

A woman with dark hair tied back, wearing a black t-shirt, is smiling warmly at a baby lying on a light-colored surface. The baby is wearing a black and red outfit. In the upper right corner, there is a red line-art illustration of a bird with a long tail, surrounded by small circular patterns.

Growing Up Strong and Healthy Bubs

Western Sydney, Hawkesbury and the Blue Mountains

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



Growing Up Strong and Healthy Bubs

Western Sydney, Hawkesbury
and the Blue Mountains

Acknowledgements

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For more information:

NSW Department of Human Services
Communities and Early Years Division
9354 1648

www.families.nsw.gov.au

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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 in Western Sydney, Hawkesbury and the Blue Mountains of NSW.

Between the ages of 0 and 5 our bub's 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 and 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 bub to grow up strong by spending time with them—cuddling, playing, singing, reading, listening, telling stories and talking.

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

Being a parent can be hard at times. Don't be shamed to ask for help. There is a contact list in the back of this book

Children featured in this book are from different nations, but have been born and raised in the Darug nation.

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



Newborn bub 0-3 months

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

All bubs 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.

Newborn bubs do not cry to 'get attention' or 'get at' their parents. They cry because they are hungry, wet, need a cuddle or need to sleep.

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

Bub will be upset by loud noises, sudden movement and angry voices.

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



Between 0 and 3 months
bub will start to:

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



What you can do with your bub 0-3 months


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

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

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

A quiet time before sleep helps bub settle. To protect bub from harm, lay them on their back to sleep.

Bubs need time on their belly to make their arms and neck strong. Have some belly time with bub every day.

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





Hey – bub's 3-9 months

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.

Never leave bub alone.

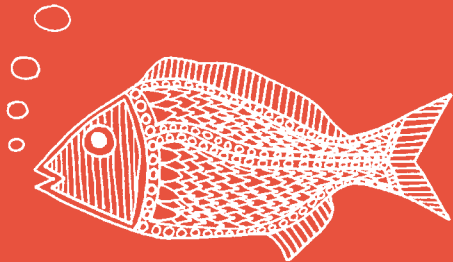
When the mob's happy, bub feels safe and happy.



From 6 months bub will start to eat mashed tucker. Bub needs healthy food to grow strong. Get advice from a Family Worker or Health Centre. Check out the pages at the back of this book.

Between 3 and 9 months bub will start to:

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



What you can do with your bub 3-9 months

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

Repeat simple sounds like “mum” and “dad”, “nan” and “pop”.

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.

Keep up with belly time to help bub get strong for crawling.

Bubs love to hold things—give bub a rattle, a 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 you have a routine for feeding and sleeping. Bub will need regular sleeps throughout the day.*

Playtime with bubs 3-6 months

Bubs love to play these games with you over and over again.

Peek-a-boo

Cover your face with your hands or a scarf and then show your face and say "boo".

Singing and clapping games

Clap bub's hands together as you sing.

Belly time

Keep going with the belly time. Get the whole mob involved with yarning and playing with bub on their belly.

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

Playtime with bubs 6-9 months

Lost & found

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

Hide and seek

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

Imitation games

Bubs love to imitate you—laugh, cough, 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'.

Yarning and playing together

Bubs learn much more from yarning and playing with you and the mob, than sitting in front of the TV.





Bub's now 9-18 months

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

Bubs want to explore everything.

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

Keeping bub safe is even more important now that they are moving about.

Make sure all poisons, sharp objects and dangerous items are locked away up high. Put anything that bub may break out of reach.

Use child safe locks and barriers and power point safety plugs.

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.

They may throw tantrums that will test you. Don't be shamed for asking for help.

Between 9 and 18 months
bub 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 your bub 9-18 months

Bubs always needs lots of cuddles and attention.

Play, yarn, 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 pencils, crayons and lots of paper, or chalk and concrete paths to scribble on.

Fill plastic containers that have a childproof lid with pasta or rice and help bub to shake them and make noises. Make sure the lids are taped on tight.

Buy bub's first toothbrush and child toothpaste.

