



Listen Here

Mixed Messages

We can eat with our fingers,
but don't play with our food
Fun with playdough
but not mashed potato
Nudie at home
is not allowed at the pool
Pencils on paper but not on the walls

KNOWING WHERE AND WITH WHOM YOU BELONG - YOUR FAMILY, CULTURE AND COMMUNITY - IS IMPORTANT FOR CHILDREN.

CHORUS

I know it's confusing
what you can and can't do
Be independent, learn right from wrong too
Mum says no and Dad says
Don't know what to do,
so I'll ask Nana I guess



Mixed messages, mixed messages
Lot of questions but
I just get mixed messages

STRONG CONNECTIONS TO FAMILY, FRIENDS, AND CULTURE BUILDS CONFIDENCE AND SELF-ESTEEM.

Facewasher on skin,
but not in our mouth
Time by myself
and family time too
Climbing trees
but can't climb on the roof
Snuggles in bed,
but we sleep alone

HEALTHY EATING BUILDS HEALTHY BODIES AND BRAINS. THIS STARTS CHILDREN ON THE RIGHT TRACK FOR A LIFETIME OF GOOD HEALTH.

CHORUS

