



Frankie Learns to Tune In

Connect with children

This story is intended to support you as you create your own special moments of connection with your child/children. One of the greatest gifts you can give your children is a healthy self esteem. **Children who feel valued and who trust themselves and the adults that care for them, have the tools to develop healthy self esteem.** As a parent or carer, you can help your child/children to feel valued by spending time with them, playing games, reading books or just listening to them.



The **Safer Communities For Children** approach is all about sharing stories that can be used to **start important conversations** with children about safety. Each of the six available stories has important messages for our children about how they can think and talk about safety with trusted grown ups.

The stories also help adults to understand what makes children feel safe and unsafe. **Within the stories you will find questions that may help children to share their feelings with you.** There are also links to activities you can use to continue these important conversations.

We hope this book provides you with another special opportunity to **connect with the children you care for** and that in that connection, you recognise how important you are in their lives and the positive impact you can have in keeping them safe.

STORY 2

THE BIG IDEA

Children do well when they are encouraged to listen to their bodies

Frankie Frog wanted to go exploring.

He felt excited, but also a bit worried.

He'd never left Frog Billabong without his mum.

"Will I be safe on my own?"
he asked Mum.



Mum saw that Frankie looked unsure. She wanted him to feel safe.

"Maybe your big cousin, Jirra, can go with you," she suggested.

Frankie loved spending time with Jirra, and went to ask her.

"Ooh, an adventure!" said Jirra, and away they hopped. Frankie always felt brave when he was with Jirra.



"How did you learn about being safe?" he asked her.



"Hmmm," thought Jirra. "The first thing I learnt was to tune in to my senses," Jirra told him.

"How do I do that?" asked Frankie.

Jirra said "It's sort of like listening to your body to know how you feel about something. Your eyes, nose, ears and how you feel inside are your "senses" and they can give you important clues. Lets go explore our senses!"

Frankie and Jirra hopped and hopped until they met Dani Dingo and her pack. They all looked brave together.

"Dani, do you use senses to know how you feel?" Frankie asked.



"And we need to make sure everyone stays safe."

"I sure do Frankie, I use my nose to sniff."
Dani stuck her nose high up in the air.

"If I smell something that makes me feel unsafe, the hairs stand up on the back of my neck and I tell my family."

Frankie tried sniffing too.
The air smelled clean and fresh.



WHAT CAN
YOU SMELL?



Frankie and Jirra hopped and hopped until they saw Kenny Kangaroo, lying in the shade.

"How do you tune into your senses, Kenny?" Frankie asked.



"I use my ears to listen."
Kenny twitched his ears.

"If I hear something that makes me feel unsafe, my legs start to shake and I tumble into my mum's pouch."



"And we get ready to protect our mob."

Frankie listened carefully.
He could hear birds chirping in the bush.



WHAT CAN
YOU HEAR?



The frogs hopped and hopped until they saw Elly Eagle perching on a branch.

"How do you use your senses to tune in, Elly?" Frankie asked.

"I use my eyes. I can see really well."
Elly looked around.



"If I see something that makes me feel unsafe, my mouth goes dry and my whistle changes to a screech.

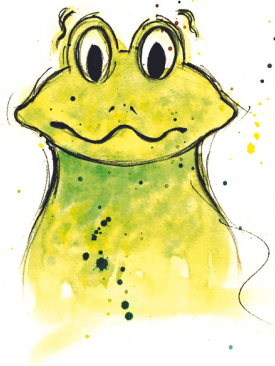
This lets the others know I need help."





Frankie looked ahead.
But he couldn't see far at all...

There were too many bushes
and it looked dark.



Frankie wasn't sure why, but he started
breathing fast and he felt sick in his stomach.

His legs felt heavy and he couldn't move.

HOW DO YOU THINK
FRANKIE IS FEELING
RIGHT NOW?



Jirra saw that Frankie looked nervous.

"Are you okay?" she asked.

"I can't see very far", whispered Frankie.

Jirra sat down.

"Do you think Elly could help us check if it's safe?" she asked.

Frankie nodded.

"Elly," they called, "could you please fly ahead and see if it looks safe?"

"Sure" said Elly.



Elly flew along the track and back again. "All clear!" she whistled.

"Are you sure?" asked Frankie.

"Yep, I had a really good look and it looks safe," whistled Elly.

Frankie felt relieved.

He breathed more slowly and the sick feeling in his stomach started to go away.

"Do you feel ready to keep going?" asked Jirra.

"I think so," said Frankie.

"Can we just hop slowly for a bit?"

"Of course," replied Jirra. "I'll stay close to you. If you decide you want to stop or go back, just let me know."



Frankie smiled.

"Okay," he said, feeling braver.

"I'm ready now."



The frogs hopped and hopped until they saw Sasha Snake, coiled up by a log.



"How do you tune into your senses, Sasha?" Frankie asked.

"I use my jaw to feel for vibrations." Sasha slithered along the ground.



