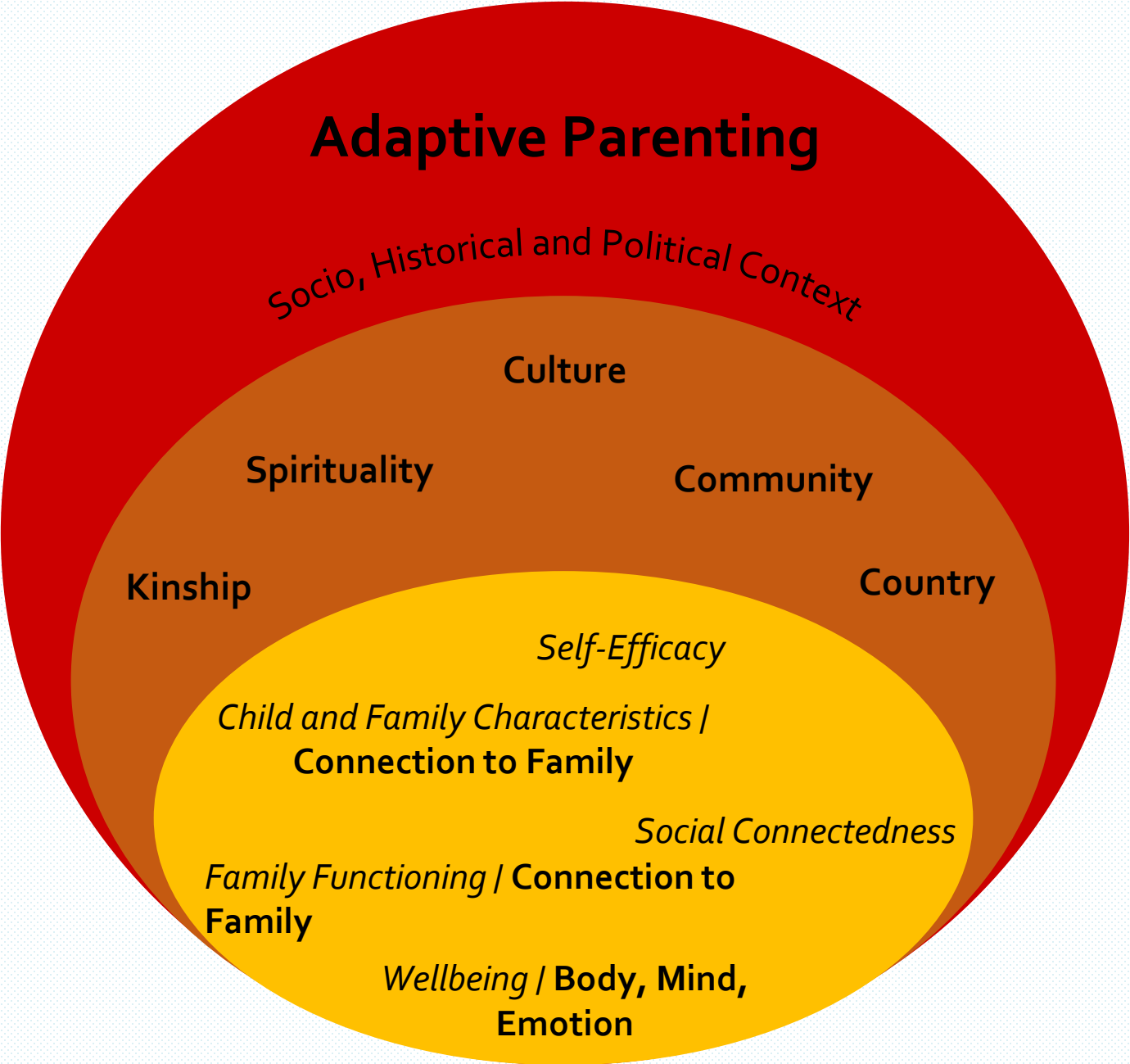
“...us Indigenous people we got a belief too, you know, that the universe is God and all the earth is god or the earth is our mother, you know” (P2)

A NEW MODEL OF INDIGENOUS PARENTING

Adaptive Parenting

:the process of altering parenting practices to suit the social, historical, political or physical environment

INDIGENOUS
PARENTAL
WELLBEING



NEXT STEP

“I’ve always known that when I had kids I’d make them know who they are and proud of where they come from” (P5)

“...us Indigenous people we got a belief too, you know, that the universe is God and all the earth is god or the earth is our mother, you know” (P2)

“what you missed out on yesterday you try to pick up tomorrow...no matter what we all family in one way... you develop that friendship with your children too” (P2)

“you know our culture talks about connection.... yeah it’s always been about staying connected.” (P4)

“as you can see I’m fair so even for me I’d feel strange going along to some of those meetings because I’m outside of my hometown” (P1)

“I wanna make this smoothly for all of us, I don’t wanna fight about it, I just want it to work” (P5).

“My best friend is my rock. She’s my go-to person if I need somebody because I know she’ll say yes before my mum” (P5)

INDIGENOUS
PARENTAL
WELLBEING

