



Deadly Healthy Bubs



This book is dedicated to all Elders, past and present, for their valuable knowledge, wisdom and loving care passed on to our bubs.

Deadly Healthy Bubs

Acknowledgements

Deadly Healthy Bubs was published in 2012. This book was adapted from the Far North Coast Aboriginal parenting book, *Doordarnbee Muggy Jarjums*, and other adaptations of the book from across NSW.

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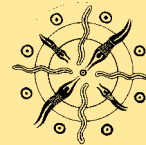
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**Aboriginal
Child, Youth
and Family
Strategy**



**Proud communities
Strong families**

Introduction

This book is a resource for Aboriginal parents, families and community workers from the many mobs that make up the South East Sydney region of NSW.

Between the ages of 0 and 5 our bubs' brains and bodies are developing and growing fast. This first stage of life is the most important time for parents to spend with their bub to make sure that they get a good start in life.

Our bubs need us to love them and to help them feel safe and secure.

This book talks about how we can help bubs to grow up strong by spending time with them — cuddling, playing, singing, reading, listening, telling stories and talking.

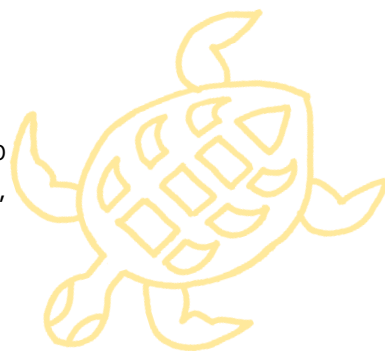
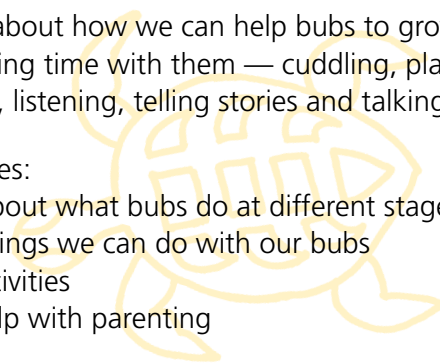
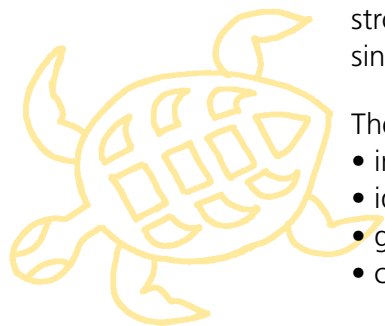
The book includes:

- information about what bubs do at different stages
- ideas about things we can do with our bubs
- games and activities
- contacts to help with parenting

Bubs are important to the whole community. We need to make sure that our bubs grow up healthy, strong and proud.

Being a parent can be hard at times. Don't be shame to ask for help. There is a contact list in the back of this book with important phone numbers for people you can call if you need help or support.

This book has been developed as part of the Aboriginal Child, Youth and Family Strategy, which is a NSW Government initiative.





Newborn bubs 0-3 months

In the first few weeks of life bub will spend a lot of time sleeping and feeding.

All babies like to be held close, cuddled and rocked.

Bubs like to look at faces and listen to voices. They are curious about what they see and hear.

Newborn bubs like to feel secure. Bub will get to know you very quickly and rely on you for food and love. Being close to mum is very important for a new bub — bub feels what you feel.

Newborn bubs don't cry to 'get attention' or 'get at' their parents. They cry because they are hungry, wet, need a cuddle or need to sleep. You will get to know what your bub wants by the kind of cry it makes.

You can't spoil bubs by giving them too much attention.

Bubs can be upset by loud noises, sudden movement and angry voices.



No matter how tired, angry or frustrated you feel — NEVER shake a bub, even in a pram. If you feel upset tell someone else and get some help.



Between 0 and 3 months
bubs will start to:

- smile
- watch faces
- listen to your voice
- lift up their head when lying on belly
- kick their legs by 2 months
- laugh by 3 months.



*Remember to fill in
the forms to register
bub's birth.*

What you can do with bubs 0-3 months

Give bub lots of attention. Cuddle your bub. Carry bub close to your body.

Talk, sing and hum to your bub. Play music to bub.

When bub makes a sound, smile and talk back and say their name.

Bubs like to be touched gently. Play with bub, gently massage and stroke them and move their arms and legs up, down and around.

Bubs need time on their belly to make their arms and neck strong. Place bub on their belly and hold a toy in front of their face. Lift it up slowly so bub needs to raise their head to see the toy.

Tie a rattle to the end of the bassinet to encourage bub to move their legs and kick.

Developing a routine will help — try to do some things like bathing, sleeping and feeding bub at the same time every day.



Check your 'Blue Book' for information on health checks and immunisations.



Your bub 3-9 months

Bub is growing and you are learning about each other every day.

Bub loves to be with you and is learning that you are the person who provides care and love.

Bub will start to move around more. Playing and moving will help bub grow stronger.

Bub loves to smile and feels safe and happy when the people around are happy.

