

# Children's wellbeing

Aboriginal Parent Easy Guide



Parenting SA

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

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## **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 children about culture and identity builds a strong foundation for their future.



Government of  
South Australia

Helping parents be their best



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 any of these are happening, see your doctor or other health professional.



*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. Help children to be confident and proud of their culture. It will help keep them strong. 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
- > be a good role model and show you respect all cultures.



## Services

### Helplines

**Parent Helpline:** Phone 1300 364 100  
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](http://www.kidshelpline.com.au)

### Children's mental health

**Child and Adolescent Mental Health Service (CAMHS):**

8.45am–5pm, Mon to Fri

Free counselling services for children 0–15 years who are having  
difficulties with emotions, behaviour or the social areas of life.

You can contact CAMHS to talk about a referral to the service.

These are usually made through a doctor or other health  
professional. Talk to your doctor or health worker about the  
kind of help your child might need.

[www.wch.sa.gov.au/services/az/divisions/  
mentalhealth/index.html](http://www.wch.sa.gov.au/services/az/divisions/mentalhealth/index.html)

**Western Region**

> Port Adelaide Phone 8341 1222

**Eastern Region**

> Paradise Phone 8207 8999

**Northern Region**

> Elizabeth Phone 8252 0133

**Southern Region**

> Marion Phone 7425 8600

> Onkaparinga Phone 8326 1234

**Southern Country Services**

For information about a service near you

Phone 8326 1234 or 8391 3922

**Northern Country Services**

For information about a service near you

Phone 1800 819 089

**Mental Health Telephone Triage Service:**

Phone 13 14 65

Mental health assessment and crisis service, 24 hours a day

### 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](http://www.cyh.com)

**Parenting SA:** For more Parent Easy Guides  
[www.parenting.sa.gov.au](http://www.parenting.sa.gov.au)

**Raising Children Network:** For parenting information  
[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

### Health

**Women's and Children's Hospital:** Phone 8161 7000

**Healthdirect:** Phone 1300 022 222, 24 hours  
To speak to a nurse [www.healthdirect.gov.au](http://www.healthdirect.gov.au)

**SA Dental Service:** Phone 8222 8222, 8.30am–4.30pm  
Mon to Fri For information on dental services for children  
and adults

### School, kindergarten and child care

**Department for Education and Child Development**

Information for parents and carers on schools, support services,  
and how they can be involved in children's education.

[www.decd.sa.gov.au/community](http://www.decd.sa.gov.au/community)

### Child safety

**Kidsafe SA:** Phone 8161 6318

For information on safety, including car seats  
[www.kidsafesa.com.au](http://www.kidsafesa.com.au)

**Child Abuse Report Line:** Phone 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.

#### 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](http://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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