

# Healthy families

Aboriginal Parent Easy Guide



Parenting SA

**When children live in a healthy family they get a great start in life. Healthy families care for everyone's physical and emotional health and wellbeing.**

**Healthy living means we can live longer, be happier and spend less time at the doctor!**

**Families can do things that keep people as healthy as possible.**

**Children learn healthy habits that last a lifetime.**

**In healthy families, people:**

- > feel happier
- > cope better with life's ups and downs
- > eat healthy and are active
- > get enough sleep
- > see the doctor for regular check-ups
- > have less chance of getting diseases like diabetes, heart and kidney disease or cancer.



*Living healthy is good for everyone, especially children.*

*It is never too late to make healthier choices in life.*



Healthy families mean healthy communities. We can all help each other to live healthier lives.



Government of  
South Australia

Helping parents be their best

## Being healthy means

### Physical:

- > eating healthy
- > being a healthy weight
- > being active
- > getting plenty of sleep
- > being immunised – especially babies and children
- > limiting or quitting alcohol or cigarettes
- > not using illegal drugs
- > seeing your doctor or other health professional often.

### Emotional:

- > feeling good about yourself
- > coping with life
- > having good relationships.

### Cultural:

- > feeling connected to culture and community
- > having a strong identity as an Aboriginal person.



*Healthy parents  
are better able to  
care for children  
and family.*

## Eating healthy as a family:

- > plan ahead and cook from scratch as much as you can
- > in-season fruit and vegetables are cheaper – frozen and tinned are healthy too
- > use meat with not too much fat
- > fish is a good choice – fresh or tinned
- > avoid foods high in fat, salt and sugar such as cakes, biscuits, chips, lollies, take aways
- > avoid soft drinks and limit juices – water is best for everyone.

## Being active together:

- > play outside or go for a walk.
- > limit the amount of time children watch TV or use other screens.





## Health checks

- > Seeing your doctor is a good way to keep healthy.
- > Keep immunisations up to date.
- > Visit the dentist.
- > Get children's ears checked. Children can have ear problems that affect hearing, speech and learning.
- > Don't forget the important checks that men and women need to find disease early.



Acting early can mean health problems don't happen, or get any worse.



Healthy babies start with a healthy pregnancy. See your doctor and midwife often.

## Your feelings

If you feel low, stressed or worried, talk to someone you trust – a family member, friend or a worker.



## 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

##### **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

### Health services

##### **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)

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

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

##### **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

##### **SHine SA Sexual Healthline:** Phone 1300 883 793 or

1800 188 171 (Outside Adelaide) 9am–12.30pm, Mon to Fri

Information on sexual health [www.shinesa.org.au](http://www.shinesa.org.au)

##### **SA Dental Service:** Phone 8222 8222

8.30am–4.30pm, Mon to Fri

Information on dental services for children and adults

##### **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](http://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](http://www.giveupsmokesforgood.org.au)

### Helplines

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

Speak to someone about how you are feeling 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)

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

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)

**Domestic Violence Crisis Line:** Phone 1800 800 098, 24 hours. If you are concerned for your safety or in urgent need of assistance. You can be connected with Aboriginal specific support services if you wish

##### **Mensline Australia:** Phone 1300 789 978, 24 hours

Speak to someone about relationship or family concerns [www.mensline.org.au](http://www.mensline.org.au)

### Parenting

##### **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)

#### 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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