** 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. Everyone can crawl through the tunnel.

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

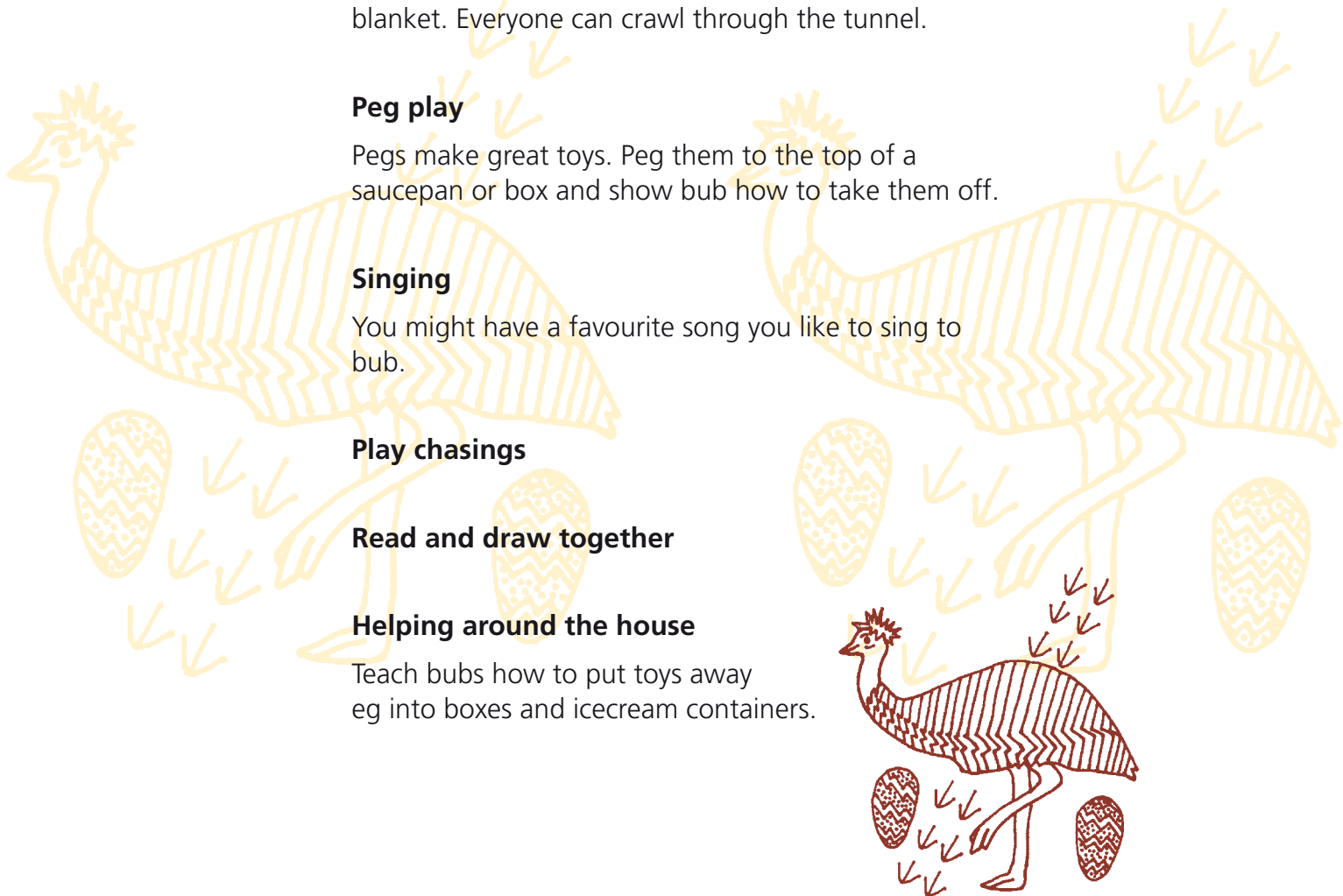
You might have a favourite song you like to sing to bub.

Play chasings

Read and draw together

Helping around the house

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







Bub's now 18 months to 2¹/₂ years

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

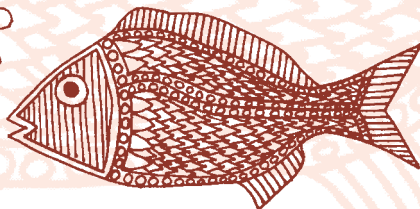
Bubs can understand many more words than they can say.

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 with you.

Bubs enjoy playing with the mob. They still need someone to keep an eye on them.