"If something makes me feel unsafe, my heart beats fast. I go to a place where there are animals I trust."



WHAT CAN
YOU FEEL?

Frankie and Jirra sat and touched the earth.
It felt calming.

Frankie and Jirra hopped back to the billabong.

Frankie sat quietly and used his senses to tune into his whole body.

His muscles felt relaxed and he breathed in and out slowly. He felt calm and safe.



Mum sat next to Frankie.

She didn't say or do anything. She sat there, quiet and still.
Frankie sat, quiet and still, too.

"What did you learn today, Frankie?" asked Mum.

"I learnt that I can tune into my senses to help me know if I feel safe or unsafe," he said.

I also learnt that if I'm feeling unsafe I can tell someone who can help me."

"Mum, I feel safe here. And I feel safe with you."

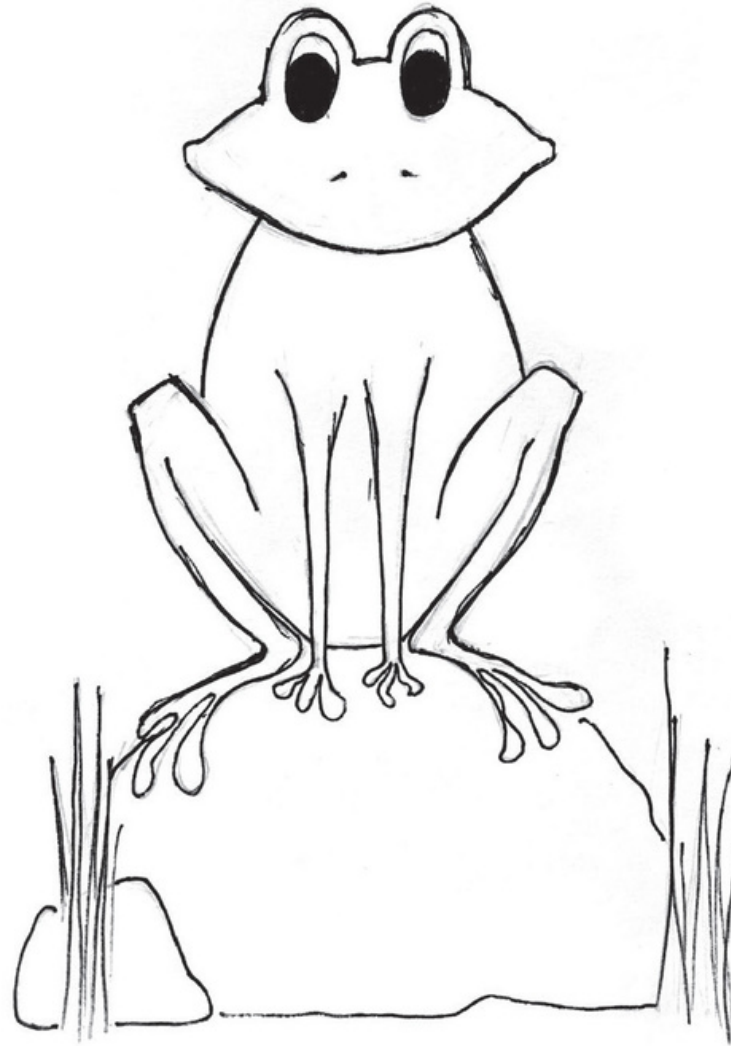
'Would you like a hug, Frankie?" asked Mum.
Frankie nodded.

Mum gave Frankie a big frog hug, and Frankie smiled a big frog smile.



