

Now you are a parent

Aboriginal Parent Easy Guide



Parenting SA

Having a baby changes your life – especially when it's your first!
You now have someone else to think of and to love.
You will watch them grow and feel love,
happiness and pride. If you have worries
there are lots of places that can help.

**In our culture aunts, uncles, grandparents
and others in the family often help raise our
babies. They pass on knowledge, and support
new mums and dads.**



When you are a parent, looking after yourself makes it easier to look after baby.

- > Have regular check-ups – deal with health problems straight away.
- > Get as much rest as you can and eat healthy.
- > If you feel worried or low, talk to someone you trust.



You can decide the kind of parent you want to be.

You can do things the same way your parents did, or do things differently.

It's up to you!



Government of
South Australia

Helping parents be their best

Things that can help new parents

- > **Know where to get help if baby is sick** – doctors, hospitals
- > **The Child and Family Health Service (CaFHS).** There are CaFHS clinics across South Australia. Nurses can check baby's growth and answer any questions you have. You can be linked with an Aboriginal staff member. Phone 1300 733 606 for an appointment.
- > **Find out about babies and what they need.** Talk with nurses, doctors, family and friends. Work out what's best for baby and you. Some places to find good information are at the end of this Guide.
- > **Find out about useful things in your area** – child care, playgrounds, libraries.
- > **Join a play group.** It's great to meet other parents and share ideas. Baby will love it too!
- > **Spend time with your partner or friends.** Make time to do things you enjoy, when you can.



Find a doctor or health service you feel comfortable with. Don't be afraid to ask questions.

Dads are special to children

Dads can build a bond with baby right from the start.

- > When it comes to caring for baby, just have a go. We all learn as we go along.
- > Talk and play gently with baby often.
- > Look after mum. Talk about how you can work together.



What babies need

New mums and dads might not know much about babies. That's OK. We all learn as we go along.

Babies:

- > need cuddles – they love being close to you
- > need to feel safe and secure. It helps them to grow their best. Try to keep things calm and peaceful around baby
- > need you to smile at them and talk and play with them. They love it when you share a book, sing or tell stories.

Breastfeeding is best for baby and mum. It's all babies need for the first 6 months. Talk with your child health nurse if you have any questions.



It's OK to ask for help when you need it. It's part of being a good parent.

Keeping baby safe

- > Don't let people smoke around baby.
- > Sleep baby in a safe cot in your room for the first 6 to 12 months. Don't sleep them with you as they could accidentally suffocate. Don't put pillows, doonas or toys in the cot as baby can get tangled or suffocate.
- > The law says that babies must be in a rear-facing baby capsule in the car. It's also illegal to smoke in the car with children under 16 years.



- > Cars can get very hot, very quickly. Don't leave babies or young children in cars, even if they are sleeping.

For more information on safe sleeping, cot and car safety see 'Safety' page 4.

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

Healthdirect: Phone 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.healthinonet.ecu.edu.au

Give up smokes for good:

Support for Aboriginal people who want to quit smoking
Quit SA: Phone 137 848 www.giveupsmokesforgood.org.au

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

Lifeline: Phone 13 11 14, 24 hours

Crisis support and suicide prevention www.lifeline.org.au

Mensline Australia: Phone 1300 789 978, 24 hours

Speak to someone about relationship or family concerns
www.mensline.org.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

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

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

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

www.wch.sa.gov.au

SA Dental Service:

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

Parenting SA: For more Parent Easy Guides

www.parenting.sa.gov.au

Raising Children Network: For parenting information

www.raisingchildren.net.au

Safety

Kidsafe SA: Phone 8161 6318 For information on keeping

children safe from injury www.kidsafesa.com.au

Red Cross car seat hire:

www.redcross.org.au/baby-seats.aspx

SIDS and Kids: Phone 1300 308 307

Safe sleeping for babies www.sidsandkids.org

Safe cots: Australian Competition and Consumer Commission

www.productsafety.gov.au/content/index.php?id=975196

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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