Start encouraging your bub to use a potty or big toilet.





Between 18 months and 2½ years bub 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 simple questions
- help with simple jobs
- use pencils and crayons
- repeat games and words
- feed themselves
- turn knobs and push buttons
- put two words together.

By 2½ bubs should have most of their teeth. If not, check with your dentist.

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

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

Take bub exploring—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.

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

Let them help with the jobs around the house.

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



All bubs need cuddles and hugs so they know you care about them and that they are loved.

Playtime with bubs 18 months to 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.

Chasings

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'.

Playing with sand and water

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 bub alone near water.*



Playtime with bubs 18 months to 2¹/₂ years

Show me—where is 'x'

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 will I use to mix the cake?”

Use this game where ever you are.

Libraries

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

Playgroup

Playgroups are a great place for bubs to play together and for the mob to meet.





Growing up strong 2¹/₂-3¹/₂ years

Your bub is growing up fast, learning new things every day. 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”.





Between 2½ and 3½ your bub will:

- use words together. For example: “more drink please”
- 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
- run around a lot.

If bub’s falling over a lot, get their ears checked by a doctor.

what you can do with your bub 2¹/₂-3¹/₂ years

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

Yarnin' up

Share your yarns and listen to your 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.

Let them help with getting a feed.

Exploring

Take them on longer walks. Yarn about what you see.



Now that bubs are on the move it's important that we keep them safe.

Make sure you know where they are and that there is always someone looking after them.

Learning about feelings with your bub 2¹/₂-3¹/₂ years

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 “you are really angry but you must not hit your brother”.

Goin’ wild (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 bubs.
- If you start to feel angry, WALK AWAY until you calm down.
- Don’t be shamed to ask for help.

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. Nail bottle tops to a stick that you can rattle. Put paper over the top of a tin to make a drum. Don't be shame. Get up and dance with your bub.

Painting

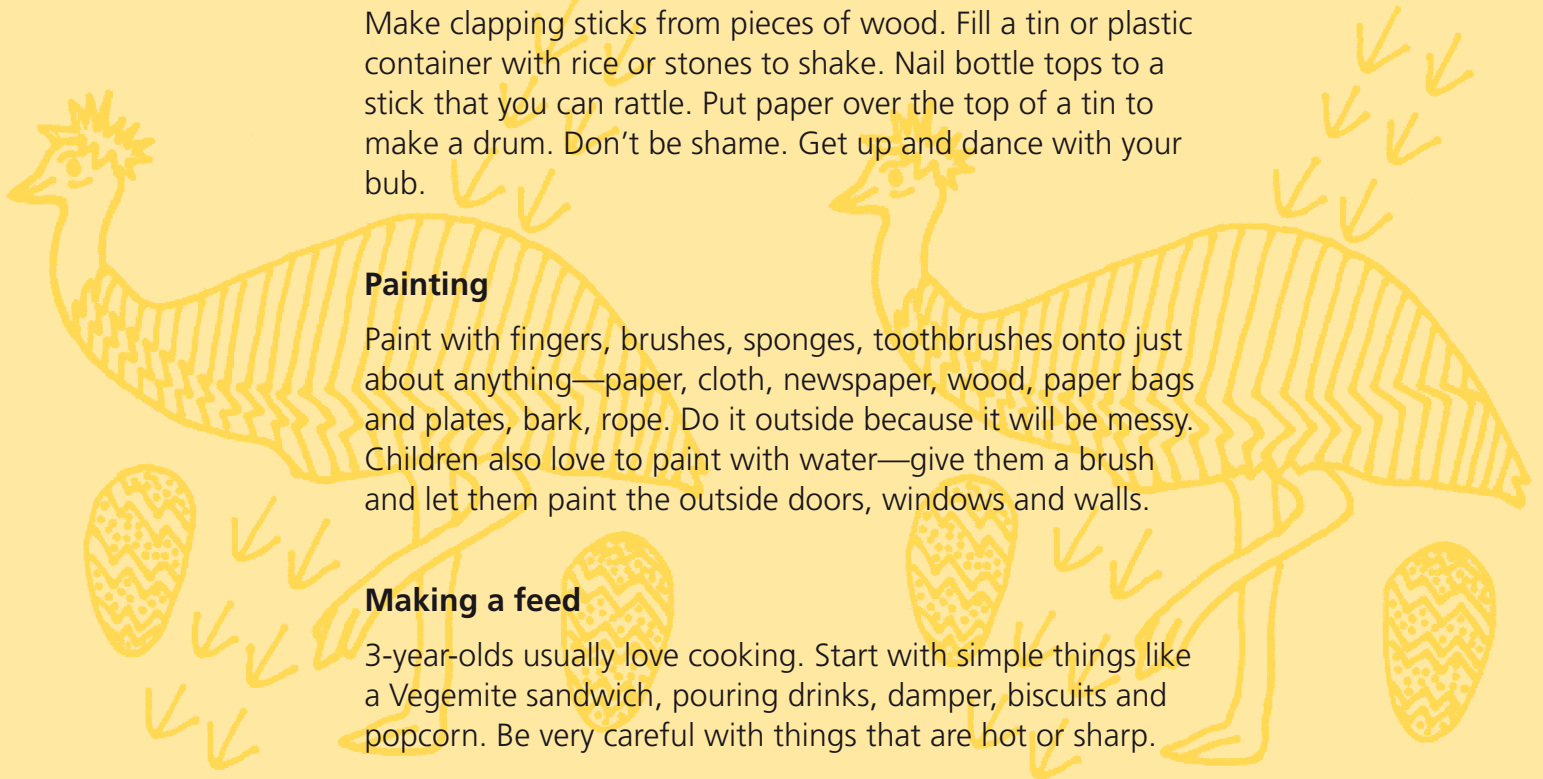
Paint with fingers, brushes, sponges, toothbrushes onto just about anything—paper, cloth, newspaper, wood, paper bags and plates, bark, rope. Do it outside because it will be messy. Children also love to paint with water—give them a brush and let them paint the outside doors, windows and walls.

