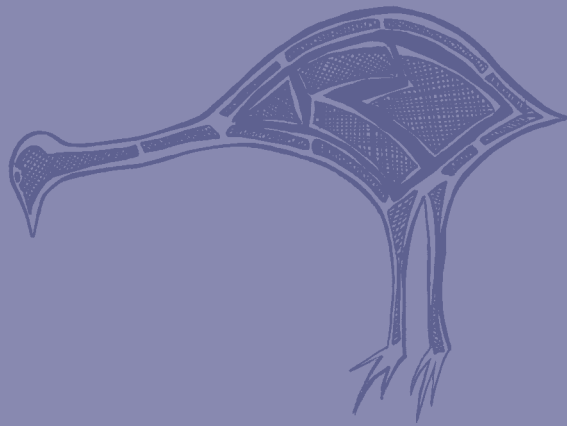




Datkinjung Yada Gudjagang  
Strong Healthy Kids





Datkinying Yada Gudjagang  
Strong Healthy Kids

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### More copies are available from:

The Darkinyung Language Group  
Eleanor Duncan Aboriginal Health Centre  
Mingaletta Aboriginal Corporation  
Aboriginal Early Intervention workers Gosford and Wyong  
Mothers and Babies Worker Gosford and Wyong  
(See Contacts at the back of the book.)

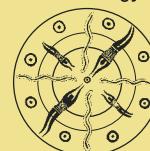
### More information:

[www.communitybuilders.nsw.gov.au](http://www.communitybuilders.nsw.gov.au)  
Communities Division, Central Coast/Hunter  
02 4927 8799  
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New South Wales Government

**Aboriginal  
Child, Youth  
and Family  
Strategy**



**Proud communities  
Strong families**

# introduction

This book is a resource for Aboriginal parents and family workers on the Central Coast of NSW.

Between the ages of 0 and 5 our babies' brains and bodies are developing and growing fast. This first stage of life is the most important time for parents to spend time with their gudjagang and make sure that they get a good start in life. 'Gudjagang' means child/children in Darkinyung.

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

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

The book includes:

- information about what babies and children do at different ages
- ideas about things we can do with our gudjagang
- games and activities
- contacts to help with parenting.

Babies are important to the whole community. We need to make sure that our babies and gudjagang 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 list of contacts in the back of the book.

Where possible we've used Darkinyung language.

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



# Newborn baby 0-3 months

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

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

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

Newborn babies like to feel secure. Baby 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 baby.

Newborn babies 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 will get to know what your baby wants by the kind of cry it makes.

You can't spoil baby by giving it too much attention.

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



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





Between 0 and 3 months baby will start to:

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





## What you can do:

Give baby lots of attention. Cuddle your baby.

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

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

Carry baby in a sling close to your body.

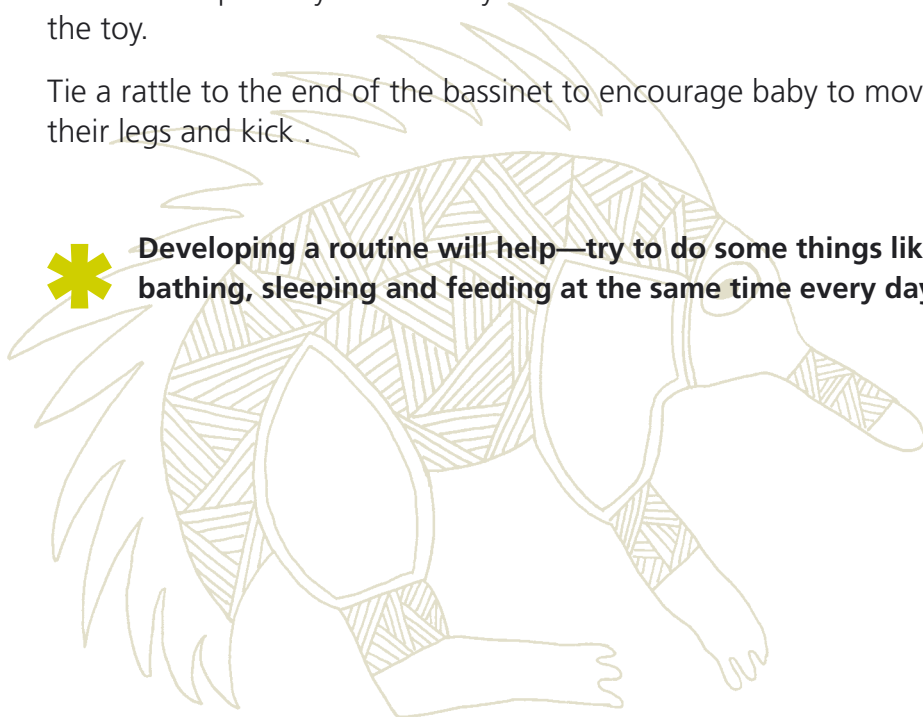
Babies like to be touched gently. Play with baby, gently pat and stroke them and move their arms and legs up, down and around.