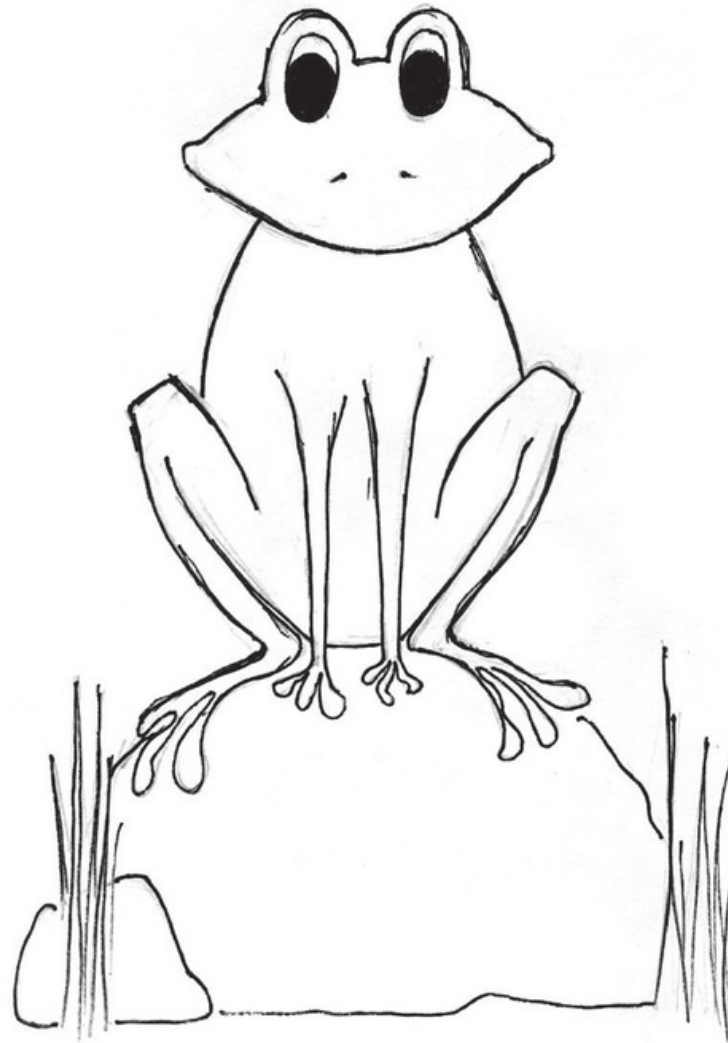


How might Frankie know he feels UNSAFE?





How might Frankie know he feels SAFE?





Feeling UNSAFE

Feeling no good

Dry mouth and throat

Sick in the stomach

Hard to breathe

Sweaty hands

Crying

Shaking

Feeling cold

Nervous

Tense body

Headache

Heart beating fast

Lump in throat



Butterflies in stomach

Hairs standing on end

Shaky legs

Wide eyes

Fuzzy brain

Jittery

Goosebumps

Tight shoulders

Feel like crying

Feel like running away

Feet stuck to the ground

Need to go to the toilet



Feeling SAFE

Feel strong

Breathing slowly

Happy eyes

Good sleep

Playing with friends

Smiley face

Sharing

Happy stomach feeling

Feel calm

Relaxed muscles

Laughing

Sharing

Having fun

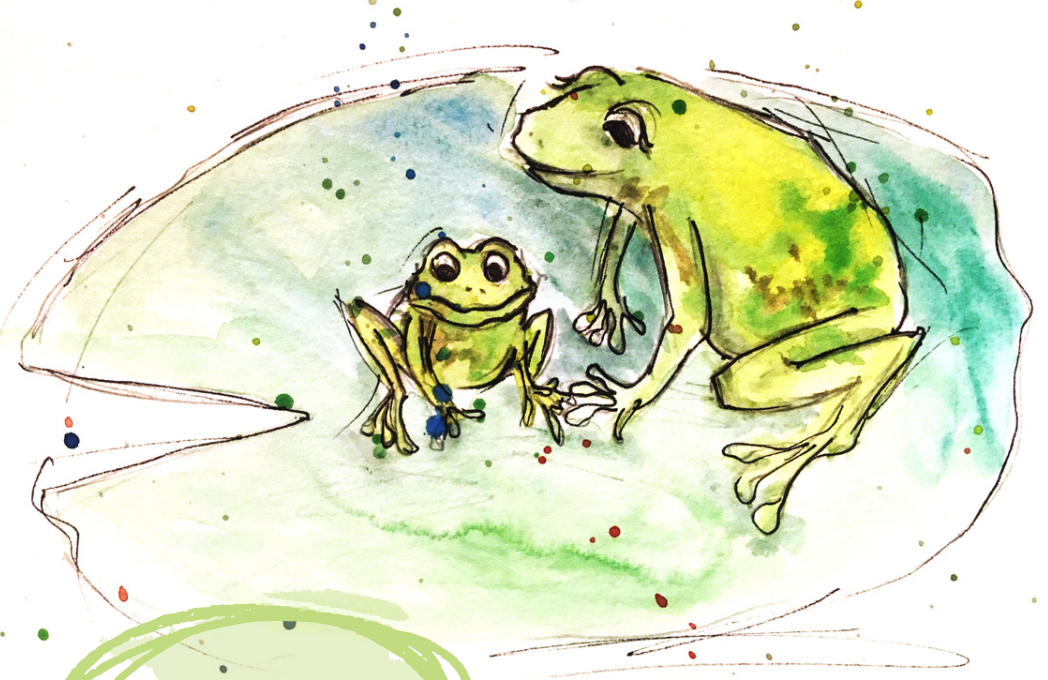


ASK YOUR CHILD WHAT THEY THINK "TUNING IN" TO THEIR FEELINGS MIGHT MEAN.

You might explain it is about listening carefully to the clues they get from their body about how they feel.

You can help your child to understand "tuning in" by asking them to think about how different things and different situations might make them feel happy or nervous or shaky and that it is important to listen to those feelings and tell someone they trust about them.

You can help your child to accurately "name" their feelings and then work out (with the help of a trusted adult if needed) what they need to do next.



LET'S TALK...

NEED A BIT OF
EXTRA SUPPORT?



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