Making a feed

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

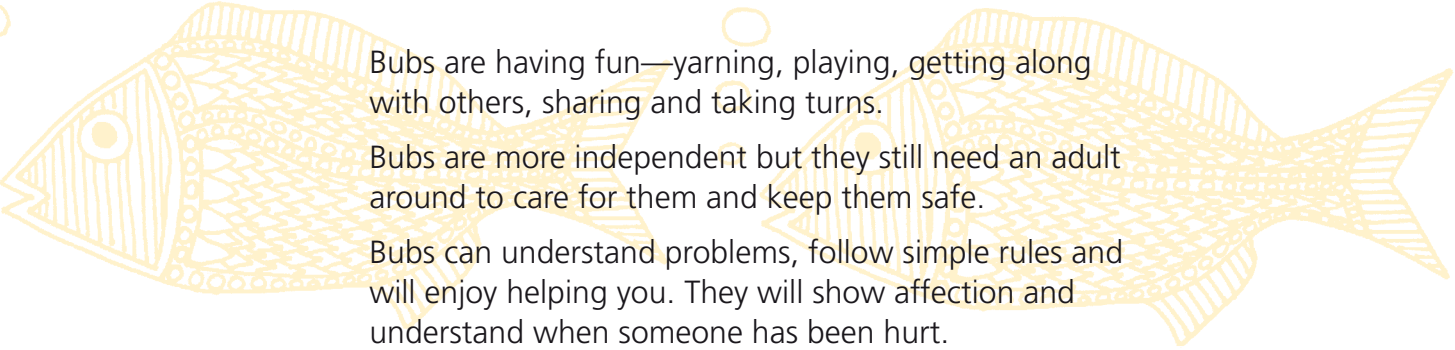
Collage

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 glue.





Your bub 3¹/₂-5 years



Bubs are having fun—yarning, playing, getting along with others, sharing and taking turns.

Bubs are more independent but they still need an adult around to care for them and keep them safe.

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

Pre-school



This is a good age for your bub to attend pre-school.

Preschool helps bub to:

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



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

Between 3½ and 5
your bub will:

- have a longer attention span
- ask a lot of questions
- talk in short sentences
- run
- dress with less help
- use paste, safety scissors, pencils and crayons
- climb trees
- tell stories
- sing and dance
- enjoy playing with other children
- enjoy jokes and rhymes.

