



Help!

Kenny at the Waterhole

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 3

THE BIG IDEA

Children do well when they have adults who help them feel safe and supported



It was a hot, sunny day.
Kenny Kangaroo
asked if he could go to
the waterhole with
his friends.

"Sounds like fun,"
agreed Aunty Kanga.

"Let's have a barbecue,"
said Uncle Roo.

Sasha Snake, Dani Dingo, Frankie Frog
and Elly Eagle were excited to go swimming with Kenny.





When they arrived,
Uncle Roo explained,
"It's safe over here,
where the water is
shallow and clear."

But it's NOT safe over there, where the water
is deep and there are tree roots underneath."

"We'll stay over here!" shouted the animals.

"Great," said Uncle Roo.

They all had fun swinging on the rope
and jumping in the water while the
adults got ready for the barbecue.



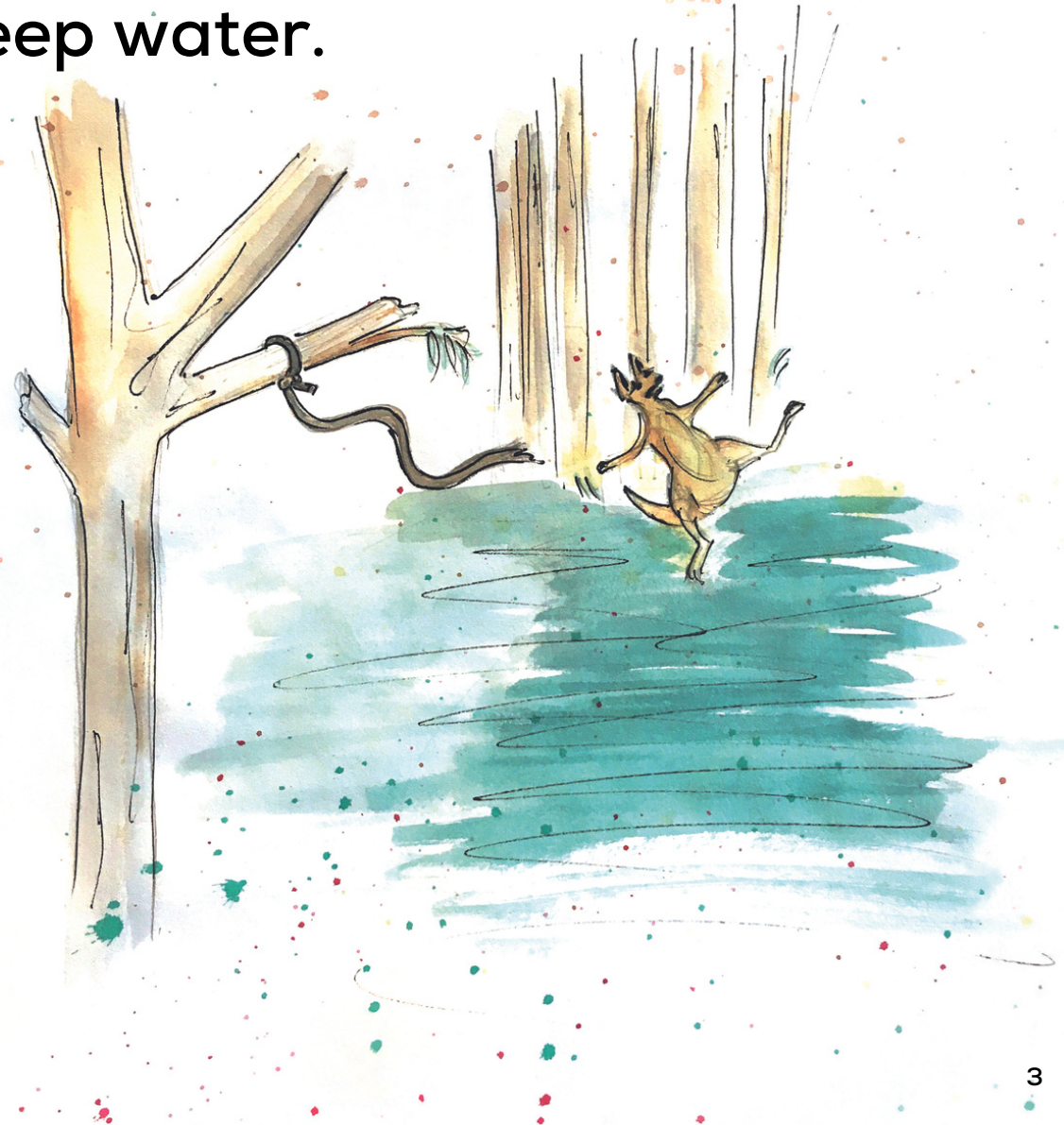


When it was Kenny's turn, Frankie saw that he was swinging way out over the deep water.

He was worried the adults wouldn't see if Kenny needed help.

