

Strong babies

Aboriginal Parent Easy Guide



Parenting SA

We all want our babies to grow up strong and healthy. Knowing what babies need can help you give them the best start in life.

The first weeks and months of life are really important for babies. Happy, healthy babies get off to a good start in life.

Babies need:

- > love
- > gentle care
- > a peaceful home
- > happy times with you
- > regular health checks.

What you can do:

- > look into their eyes – tell them you love them
- > talk with them – tell them what you are doing
- > play with them gently
- > read books, sing, tell stories every day
- > comfort them when they cry.



When babies feel loved, they learn to love you too!



Government of
South Australia

Helping parents be their best

Keeping babies safe:

- > make sure immunisations are up to date – your doctor or nurse will tell you what they need
- > put babies in a rear-facing capsule in the car
- > don't smoke in the car with children under 16 years – it is against the law
- > stay with babies when they have a bath, or are near any water
- > never leave babies alone with pets
- > keep small objects and poisons away from babies – they love to put things in their mouth.



Babies need clean, fresh air. Don't let people smoke around them.

Safe sleeping

- > always sleep babies on their back – never on their tummy or side
- > use a safe cot – no pillows, doonas, soft toys
- > sleep baby in a cot in your room for the first 6 to 12 months
- > don't sleep baby in bed with you – they could suffocate.

A relaxing bedtime routine is good for babies and the whole family. Babies love a bath, feed, cuddle, song or story.



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.

Looking after yourself

When you are healthy and happy, it's easier to look after baby:

- > eat well, exercise and do things you enjoy when you can
- > see your doctor for a check-up
- > if you feel upset, talk with someone you trust
- > join a play group – share ideas with other mums and dads
- > find out about services in your area that can help you.

Looking after a baby can be hard work. If you feel angry or upset, take a break and calm down. Remember – never shake a baby.



*Joining a play group
is good for parents
and baby too.*



The Child and Family Health Service (CaFHS)

CaFHS is a free South Australian health service with specially trained child health nurses. There are clinics across the state and you can make an appointment or just drop in. The nurses can see how baby is growing and answer any questions you have. Many clinics have Aboriginal staff. Phone 1300 733 606 for an appointment.

The Blue Book

New parents in South Australia are given a blue book (Health and Development Record) with baby's birth details. It is used to record baby's health and development information as they grow. It is important to keep it safe and take it with you to CaFHS or other health appointments.

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

Helplines

Parent Helpline: Phone 1300 364 100

For advice on child health and parenting

Breastfeeding Helpline: Phone 1800 686 2 686

(1800mum2mum), 24 hours www.breastfeeding.asn.au

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

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. You can be connected with Aboriginal specific support services if you wish

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

Raising Children Network: For parenting information

www.raisingchildren.net.au

Healthdirect: Phone 1300 022 222, 24 hours

To speak to a nurse 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

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

Safety

SIDS and Kids: Phone 1300 308 307

Safe sleeping for babies www.sidsandkids.org

Kidsafe SA: Phone 8161 6318

For information on keeping children safe from injury www.kidsafesa.com.au

Safe cots: Australian Competition and Consumer Commission

www.productsafety.gov.au/content/index.phtml/itemId/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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