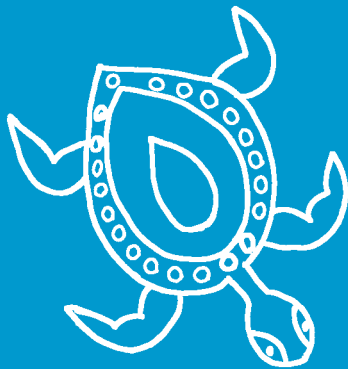
Keep bub safe. Never leave bub alone in the bath, or on a bed or table where they could fall off.



From 6 months bub will start getting teeth and begin to eat mashed food. Bub needs healthy food to grow strong. Get advice from a Family Worker or Health Centre and check out the pages at the back of this book for ideas.

Between 3 and 9 months
bubs will start to:

- smile a lot
- make gurgling noises
- reach out to grab things
- hold and shake a rattle
- make sounds and 'talk'
- roll over from front to back
- push up and then sit up
- play with toes
- be interested in animals
- talk in 'baby language'
and say short words like
"mama", "dada", "no"
- pull up to a standing
position.



What you can do with bubs 3-9 months

Yarn with bub all the time and tell them about what you are doing.

Repeat simple sounds like “maa” and “daa”.

Make faces and blow raspberries on bub’s belly.

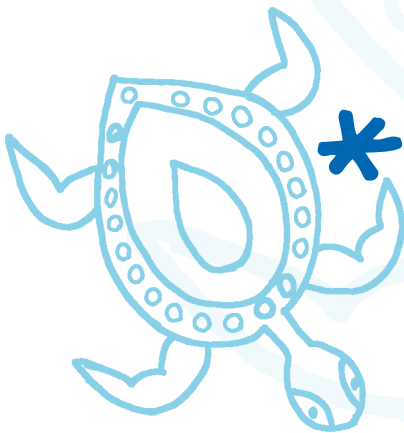
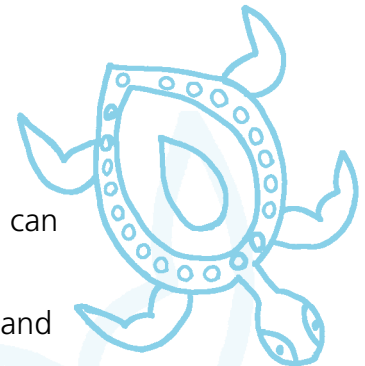
Sing and play music.

Give bub lots of cuddles and hold bub close.

Give bub time on the floor without a nappy so bub can kick and move about.

Put bub on their tummy to make their back strong and help bub to start crawling.

Bubs love to hold things — give bub a rattle, a small toy or a plastic or wooden spoon to play with. Make sure it’s smooth and too large to swallow.



Bubs are happy and settled when life is calm and predictable — try to have a routine for feeding and sleeping. Bubs will need regular sleeps throughout the day.

Playtime with bubs 3-6 months

Peek-a-boo

Cover your face with your hands or a scarf and then show your face and say “peek-a-boo”. Bubs are happy to do this over and over again.

Mirror game

Let bub look in the mirror. Talk about what you can see — bub, nose, eyes, ears.

Lost & found

Let bub play with a cup or toy and then cover it with a towel or hanky. Bub will look for the missing object. You may need to help bub find it.



All bubs are different and develop at their own pace. The thing your bub needs most is your attention, love, care and cuddles.

Playtime with bubs 6-9 months

Gettin' a move on

Chasing — give bub a head start and then crawl after bub. When you catch up, give them a cuddle. You can also help bub to chase balls or rolling toys.

Hide and seek — you can hide under a table or behind a door and call out to bub — can they find you?

Imitation games

Bub loves to imitate you — laugh, clap your hands and move your arms and watch bub try to do the same.

Looking at books together

Read books with bub, and play rhyming games like *Round and Round the Garden*

Round and round the garden

Trace a path on bub's palm as you sing:

Round and round the garden, like a teddy bear,

One step, ...two steps

(walk your fingers up bub's arm)

...Tickle under there.

(and tickle bub's armpit)



Older bubs 9-18 months

Bubs will be curious about everything — sounds, music, books, household objects.

Bubs will start to explore — first by crawling and then by walking.

Once your bub starts crawling everything on the floor will end up in the mouth. Keep things clean. Make sure there are no small objects around that bub can swallow.

Keeping bub safe is even more important when bub starts to move around.

Put anything that bub may break out of reach.

Make sure all poisons, sharp objects and dangerous items are locked away up high. Use child-safe locks and barriers and power point safety plugs.

You can also buy bub's first toothbrush and child toothpaste.

Bub may have sudden mood changes and will test their will against others by wanting to get their own way. Bub will also start to learn simple rules.

Bub may throw tantrums that will test you. Be patient and don't be shame asking for help.

Between 9 and 18 months
bubs will start to:

- crawl
- stand up
- climb
- find out about objects by pushing, pulling and banging
- take their first steps
- look up when you call their name
- imitate sounds
- say a few words
- shake their head and say "no"
- smile and laugh to attract your attention
- play with everything they can get their hands on.



*Check with your doctor
or health worker if you
are worried about bub's
hearing.*



What you can do with bubs 9-18 months

Bubs always needs lots of cuddles and attention.

Play, talk, laugh and sing with bub.

Give bub pots and spoons to bang.

Cuddle and roll on the floor together.

Take bub outside, point to trees and animals and say their names.

