

Being a Dad

Aboriginal Parent Easy Guide



Parenting SA

Dads are very important in children's lives. When dads spend time talking and playing with children it benefits everyone in the family.

However you were brought up, you can be the kind of dad you want to be for your children.

When you are a dad, the most important thing you can give children is your love.

- > Spend time with children.
- > Show you are proud of them.
- > Encourage children to aim high in life.
- > Help them have a strong Aboriginal identity and learn about culture.



Aboriginal men play an important role in shaping future generations.



Government of
South Australia

Helping parents be their best

Children benefit when dads:

- > care for babies right from the start
- > have fun and play with children – they will love it!
- > help children to learn
- > are involved with school, activities and sports
- > are there for children as they grow up.



*A hug from
dad is special!*

**There are lots of ways
to be a dad**

Dads can live with their children, or be away for many reasons. If you can't be around as much as you would like, phone and visit often.

If you are separated from your child's mum, it is best for everyone if you get along – this isn't always easy. Try to:

- > talk kindly to mum and other family members
- > put children's needs first – work out what is best for them
- > stay calm – it upsets children to see you angry. Remember children learn from what you do.

**Children need to know that
you love them, even if you can't
be there.**

Dads can show their sons what it means to be a man, and show daughters how women should be treated.

If you have been away from children, you might worry about connecting again. It's never too late to try – even if it's hard. Take small steps and be patient. Get some support if you need it.

If there are problems in your life

Sometimes it's harder to be a dad if there are problems in your life. There might be things from

*Dads help children
learn about their
culture and identity.*

the past, or problems with health, alcohol, drugs, or the law.

Whatever's going on, you can still be a good dad.

- > Let children know you love them. Be caring and reliable.
- > Start dealing with problems – even small steps can make a big difference.
- > Talk with trusted friends or family – especially if you feel low.
- > Join a men's group – talk with other dads.
- > Find services that can help. Aboriginal health services are a good place to start.



- > Do things you enjoy – connect with culture.
- > See a doctor regularly. Limit or quit alcohol and smoking. Don't take drugs. Try to eat well and be active.
- > Getting help when you need it is part of being a good dad.



Looking after yourself
gives you more energy
for being a dad!

Services

Aboriginal health services

Your local Aboriginal health service can provide information on services available in your area. Many have male workers you can speak to as well as men's groups and playgroups.

Adelaide

Nunkuwarrin Yunti, Adelaide:
Phone 8406 1600

Wonggangga Turtpandi Primary Health Care Centre, Port Adelaide:
Phone 8240 9611

Maringga Turtpandi, Hillcrest:
Phone 7425 8900

Southern Adelaide Local Health Network, Aboriginal Primary Health Services:
Noarlunga Phone 8384 9577
Clovelly Park Phone 8179 5900

Muna Paiendi Health Service, Elizabeth:
Phone 8182 9206

Country centres

Pangula Mannamurna Health Service, Mount Gambier:
Phone 8724 7270

Ceduna/Koonibba Aboriginal Health Service:
Phone 8626 2500

Port Lincoln Aboriginal Health Service:
Phone 8683 0162

Southern Fleurieu Health Service, Aboriginal Health Service, Victor Harbor:
Phone 8552 0600

Pika Wiya Community Health Centre, Port Augusta:
Phone 8642 9999

Riverland Community Health Service, Barmera Hospital:
Phone 8588 0420

Nunyarra Wellbeing Centre, Whyalla:
Phone 8649 9900

Moorundi Aboriginal Community Controlled Health Service, Murray Bridge:
Phone 8531 0289

Port Pirie Regional Health Service, Aboriginal Health Team:
Phone 8638 1100

Umoona Tjutagku Health Service, Coober Pedy:
Phone 8672 5255

Tullawon Health Service Inc, Yalata:
Phone 8625 6237

Nganampa Health Council, Alice Springs:
Phone 8952 5300

For dads

Mensline: Phone 1300 789 978
Phone and online support and information service for men www.mensline.org.au

Dads in Distress: Phone 1300 853 437
Support for separated dads and their families
www.dadsindistress.asn.au

Families NSW: Information for dads of children 0–8 years
www.families.nsw.gov.au/resources/dads.htm

Dad Central 24 hour Cribside Assistance:
Information by dads for dads on caring for babies
www.newdadmanual.ca

Child health and parenting

Child and Family Health Service (CaFHS):
Phone 1300 733 606, 9am–4.30pm, Mon to Fri for an appointment. You can be linked with an Aboriginal staff member
www.cyh.com

Parenting SA: For more Parent Easy Guides
www.parenting.sa.gov.au

Health

Healthdirect: Phone 1300 022 222, 24 hours
To speak to a nurse about health problems

Mental Health Telephone Triage Service:
Phone 13 14 65, 24 hours
Mental health assessment and crisis service

Drug and Alcohol Services South Australia (DASSA):
Phone 1300 131 340
Free, confidential drug and alcohol counselling and information

Towards Independence Sobering Up Unit: Phone 8212 2855
Accommodation, support and advocacy for Aboriginal people dealing with alcohol addiction

Australian Indigenous Health Infonet:
Information for parents and workers on a variety of Aboriginal topics www.healthinfonet.ecu.edu.au

Give up smokes for good:
Support for Aboriginal people who want to quit smoking
Quit SA: Phone 13 78 48 www.giveupsmokesforgood.org.au

Violence

1800 Respect (National Sexual Assault Domestic Family Violence Service): Phone 1800 737 732, 24 hours. Counselling helpline, information and support www.1800respect.org.au

Legal

Aboriginal Legal Rights Movement (ALRM): 1800 643 222, 24 hours Information and support with legal matters
www.alrm.org.au

Legal Services Commission (Legal Aid):
Phone 1300 366 424, 9am–4.30pm, Mon to Fri
Free legal advice and information www.lsc.sa.gov.au

Aboriginal Prisoners and Offenders Support Services (APOSS): Phone 8223 3177 Support for Aboriginal people in jail and after release

Parenting SA

A partnership between the Department for Education and the Women's and Children's Health Network.

Phone (08) 8303 1660 • www.parenting.sa.gov.au

Parent Easy Guides are free in South Australia.

Important: This information is not intended to replace advice from a qualified practitioner.

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