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



What you can do with your bub 3¹/₂-5 years

Proud Kooris


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

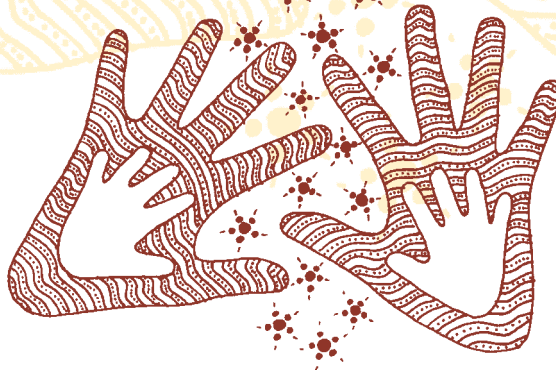
That's deadly!

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.

Read books together, tell yarns and sing songs.

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

 *Bubs need to know that they are loved, even when they are naughty.*



Playtime with bubs 3¹/₂-5 years

Masks

Paper bags or paper plates make great masks. Bub 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.

Gamin'

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.



Playtime with bubs 3¹/₂-5 years

Sorting

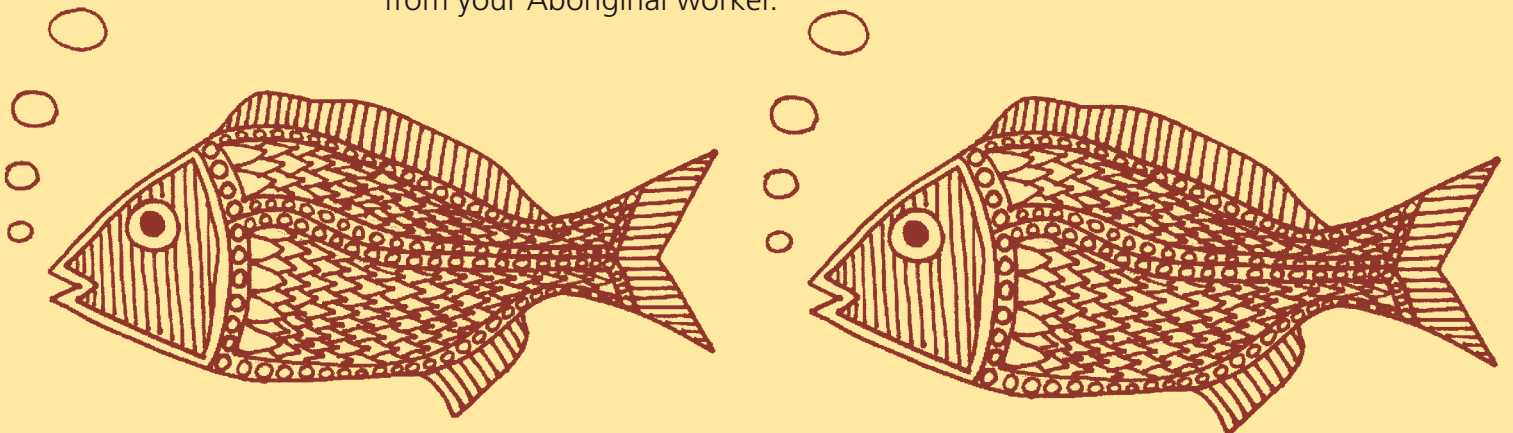
Bubs at this age love to sort things into different groups. Try using coloured pegs, stones, shells, pasta, big buttons or food. Sort the pegs by colour, shells by size, buttons by shape or whatever way you decide. Pasta, shells and buttons can also be threaded onto string to make necklaces.

Going bush

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.

Reading

Keep going with reading together. Look at the 'Early Words' DVD for some good tips. You can get it free from your Aboriginal worker.





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?
- 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!