Hold bub on your lap and show them books, pictures, photo albums. Point at the pictures and talk about what's happening in them.

Read simple picture and 'touch and feel' books to bub.

Give bub big pencils or crayons and lots of paper to scribble on, or big chalk to draw on concrete paths.

Fill plastic containers that have lids with stones or rice and help bub to shake them and make noises.



Bubs don't need toys that cost a lot — they will learn and have lots of fun playing with cardboard boxes, saucepans, pegs... and you!



Playtime with bubs 9-18 months

Through the tunnel

Cut the ends off 2 cardboard boxes, line them up and tape them together. You can also use 2 chairs with a blanket. Ask bub to crawl through the tunnel to you.

Fill it up

Put objects like pegs, balls or blocks into a box or saucepan. Show bub how to take the objects out and put them in again.

Peg play

Pegs make great toys. Peg them to the top of a saucepan or box and show bub how to take them off.

Singing

You might have a favourite song you like to sing to bub.

Play chasings

Read and draw together

Helping around the house

Teach bubs how to put toys away eg into boxes and ice cream containers.



Bub is now 18 months – 2¹/₂ years

Bubs like to explore. They are watching and learning all the time.

Bubs can understand many more words than they can say.

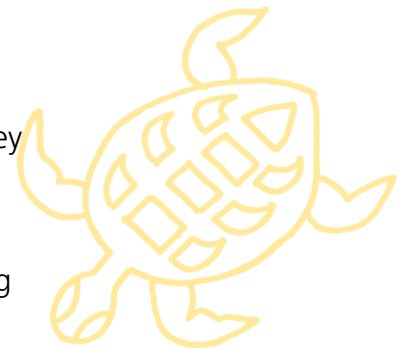
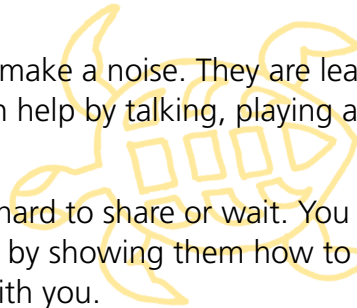
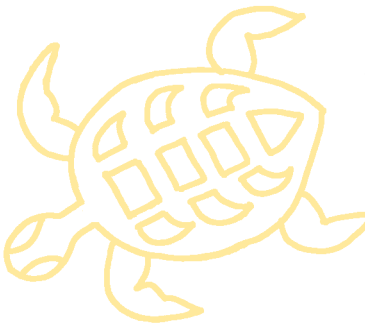
Bubs like to make a noise. They are learning to talk. You can help by talking, playing and singing with them.

Bubs find it hard to share or wait. You can help bub to learn by showing them how to take turns and share with you.

Bubs enjoy playing with the mob, with older kids, cousins and grandparents who have time to spend playing.

Bubs still need someone to keep an eye on them.

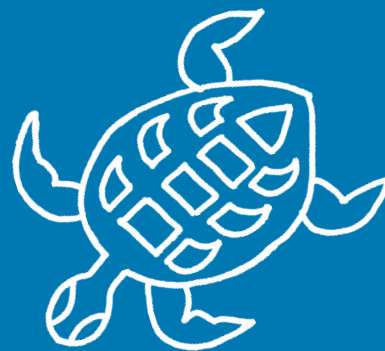
Start encouraging bub to use a potty or big toilet.





Between 18 months and 2½ years bubs will start to:

- kick and throw a ball
- hold objects
- imitate sounds
- use simple words like “mum”, “milk”, “sore”
- name foods and body parts
- understand questions
- help with simple tasks
- use pencils and crayons
- play alone
- repeat games and words
- feed themselves
- turn knobs and push buttons
- Put two words together.



What you can do with bubs 18mths to 2¹/₂ years

Bubs love all kinds of music — sing, play music and dance with them.

Take bub exploring — the bush, a garden or a park can be an exciting place.

Sit bub on your lap to look at books. Help bub to point at the pictures and name things: “look — a big brown dog”. Let bub turn the pages.

At this age, bubs love to pretend and imagine — a box of old clothes and shoes, towels and hats can be hours of fun. A sheet over a couple of chairs can be a place to hide.

Yarn with them, teach them new words and repeat the words they have said. Get them to tell the mob what they saw today. Tell them the name of objects and then ask “what’s that?”

Bub loves to help — let them help with jobs around the house like hanging out the washing or washing the floor.

Yarning, looking at books and playing — these all help bub to learn and grow.



Bubs of all ages need cuddles and hugs so they know you care about them and that they are loved.

Playtime with bubs 18 months-2¹/₂ years

Cardboard boxes

Cardboard boxes are great toys. They can be taped together, painted and decorated to become cars, towers and tunnels. Cut windows and a door into a large box and you have a house.

Chase me

Bubs will start to run and they will love to be chased and caught. They also like to hop 'like a kangaroo' or run 'like the wind'.

Sand or water play

Bubs love to play in sand and water. Give them some plastic containers like mugs, buckets, spades and a funnel with a tray of water or sand.

***** *Never leave a bub alone in or near any amount of water. Check out water safety and swimming lessons for bub.*



Playtime with bubs 18 months-2¹/₂ years

Word games

Touch and talk — say “this is your nose” and touch bub’s nose, “this is your ear” and touch their ear.