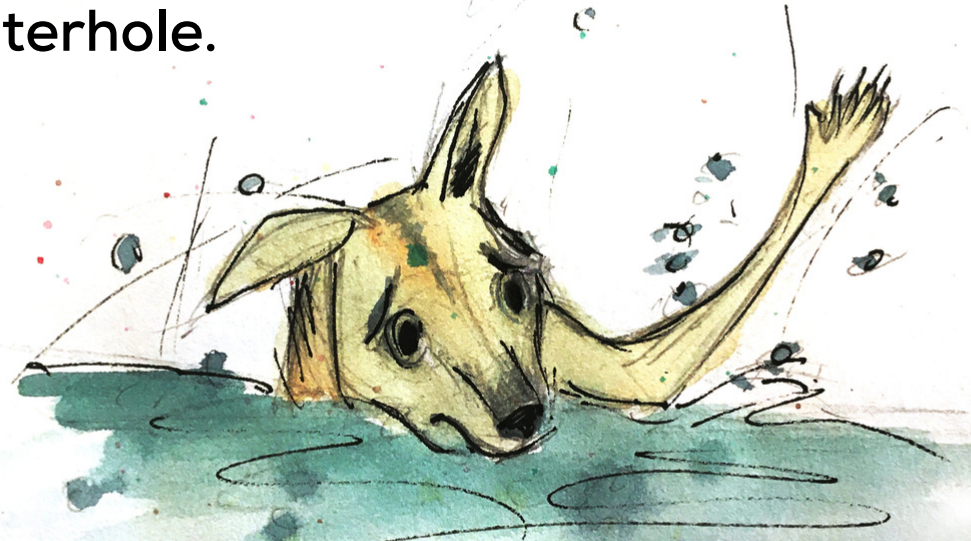
He hopped over to talk to Uncle Roo.

"Don't worry," said Uncle Roo.
"Kenny's a good swimmer.
He'll be fine."



Frankie hopped back to the waterhole.

Just then ... splash!
He saw Kenny fall into
the deep water.



"Help!" gasped Kenny, flapping his arms.

"My tail is stuck!"

"Help!"

"Frankie's heart started to beat fast. He
knew they needed help from a grownup".

He called out to Dani Dingo.



Dani heard Frankie and ran to get Uncle Roo.

Uncle Roo was busy making damper and didn't listen carefully.

"Not now, Dani," he muttered with his head down. "I'm busy."



Elly saw what was happening and screeched loudly, "Aunty Kanga - Kenny's in trouble!"

Aunty Kanga heard Elly screeching, dropped the firewood and bounded through the trees to the waterhole.



Uncle Roo saw her take off and realised there was trouble. He dropped the damper and bounded after her.

They saw Kenny struggling in the water and quickly worked out what to do.

Uncle Roo gripped Aunty Kanga's tail while she waded carefully into the water. She untangled Kenny's tail and pulled him safely onto the bank.



REMEMBER YOU NEED
AN ADULT WITH YOU
WHENEVER YOU ARE
SWIMMING OR PLAYING
NEAR WATER



Uncle Roo saw that Kenny was shaking.

"Are you okay, Kenny?" he asked.

"Are you hurt, or feeling scared?"

"I'm not hurt, but I got a big fright," whispered Kenny.

"Would you like a hug?" asked Uncle Roo. "Yes please - that would help," Kenny replied.

Uncle Roo gave Kenny a big hug.

He looked at Dani and Frankie and said, "I'm so sorry. I should have listened to you when you came to me."



Aunty Kanga noticed that the friends were quiet.

"That was very scary for everyone," she said.

"You can come and talk to me any time if you still feel worried or frightened".

"You all did the right thing and kept on trying to get help."

Uncle Roo agreed, "Its a good thing Aunty Kanga heard you. Sometimes when adults are busy they might not always listen carefully, but It is not your fault. It is our job as grownups to keep you safe. I am sorry for not listening".



Who would you choose to
join your support and
safety circle?

ACTIVITY

Are
there any
other ways
you would
like adults to
support you?

FEELING SAFE CAN FEEL DIFFERENT FOR DIFFERENT PEOPLE.

Ask your child where they feel safe.

What about that place makes it feel safe to them?

Is it about the place or the people that are
there/people who are not there?

Ask your child if there are ways that you can make
places that you share feel safer for them.

**Ask your child about places that they
might attend without you like school or
sports clubs and if they feel safe there.**

What makes them feel safe/comfortable at those
places or uncomfortable?

LET'S TALK...



ASK YOUR CHILD IF THERE IS A TIME RECENTLY WHEN THEY WANTED TO SHARE SOMETHING WITH YOU BUT THEY FELT YOU MIGHT NOT HAVE BEEN ABLE TO LISTEN FOR WHATEVER REASON.

Explain how everyone can get busy sometimes but that you will always make time to support them. Remind them that there is nothing you don't want to hear about from them - even the yucky or embarrassing things.

Chat to your child about the different ways you could make time in the day to talk about big things and small things, like on the walk to the way to school, while they help you to make dinner at night or on the bus/other times you are together.

Ask your child about a time that you helped them when they needed it and how it made them feel. You can also share how it made you feel to know that you were able to support them and be there for them. Can you think of a time when your child helped you - maybe helping to carry groceries or to put their plate in the sink after dinner. Tell them how it makes you feel when they help you.





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