



Frankie Learns to Leap

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 6

THE BIG IDEA

Children do well when they feel confident and supported to try new things

Down at frog billabong, Frankie's cousins were having fun doing **BIG LEAPS** from one lily pad to another.

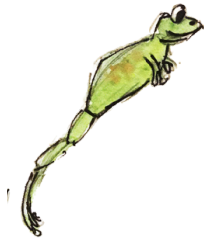


As Frankie watched on, he began to feel sad.

He could only do
tiny, little hops.



Frankie wanted to turn his
little hops into **BIG LEAPS**.



He asked Mum to watch him practice.

Frankie tried all the things he'd seen his cousins do.



He stretched his legs.



He took deep breaths.



He tried big hop-ups.

Mum smiled at Frankie.



"You look like you're nearly ready to leap over the creek " she said.

"I'm not sure," replied Frankie.

"I think I may need a bit more practice first."

Frankie practiced..... and practiced..... and practiced.
His little hops got bigger and bigger and bigger.



"Hey Mum! Can we go down to the creek so I can practice there?" asked Frankie.

"I can't go right now," Mum replied.

"I'm looking after the little ones."

Just then Grandpa Eric hopped over.

"Maybe you can ask Grandpa Eric to go with you," Mum suggested.

Frankie loved spending time with Grandpa Eric.

"Yes!" he croaked happily.

Grandpa Eric said he was happy to watch Frankie practice.



So together they headed down to the creek.

Frankie felt excited, but also a bit nervous.



The creek was much wider than the billabong where he had been practicing.

It felt like butterflies were fluttering around in his stomach.

Frankie wanted to make sure he felt safe to try a BIG LEAP over the creek.

He thought about what would help.

Then, he checked to make sure Grandpa Eric was watching.

WHAT DO YOU THINK
WOULD HELP
FRANKIE FEEL SAFE?

He checked to make sure there were no roots or logs under the water.

He dipped his toe in to make sure the water was not moving too fast.

At last, he felt **READY!**



Frankie stretched his legs.

He took a deep breath,
and a big, long hop-up and...

SPLASH!

He landed in the water.





Grandpa Eric jumped with joy to let Frankie know he was watching.

"I'll try again," Frankie thought.
"I think I can leap OVER this time."

He stretched his legs again.

He took another deep breath

and another big, long hop-up and...

SPLASH!

He landed in the creek again.

Frankie laughed.



He was feeling braver now, and he was having fun!

Grandpa Eric watched to make sure Frankie stayed safe. He waved in support.



Frankie called out to Grandpa Eric.

"I'm going to try again! I'm sure I'll get it this time."

When he was ready, Frankie stretched his legs again.

He took another deep breath and another big, long hop-up and...



Hooooorayyyyyy!
He landed on
the other side.

"I made it!" Frankie shouted,
and he did a little frog dance.

"Good one Frankie!" cheered
Grandpa Eric.



Frankie felt more confident now.

He decided to leap back over the creek.



It was much easier this time.

HOW DO YOU
THINK FRANKIE IS
FEELING NOW?

Frankie was so excited.

He couldn't wait to show Mum and his cousins.



He practiced leaping all the way home.



SOMETHING
I CAN DO ON
MY OWN





SOMETHING
I NEED HELP
TO DO





This is hard.
Can you
please help
me?

Can you help
me please?

I need help
please.

My friend is trying
something new.
Can you help
please?

THERE ARE SOME ACTIVITIES CHILDREN MIGHT ENJOY THAT CAN HELP TO REINFORCE THE MESSAGES IN FRANKIE LEARNS TO LEAP.



Note: It's important children have the choice to 'pass' on taking part in activities if they don't feel ready.

PRACTISE SOMETHING NEW:

- Invite children to hop around like Frankie (little hops), then to try leaping. Just like Frankie, they could:
 - stretch their legs
 - take deep breaths
 - try a big, long hop-up ...
 - then LEAP!They could even do a little frog dance.
- Encourage children to ask an adult to watch out for them as they try (like Frankie asked Mum and Grandpa Eric).
- Invite children to think of and practise:
 - **another** skill they could try
 - **steps** that could help them
 - **how to ask an adult to support them** if needed.

GET CREATIVE!

Make a 'creek' on the floor or ground with chalk or string. Have narrow and wide parts of the creek or make it wider and trickier as children practise.







© Copyright NAPCAN 2023

NAPCAN PREVENT
CHILD ABUSE
& NEGLECT
www.napcan.org.au