While dressing — “where do your shoes go?”

As you cook — “what do we need to make the cake?”

Libraries

Libraries are for bubs, too. You can borrow books and music CDs for bubs.

There are toy libraries where you can borrow toys. Bubs love puzzles and any toys that link together like trains with carriages. Toys that can be pushed or pulled along are also good. Talk to your Playgroup Coordinator or Family Worker about where you can borrow toys.

Playgroup

Playgroups are a great place for bub to go to meet with other kids, learning through play and activities. They are also a great place for mums, dads, aunties, uncles and grandparents to talk to other parents or early childhood workers for advice and support.

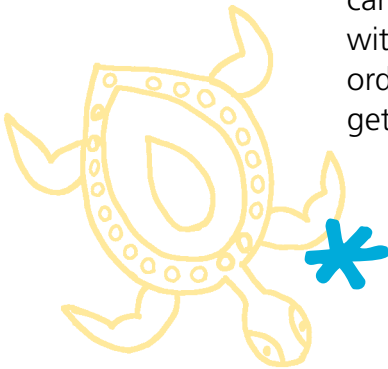


Growing up strong 2¹/₂-3¹/₂ years

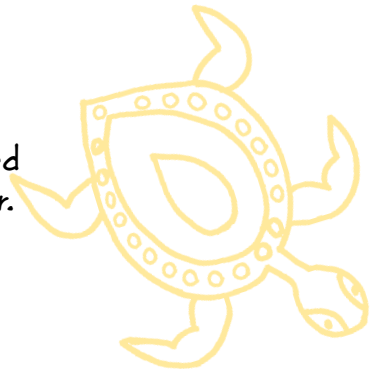
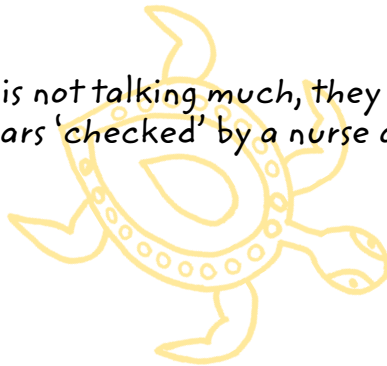
Your bub is growing up fast, learning new things everyday. They can say more words, ask more questions, follow simple directions and do more things by themselves.

Bubs learn through play. They don't need expensive toys but they need you to spend time with them — get down on their level and join in the fun.

Your bub is also learning to be independent and this can mean tantrums, not wanting to share and fighting with other children. They can be bossy and start giving orders like "go away". Try to be patient and avoid getting upset at bubs — stay positive!



If bub is not talking much, they may need their ears 'checked' by a nurse or doctor.





Between 2½ and 3½ bubs will start to:

- use words together. For example: “go potty now”
- run around and fall over a lot
- walk up stairs
- jump with two feet
- help dress themselves
- ask lots of questions
- know their full name
- start to understand ‘sharing’
- copy words and actions
- make music, sing and dance
- like stories and books.



Take bub to the dentist for a check-up before they turn three.

What you can do with bubs 2¹/₂ - 3¹/₂ years

Spend time with your bub — play and yarn with them.

Yarnin' up (telling stories)

Share your yarns and listen to bub's yarns. They are learning about you and the world around them.

Learning skills

Bubs are learning every day — show them how to put on clothes the right way, do up and undo buttons and zips. Try lacing up shoes and tying bows. Let them have a try at doing some of the things you do and encourage them when they have a go. Let them help with getting a feed.

Going walkabout (exploring)

As bubs get older you can take them on longer walks. Show them the local area and tell them stories about people and places or just describe what you can see.



Bubs are very curious and can get up to all sorts of things now, so it's important that we keep our bubs safe. Make sure you know where they are and that there is always someone looking after them.

Learning about feelings

If your bub is upset, angry or fighting with another child the best thing you can do is distract them. Take them away and do something else like reading a book or playing a chasing game. Help them understand their feelings. For example: say “I can see you are really angry but you must not hit your brother” .

Muckin’ up (tantrums)

Little tantrums are best ignored. Make sure you notice and talk to your bub when they stop their tantrum. Sometimes feelings get more and more out of control until you end up with a big tantrum. Try to step in before the tantrum gets out of control. Distract your bub, help them relax and talk about why they are upset.

It never helps to punish or hit bub when they are having a tantrum.

Never use ‘put-downs’, bad names or swear at bub.

If you start to feel angry, walk away, count to 10 and calm down.

Don’t be shame to ask for help — all parents feel this way sometimes.

Playtime with bubs 2¹/₂-3¹/₂ years

Making music

Bub can have lots of fun with home made instruments. Make clapping sticks from pieces of wood. Fill a tin or plastic container with rice or stones to shake. Use a saucepan and wooden spoon for a drum, and saucepan lids for cymbals. Don't be shame — get up and dance with your bub.

Painting

Paint with fingers, brushes, sponges, toothbrushes onto just about anything — paper, cloth, newspaper, wood, paper bags and plates, bark, rope. Do it outside because it will be messy. Children also love to paint with water — give them a brush and let them paint the outside doors, windows, walls and fences.