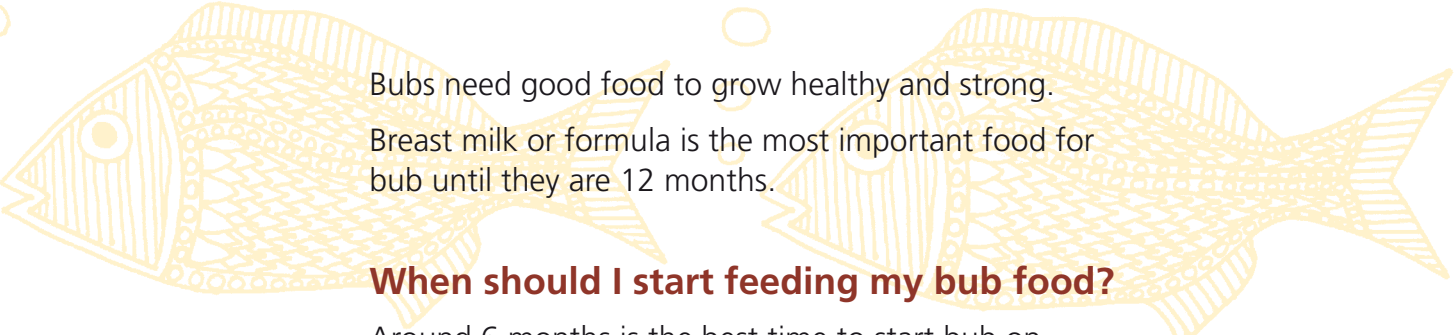
To help bub have a good day at school, make sure bub:

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

 *And don't forget to ask if bub has had fun at school!*



Good tucker for bubs

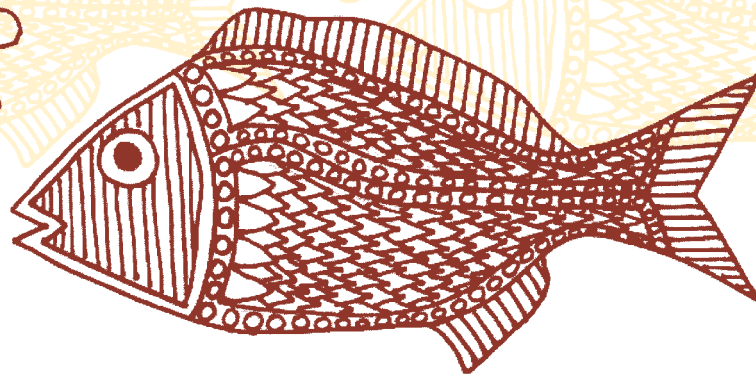


Bubs need good food to grow healthy and strong.
Breast milk or formula is the most important food for
bub until they are 12 months.

When should I start feeding my bub food?

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 food should I feed my bub 6-9 months?

Bub needs well mashed food. Start by mixing bub 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
- fish without bones
- well cooked egg.

Avoid pieces of raw apple or carrot, 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.

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

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

Drinks for bub 6-9 months

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

Give bub a breast milk or formula feed before solids.

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

Finger food will help bub learn how to feed themselves.

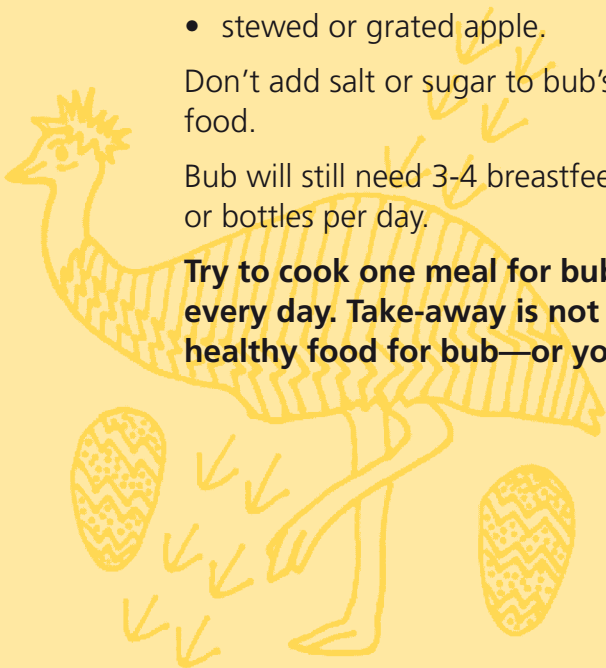
Try:

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

Don't add 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's starting to eat what you eat.

Meals made at home are cheaper and healthier.

Put limits on take-away meals and junk food like sweets, chips and soft drinks. Keep it down to one treat week if necessary.



Storing food

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

Mashed bub 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.

Do not give fizzy drinks, cordial, tea or coffee to bub.

Cordial and fizzy 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.

