

Jarjum's wellbeing

Aboriginal Parent Easy Guide

When children feel loved, safe and secure, they feel good about themselves, and can learn and develop to their best.

Children are doing well, if most of the time they:

- > are happy and having fun
- > like being with people
- > are interested in learning
- > do well at school
- > cope with changes at home or school.

Children need to feel loved and special. It really helps if they have:

- > a loving family
- > a happy, peaceful home
- > regular routines
- > help to learn
- > a healthy lifestyle – eating well, being active and getting plenty of sleep.

Children need to be kept safe and sheltered from adult problems.



The best thing
you can give
children
is your love

Teaching our children about culture and identity builds a strong foundation for their future.



Good health helps children grow and develop their best.

It helps children when you:

- > talk, play and have fun together
- > share books, songs and stories
- > help them have friends
- > take them to activities, sports, play groups or to spend time with friends and family
- > help them to be optimistic and positive about life
- > encourage them to be self-confident and proud.

Children need healthy food, plenty of sleep and to be active.

- > Make sure children have a variety of healthy foods – fruits, vegetables, wholegrain breads and cereals, meat, eggs, fish, beans, milk, cheese.
- > Keep things like lollies, soft drink and takeaways as an occasional treat.
- > Water is best for children and the whole family.
- > Let children play outside – but make sure they are safe.
- > Limit time watching TV or playing video games.



Children’s behaviour

Having rules at home helps children learn the behaviour you want. If children ‘misbehave’ – think about what could be causing it:

- > are you expecting too much for their age?
- > what else is going on for them?
- > what’s happening at home or school?
- > is anything worrying them?
- > are they eating well and getting enough sleep?
- > are they unwell?

Young children can be overwhelmed with strong feelings and have a ‘tantrum’. Stay with them and help them calm down. They will gradually learn to do this themselves.

When to get extra help for your child

Most children cope with life’s ups and downs with support from family and friends. Your child may need extra help if they:

- > are unusually quiet or don’t want to do things they usually enjoy
- > seem upset a lot
- > are angry or ‘misbehave’ more than usual
- > hurt themselves, pets or others
- > talk about suicide. They may say ‘I wish I was dead’ or ‘I don’t want to be here any more’.

If you are worried, see your doctor or health worker.



Seeing things from children’s point of view helps you understand their behaviour.

Racism and bullying

Many children experience racism or bullying at school or in the community. Make sure they know:

- > the problem is with the other person – not them
- > to stay calm and not to put themselves in danger
- > to come to you or another trusted adult for help.

You can:

- > talk with teachers if it happens at school – most schools have anti-racism and bullying policies
- > help children be confident and proud of their culture – they will be more resilient
- > be a good role model. Show that you respect all race and cultures.

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Helplines

Parentline NSW

Phone 1300 1300 52

9am - 9pm weekdays and 4pm - 9pm weekends for advice on child health and parenting.

Kids Helpline

Phone 1800 551 800, 24 hours

Telephone and web counselling for young people aged 5–25 years.

www.kidshelpline.com.au

Beyond Blue

Phone 1300 224 636 or 03 9810 6100

The Beyond Blue website has fact sheets and information on mental health, and a Web Chat service 7 days a week from 4pm to 10pm or you can call them 24/7 on 1300 22 4636 to speak to a Beyond Blue counsellor.

www.beyondblue.org.au

Legal Aid NSW:

Phone 1300 888 529

Free legal advice and information.

www.legalaid.nsw.gov.au

Lifeline: 13 11 14

Mental Health Access Line: 1800 011 511

Domestic Violence Line: 1800 656 463

SIDS and Kids: 1300 308 307

Safe sleeping for babies: www.sidsandkids.org

Child Abuse Report Line: 131 478, 24 hours

If you are worried a child is being abused or neglected. You can ask to speak to an Aboriginal worker if available.

Healthdirect: 1300 022 222, 24 hours to speak to a nurse.

www.healthdirect.gov.au

Australian Indigenous Health Infonet

Information for parents and workers on a variety of Aboriginal topics.

www.healthinfonet.ecu.edu.au/other-health-conditions/sewworkers/grief-loss-trauma/key-facts

Mensline Australia: 1300 789 978, 24 hours

Speak to someone about relationship or family concerns.

www.mensline.org.au

Healthy Minds: 1300 137 237

Healthy Minds allows people who have a health care card to access a psychologist at no cost. You will need to go to your GP and ask for a Healthy Minds referral under the 'Access to Allied Psychological Services (ATAPS)', and your GP will have a list of participating psychologists that they can refer you to.

Websites

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For parenting information www.raisingchildren.net.au

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Various resources to help parents at any stage in life.

Local Services

Aboriginal Legal Service Lismore:

Phone 1800 643 - ALS Lismore

3/15 Molesworth Street, Lismore NSW 2480

Phone 02 6623 4400

Aboriginal Maternal and Infant Health - Lismore Community Health

Phone 02 6620 7687

Provides antenatal care to Aboriginal women and women with Aboriginal partners, from early pregnancy through to 6 weeks after the birth of their baby. No referral needed.

Gurgun Bulahnggelah Aboriginal Health (Jullums)

Phone 02 6621 4366

Provides a range of medical and general health services, including counselling referrals and services for Aboriginal and Torres Strait Islander children, young people and adults.

www.gurgun.com.au

Aboriginal Outreach Worker and Counsellor - Interrelate

Phone 02 6623 2750

Yarning and counselling, running health and wellbeing workshops, and empowering people to make positive and healthier life choices.

Child and Adolescent Trauma Counselling Service

Northern Rivers Community Gateway

Email reception@communitygateway.org.au

Phone 02 6621 7397

Brighter Futures

Phone 02 6621 6992

Support and services to improve the emotional, social, health and educational developmental outcomes for families and their children.

Beanies Goorie Playgroup - YWCA Northern Rivers

Phone 02 6625 5800

Every Thursday 11am - 1pm during school terms and is for Aboriginal families with children 0-5 years living in the Goonellabah area.

Refer to Service Listing for contact details of other local services