Making a feed (cooking)

3-year-olds usually love cooking. Start with simple things like a Vegemite sandwich, pouring drinks, damper and biscuits. Be very careful with things that are hot or sharp.

Collage

Cardboard, coloured paper, straws, string, leaves, wool, egg shells, sand and small sea shells can all be used to make a collage. Stick on the materials using glue and see what interesting pictures you can make. Flour and water mixed together makes a good glue.



Your bub 3¹/₂-5 years

Bub is learning so much — yarning, playing, getting along with others, sharing and taking turns.

Bub is more independent but still needs an adult around to care for them and keep them safe.

Bub can understand problems, follow simple rules and will enjoy helping you. Bub will show affection and understand when someone has been hurt.

Preschool

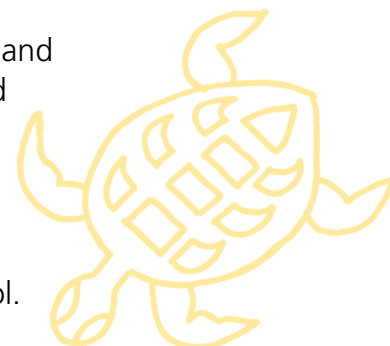
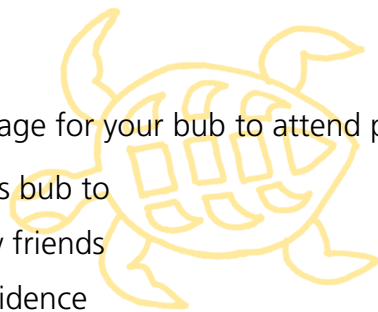
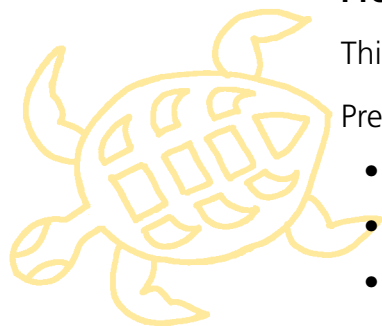
This is a good age for your bub to attend preschool.

Preschool helps bub to

- make new friends
- build confidence
- get ready for school.



Where's a local preschool? Ask your Early Childhood worker. They can also get you a free copy of Emma Donovan's CD 'Going to Little School'.



Between 3½ and 5 bubs will:

- have a longer attention span
- ask a lot of questions
- use words together to make sentences
- run smoothly and easily
- dress without help
- use paste, scissors, pencils and crayons
- climb ladders and trees
- tell stories
- sing and dance
- enjoy playing with other children
- enjoy jokes and rhymes.



What you can do with bubs 3¹/₂-5 years

Deadly parents have deadly kids

Let's teach bub to be proud of who they are and let them know they belong to one of the oldest surviving cultures in the world.

That's deadly!

Bubs need to be told when they are doing the right thing. Let them know when they do something good. Tell them how deadly they are.

Bubs need to know they are loved. Even when they are naughty tell them: "I don't like it when you do something wrong BUT I always love you."

Read books together, tell stories and sing songs.

At this age, bubs love to tell stories and you can help them to make their own books. Let them draw the pictures and paste or staple the pages together.

Housework can be fun and children can learn skills by helping you — get them to help you with cooking, bringing in the washing or sweeping the floor.



Take bub for a free health check before they turn 4. Take bub's 'Blue Book' with you.

Playtime with bubs 3¹/₂-5 years

Masks

Paper bags or paper plates make great masks. Bubs can cut out the shapes for eyes, nose and mouth and decorate the mask with crayons or paint. Make masks for different characters or animals.

Gammon

Bubs love to pretend — they can be wild animals, superheroes and fairies. These pretend games and stories help them learn and grow and are an important part of being a healthy bub.

Growing things

If you have space for a vegetable garden you can grow simple foods like carrots, potatoes, beans and tomatoes. It's fun to plant and grow and makes eating healthy food fun too. You can also try growing flowers and sprouting seeds for salad. Check out your local community garden.



Playtime with bubs 3¹/₂-5 years

Sorting

Bubs at this age love to sort things into different groups. Try using coloured pegs, stones, shells, pasta, big buttons or food. Sort the pegs by colour, shells by size, buttons by shape or whatever way you decide. Pasta, shells and buttons can also be threaded onto string to make necklaces.

Going bush (bushwalking)

Take bubs on short bush walks. Yarn with them about animals or birds or stories from the 'old days'. Take lots of water — especially in summer.

Make your own corroboree

Make up paint by helping bub to mix up a little talcum powder and water.

Bub can make and decorate a didj with cardboard cylinders — try using cardboard from kitchen or toilet rolls.

You can paint up each other, dance, sing and play music.



Getting bubs ready for school

READY!

When bub is 4:

- bub needs their 4 year old needles and ears and eyes checked
- find bub's birth certificate (ring 1300 655 236 for help. Ask for the Aboriginal Liaison Officer)
- get an enrolment form from your local school
- enrol as soon as you can.

SET!

Put bub's name on school gear:

- uniform, shoes and hat bag, lunchbox and drink bottle

Can bub:

- dress themselves?
- go to the toilet on their own?
- open their lunchbox and unwrap their lunch?
- ask for help if they need it?
- play games with you?
- look at books with you?