Body parts in Dharug

English	Dharug
head	gabara
hair	dyiwarra
thumb	wayumanu (wiyumanu, wiyangara)
forehead	ngulun
eye/s	maya
ear/s	guri
nose	nugura (nuga)
mouth	waan (midya, mundu)
tongue	dalang
tooth/teeth	dara
chin	walu
skin	bagi (barrangal)
shoulder/s	dyarrung
arm/s	mining (nurung, darang)
hand/s	damara (baril)
thigh/s	darra
leg/s	binig
knee/s	gurug (bunung)
stomach	barrang (bindhi)
foot/feet	dana (duna)
toe/s	manuwi

You can use these words to make up songs – like *Head, Shoulders, Knees and Toes*.

Gundungarra song

Gadhagang, barawra, ngumung dyana
(to the tune of *Heads, Shoulders, Knees and Toes*)

Gadhagang, barawra,
(*Head, shoulder*)
Ngumung, dyana
(*Knees, feet*)
Ngumung, dyana
(*Knees, feet*)

Gadhagang, barawra,
(*Head, shoulder*)
Ngumung, dyana
(*Knees, feet*)
Ngumung, dyana
(*Knees, feet*)

Uu mil, uu guril
(*And eyes and ears*)
Uu mundu, uu nuguru
(*And mouth and nose*)

Gadhagang, barawra,
(*Head, shoulder*)
Ngumung, dyana
(*Knees, feet*)
Ngumung, dyana
(*Knees, feet*)

Contacts and support

ABORIGINAL FAMILY WORKERS

Blue Mountains – ACRC 4782 6569

Penrith – Nepean Community and Neighbourhood Service – 4729 3907

Hawkesbury – Merana 4588 5144

Mt DrUITT – Anglicare 9832 2300

Mt DrUITT – Miimali 9673 4144

Riverstone/Marayong – Riverstone Families Connect 9627 3511

ABORIGINAL MEDICAL AND HEALTH SERVICE

Aboriginal Medical Service Western Sydney 9832 1356

HEALTH SERVICES WITH ABORIGINAL WORKERS

Aboriginal Health Unit Mt DrUITT 9881 1670

Hawkesbury District Health Services Aboriginal Liaison Officer 4560 5776

Children's Hospital Westmead Aboriginal Liaison Officer 9845 2616

ABORIGINAL PLAYGROUPS

Koori Playgroup – ACRC Blue Mountains 4782 6569

Kurigarang Gnorang Playgroup – South Windsor 4588 5144

Kurigarang Gnorang Playgroup – North Richmond 4588 5144

Kooly Kids – Cranebrook 4729 3907

Hebersham KU 9625 8334

Koori Families Playgroup – AMSWS 9832 1356

PLAYGROUPS WITH ABORIGINAL WORKERS

Braddock Public School 4732 7935

Penrith Public School 4729 3907

Riverstone – Tumble Time 9627 3511

Riverstone – Rhyme Time 9627 3511

Tregear 9628 0940

Contacts and support

PRESCHOOLS/ LITTLE SCHOOLS WITH ABORIGINAL WORKERS

Doonside – Wingara 9622 3575

Bidwill – Yawarra 9628 8670

Tregear Preschool 9628 0940

Penrith City Council – Childrens' Services has an Aboriginal Worker who can help you enrol and get you and bub settled in at their centres. 4732 7935

GETTING READY FOR BIG SCHOOL ACTIVITIES

Penrith 4729 3907

Riverstone 9627 3511

ABORIGINAL WOMEN'S GROUPS

Penrith 4729 3907

HELP, ADVICE AND SUPPORT – CALL CENTRES

Emergency 24 hours (Ambulance, Fire, Police) 000

Poisons Information Service (24 hour service) 13 11 26

Child Abuse Prevention Service 1800 656 463

Child Protection Helpline (24 hours) 13 21 11

Domestic Violence Line (24 hours) 1800 656 463

Early Childhood Intervention Info Line 1300 656 865

Karitane Care Line (24 hours) 1800 677 961

Parent Line 1300 1300 52

Tresillian Helpline (24 hours) 1800 637 357

Women's Information and Referral 1800 817 227

Westmead Children's Hospital 02 9845 2813

Centrelink – family and parenting payments 13 61 50

