

# Grandparents

## Aboriginal Parent Easy Guide



Parenting SA

**Grandparents are very important to children. They give lots of love and are a precious link with family, culture and the past.**

### **Grandparents are special**

It is natural for children or 'grannies' to spend time with grandparents.

Grandparents can give children:

- > love and a place where they feel safe and secure
- > a sense of belonging to family, culture and community.

### **Grandparents can:**

- > play, talk and have fun with children
- > talk about family and culture, and tell stories from the past
- > listen to children's worries – tell them you love them
- > show children how to do things – cooking, art, craft, gardening, home chores
- > take children out and about and to cultural events.



Grandparents help 'grannies' to build identity as an Aboriginal person.

*Grandparents and children build special bonds that last a lifetime.*



Government of  
South Australia

Helping parents be their best

### What children need

- > your kindness and patience
- > someone to understand their feelings
- > regular routines such as mealtimes and bedtimes
- > encouragement to learn – share books, stories, songs. Ask about their school work
- > to know what the rules are in your home – what is OK and not OK
- > to be shielded from adult problems.

Remember it's OK to say 'No' to children when you need to.



*Grandparenting  
can be great fun.  
Enjoy spending time  
with your 'grannies'!*



*Be patient.  
Children living  
with you might  
need extra love  
and support.*

### When children live with grandparents

Some children stay with grandparents overnight, during school holidays or for a short time to give parents a break. Sometimes children live with grandparents for a long time. This can happen suddenly. Grandparents usually say 'Yes' no matter what. It can mean:

- > a full house
- > lots to do
- > less time for you
- > extra cost
- > impact on your physical and mental health.

Children can feel:

- > happy and excited
- > unhappy, worried, angry or confused – they just want their mum or dad.

## Getting along with your adult children

It's best for grandchildren if you get along with their parents. This can be hard if there is conflict. When you talk with your adult children:

- > listen and talk things through
- > try not to criticise or take over
- > ask how you can help
- > suggest services that might be useful.

As much as you can:

- > don't take sides
- > give people time to work things out.

If your adult children don't take your advice – you might have to accept they do things differently!



Talk about children's  
parents kindly.  
Children love them no  
matter what.

## Help for grandparents

- > Ask Centrelink about support you might be entitled to if 'grannies' are living with you.
- > Make sure you get concessions on things like gas, electricity, rates, transport.
- > Find out about services in your area such as child care or respite.
- > If children need help at school, talk with their teachers.
- > Contact your local Aboriginal health service – they can help you find what you need.
- > Join a women's or men's group and share ideas with others.
- > If you are struggling with issues from the past or present it can help to find someone to talk to. A friend or worker is a good place to start. They may be able to suggest services that can help too.

## Services

### Aboriginal health services

#### 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

##### **Nunyara 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

### Helplines

#### **Parent Helpline:** Phone 1300 364 100

For advice on child health and parenting

#### **Poisons Information Line:** Phone 13 11 26, 24 hours

#### **Beyond Blue:** Phone 1300 224 636, 24 hours

Speak to a mental health professional about how you feel no matter how big or small the problem [www.beyondblue.org.au](http://www.beyondblue.org.au)

#### **Lifeline:** Phone 13 11 14, 24 hours

Crisis support and suicide prevention [www.lifeline.org.au](http://www.lifeline.org.au)

#### **Child Abuse Report Line:** Phone 13 14 78, 24 hours

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

#### **Domestic Violence Crisis Line:** Phone 1800 800 098,

24 hours. If you are concerned for your safety or in urgent need of assistance

### For grandparents

#### **Centrelink Grandparents Advisers:** Phone 1800 245 965

Information on payments and services available

#### **Grandparents for Grandchildren SA:** Phone 8212 1937

Support and information for grandparents [www.gfgsa.com.au](http://www.gfgsa.com.au)

#### **SA Government:**

[www.sa.gov.au/topics/seniors/older-aboriginal-people](http://www.sa.gov.au/topics/seniors/older-aboriginal-people)

### 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)

#### **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

Information on dental services for children and adults

#### **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)

#### **Kidsafe SA:** Phone 8161 6318

Information on safety, including car seats

[www.kidsafesa.com.au](http://www.kidsafesa.com.au)

#### 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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