Bub will need to be able to do these for school.

GO!

To help bub have a good day at school, make sure bub:

- has a good night's sleep
- has a healthy breakfast
- has a uniform to wear
- has a school bag and lunch box packed.



Don't forget to ask if bub has had fun at school!

Good tucker for bubs

Bubs need good food to grow healthy and strong.

Breast milk or formula is the most important food for bubs until they are 12 months.

When should I start feeding my bub solids?

Around 6 months is the best time to start bub on solid food.

Introducing solids too early can increase the risk of food allergies and choking.

What solids should I feed my bub 6-9 months?

Bub needs well-mashed food. Start by mixing rice cereal or mashed potato with breast milk or formula to make a smooth paste.

Then try mashed vegies — potato, pumpkin, carrots, peas and sweet potato.

Get bub used to vegies and then try mashed fruit — ripe bananas, well cooked apples and pears.

Then try small servings of rice and pasta, tender well-cooked meat and egg, and fish without bones.

Avoid adult or kids' breakfast cereals — these are sugary and harder to digest.

Avoid pieces of raw vegetables or hard fruit as these can make bub choke.

How much should I feed my bub 6-9 months?

Start with a teaspoon and increase the amount slowly to a few tablespoons.

The cereal or potato can be thickened as bub eats more.

Make sure bub's food is not too hot – test it on your own lips first.

Bub is learning how to eat so don't worry if bub doesn't eat much at first.

Drinks for bub 6-9 months

Give bub breast milk or a formula feed before solids.

As bub gets used to eating food, you can start to give food first and then milk.

Bub can start to drink from a cup with a lid. Try boiled water that has been cooled, formula or breast milk.

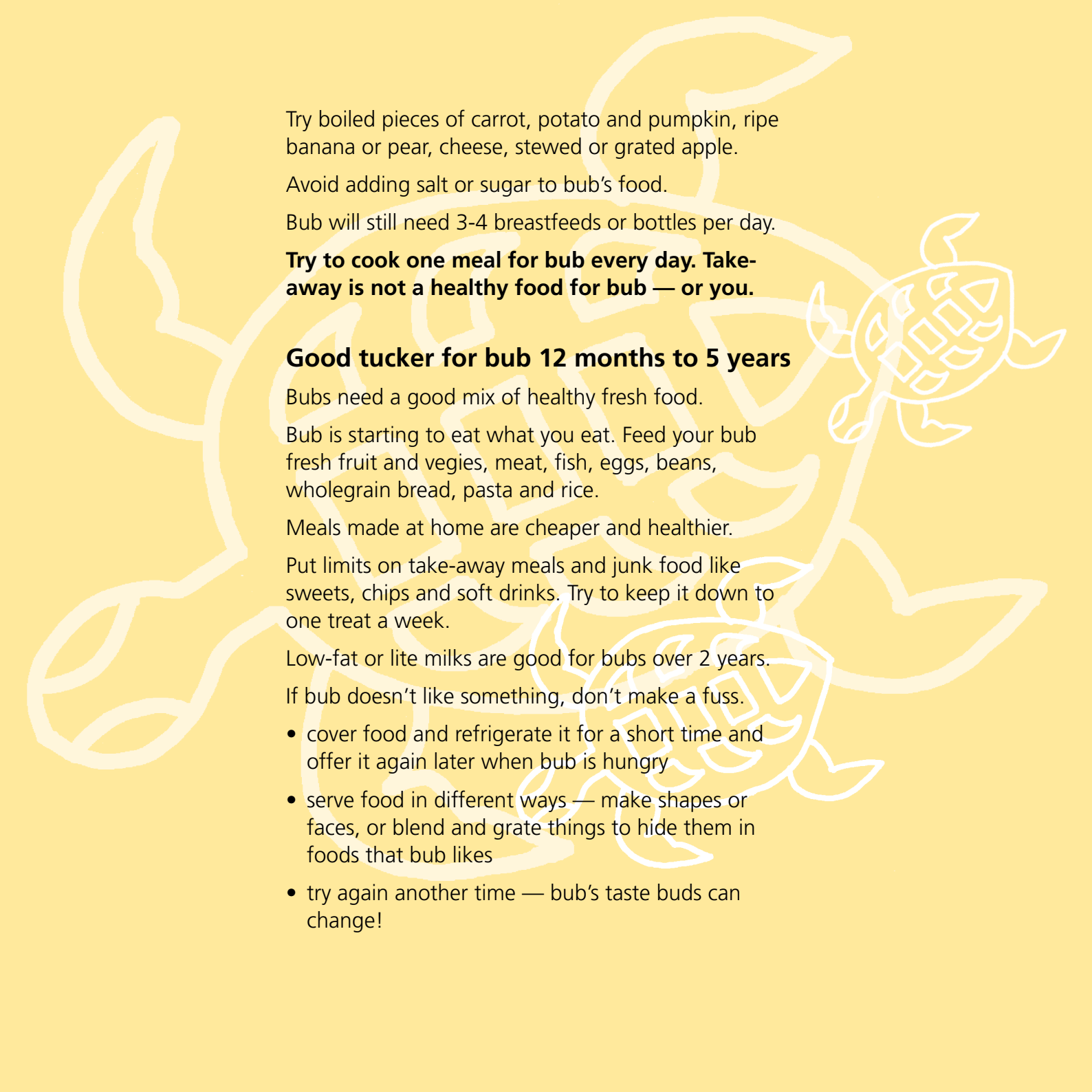
Good tucker for bub 9-12 months

Bub can now eat mashed food from the family meal — meat, pasta, fish, beans, rice, noodles, vegies and fruit are all good foods for bub and you.

Finger food will help bubs learn how to feed themselves.



Talk to your doctor or health care worker if you are unsure about what to feed bub.



Try boiled pieces of carrot, potato and pumpkin, ripe banana or pear, cheese, stewed or grated apple.

Avoid adding salt or sugar to bub's food.

Bub will still need 3-4 breastfeeds or bottles per day.

Try to cook one meal for bub every day. Take-away is not a healthy food for bub — or you.

Good tucker for bub 12 months to 5 years

Bubs need a good mix of healthy fresh food.

Bub is starting to eat what you eat. Feed your bub fresh fruit and vegies, meat, fish, eggs, beans, wholegrain bread, pasta and rice.

Meals made at home are cheaper and healthier.

Put limits on take-away meals and junk food like sweets, chips and soft drinks. Try to keep it down to one treat a week.

Low-fat or lite milks are good for bubs over 2 years.

If bub doesn't like something, don't make a fuss.

- cover food and refrigerate it for a short time and offer it again later when bub is hungry
- serve food in different ways — make shapes or faces, or blend and grate things to hide them in foods that bub likes
- try again another time — bub's taste buds can change!

Storing food

You can save time by cooking up a large amount of food for bub and storing it.

Mashed baby food can be frozen in clean ice cube trays. Spoon it into the tray, put the tray in a clean plastic bag and freeze. Do not keep for more than 30 days.

You can reheat one or two ice cubes as you need them.

Once food has been warmed and given to bub, throw out any left in the bowl.

Drinks

The best drinks for bub are breast milk, formula or water.

Cows milk is too strong for bub to drink before they are 12 months old.

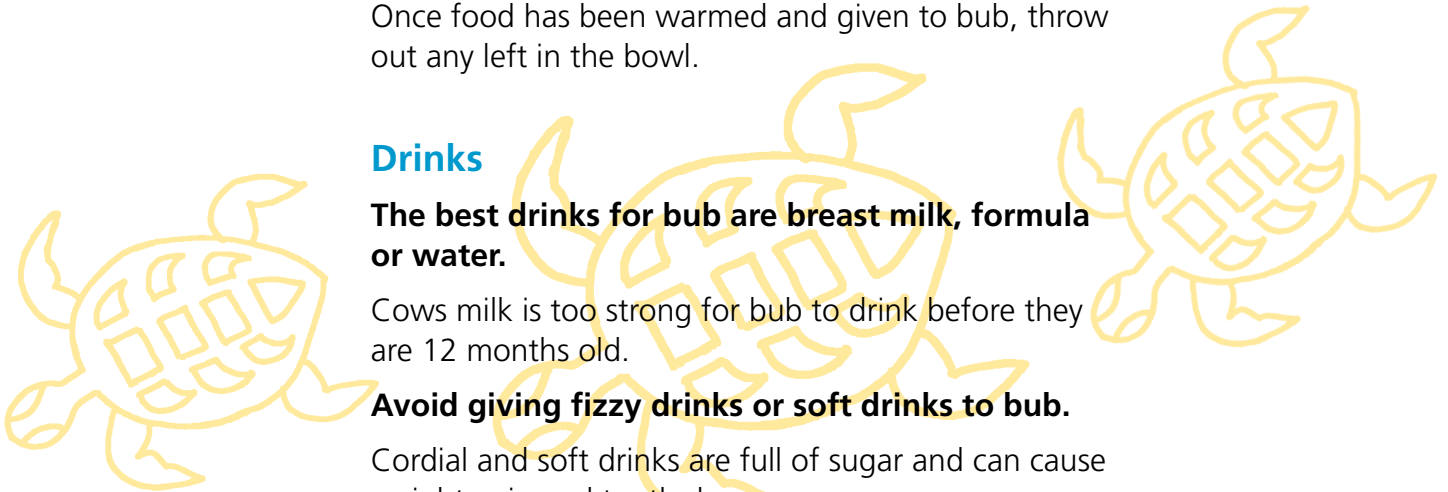
Avoid giving fizzy drinks or soft drinks to bub.

Cordial and soft drinks are full of sugar and can cause weight gain and tooth decay.

Cola, other soft drinks, tea and coffee also contain caffeine, which can make bub hyper.

Encourage bub to drink water or mix fruit juice with water.

Give bub drinks in a sippy-cup from 12 months.



Looking after bub's teeth

Baby teeth are important for bub's future. They affect how bub will eat, speak and look as they grow up.

Lift up the lip — check bub's teeth for gum problems and any brown spots or decay.

Clean bub's teeth twice a day with a small amount of toothpaste. Teach bub to spit so they don't swallow the toothpaste and store toothpaste out of bub's reach.

Keep bub's teeth strong by giving them healthy snacks between meals. Dummies should never be dipped in anything or shared with anyone, even mum and dad, as bacteria from your mouth will spread to bub.

Thumb sucking and dummies need to stop before permanent teeth come through.

Shellwork

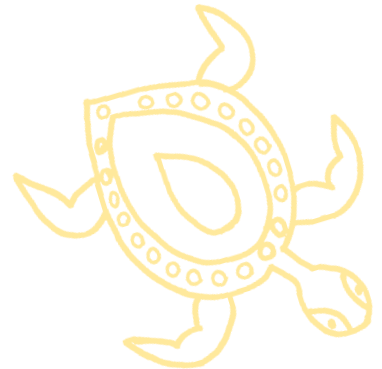
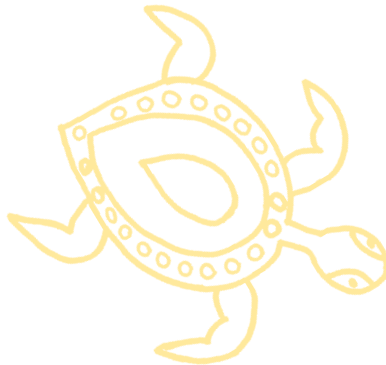
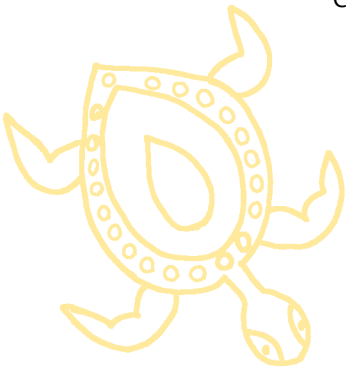
Decorating things with shells has long been a tradition of women and children from La Perouse.

Try some shell work with your bub like decorating boomerang shapes, frames and boxes with shells, or creating shell artworks.

Glue the shells on and top with glitter to create a shell grit appearance.

Try matching shells, shapes and colours. You could even make shell necklaces.

Try to find button shells, star shells, or brown ones called nuppies or gubbens.



Contacts and support

ABORIGINAL FAMILY WORKERS

Barnardos Aboriginal Early Years	9218 2358
Sutherland Shire Family Services — Sutherland & St George	9528 2933
Walla Mulla Family & Community Support — Woolloomooloo	9368 1381

ABORIGINAL CHILD AND FAMILY HEALTH SERVICES

Aboriginal Medical Service — Redfern	9319 5823
Aboriginal Community Health Centre — La Perouse	8347 4800
Sydney Children's Hospital	9382 1111
• Aboriginal Health Worker	0410 455 023
• Child & Family Nurse	0434 322 241
Malabar Midwives	9661 1572
	0410 344 766
Narrangy-Booris — Sutherland/St George	9543 1111
Early Childhood Aboriginal Health Worker — Camperdown	9516 3232
Yana Muru Aboriginal Mothers & Babies Sustained Home Visiting	9516 3232
Child & Family Nurse Services — Alexandria Park, Glebe, Camperdown	8788 4288
Dental Hospital Aboriginal Oral Health Clinic	9293 3438

ABORIGINAL PRESCHOOLS, CHILD CARE, PLAYGROUPS AND PARENT GROUPS

Gujaga Child Care Centre — La Perouse	9661 6097
Wunanbiri Preschool — Alexandria	9319 5712
Koori Kids Playgroup — Menai	8568 8200
Ngala Nanga Mai pARenT Group — La Perouse	9382 8480
Narrangy-Booris & SDN Playgroup — Kingsgrove	9557 9125

Contacts and support

OTHER CHILD & FAMILY SERVICES

Connect Redfern — Alexandria Park Community Centre	9319 3207
Brighter Futures — Inner/Eastern Sydney	9698 3144
Brighter Futures — Southern Sydney	9521 3911
Supported Playgroups — Randwick/Botany	9666 5047
Mobile Play Bus — Alexandria, Woolloomooloo, Redfern, Surry Hills	0422 377 574
KU Peter Pan Preschool — La Perouse	9661 5832
Weave Women & Children's Centre — Waterloo	9699 9036

OTHER ABORIGINAL SERVICES

Kurranulla Aboriginal Corporation — Sutherland	9528 0287
Mudgin-Gal Women's Centre — Chippendale	9698 1173
Wirringa Baiya Aboriginal Women's Legal Centre	9569 3847
	1800 686 587
Babana Aboriginal Men's Group	8068 2113
Gamarada Men Biyanga Naminma Parent & Community Engagement	0433 346 645
	0419 659 470
Aboriginal Men's Group La Perouse	0449 255 217

Contacts and support

HELPLINE & INFORMATION SERVICES

Breastfeeding Helpline	1800 6862686
Child Protection Helpline	132 111
Domestic Violence Line	1800 656 463
Early Childhood Intervention Info Line	1300 656 865
Homeless Person's Line	1800 234 566
Indigenous Victims Contact Line	1800 019 123
Karitane Care Line	1300 227 464
Kids Helpline	1800 55 1800
Legal Aid Law Access of NSW	1300 888 529
Parent Line NSW	1300 130 052
Tresillian Parents Helpline	1800 637 357
Women's Information & Referral	1800 817 227

Websites for parenting information

www.deadlytots.com.au

www.community.nsw.gov.au

www.raisingchildren.net.au

www.families.nsw.gov.au