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

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



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





# Your baby 3-9 months

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

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

Baby will start to move around more. Playing and moving will help baby grow stronger.

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

Never leave baby alone on a bed where they could fall off.



**From 6 months baby will start to eat mashed food. Baby needs healthy food to grow strong. Get advice from a Family Worker or Health Centre.**



Between 3 and 9 months baby 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:

Talk to baby all the time and tell them about what you are doing.

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

Make faces and blow raspberries on baby’s belly.

Sing and play music.

Give baby lots of cuddles and hold baby close.

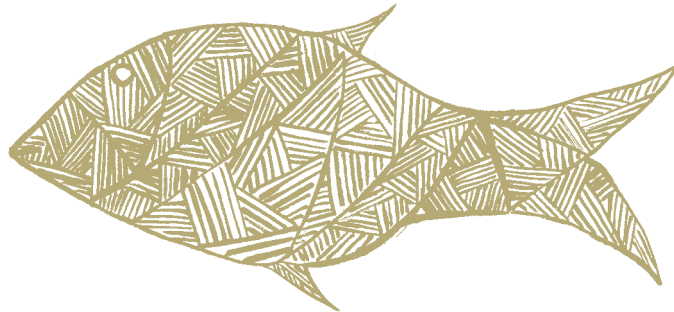
Give baby time on the floor without a nappy so baby can kick and move about.

Put baby on the tummy to make the back strong and help baby to start crawling.

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



**Babies are happy and settled when life is predictable—try to have a routine for feeding and sleeping. Baby will need 2 sleeps a day.**



# Games for you and baby 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”. Babies are happy to do this over and over again.

## Mirror game

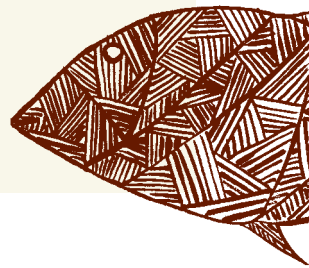
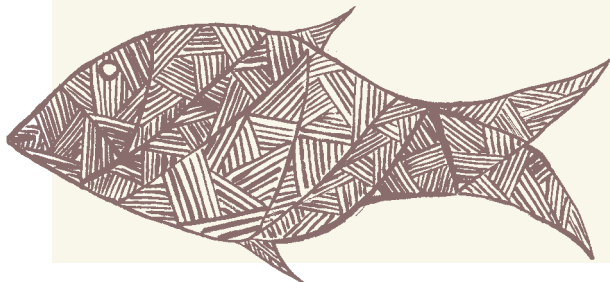
Let the baby look in the mirror. Talk about what you can see—baby, nose, eyes, ears.

## Lost & found

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



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





## Games for you and baby 6-9 months

### **Chasing**

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

### **Hide and seek**

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

### **Imitation games**

Babies love to imitate you—laugh, cough, clap your hands and move your arms and watch baby try to do the same.

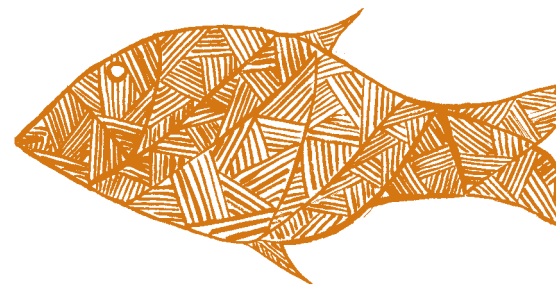
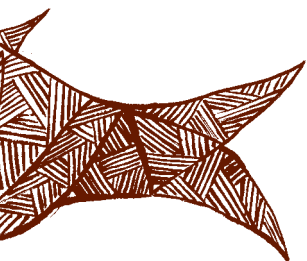
### **Round and round the garden**

Trace a path on the baby's palm as you sing:

Round and round the garden, like a teddy bear,

One step, ...two steps  
(walk your fingers up baby's arm)

...Tickle under there.  
(and tickle baby's armpit)







# Older babies 9-18 months

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

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

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

Being safe is a big issue when babies start to move around. You need to make sure all poisons, sharp objects and dangerous items are locked away up high. Put anything that baby may break out of reach.

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

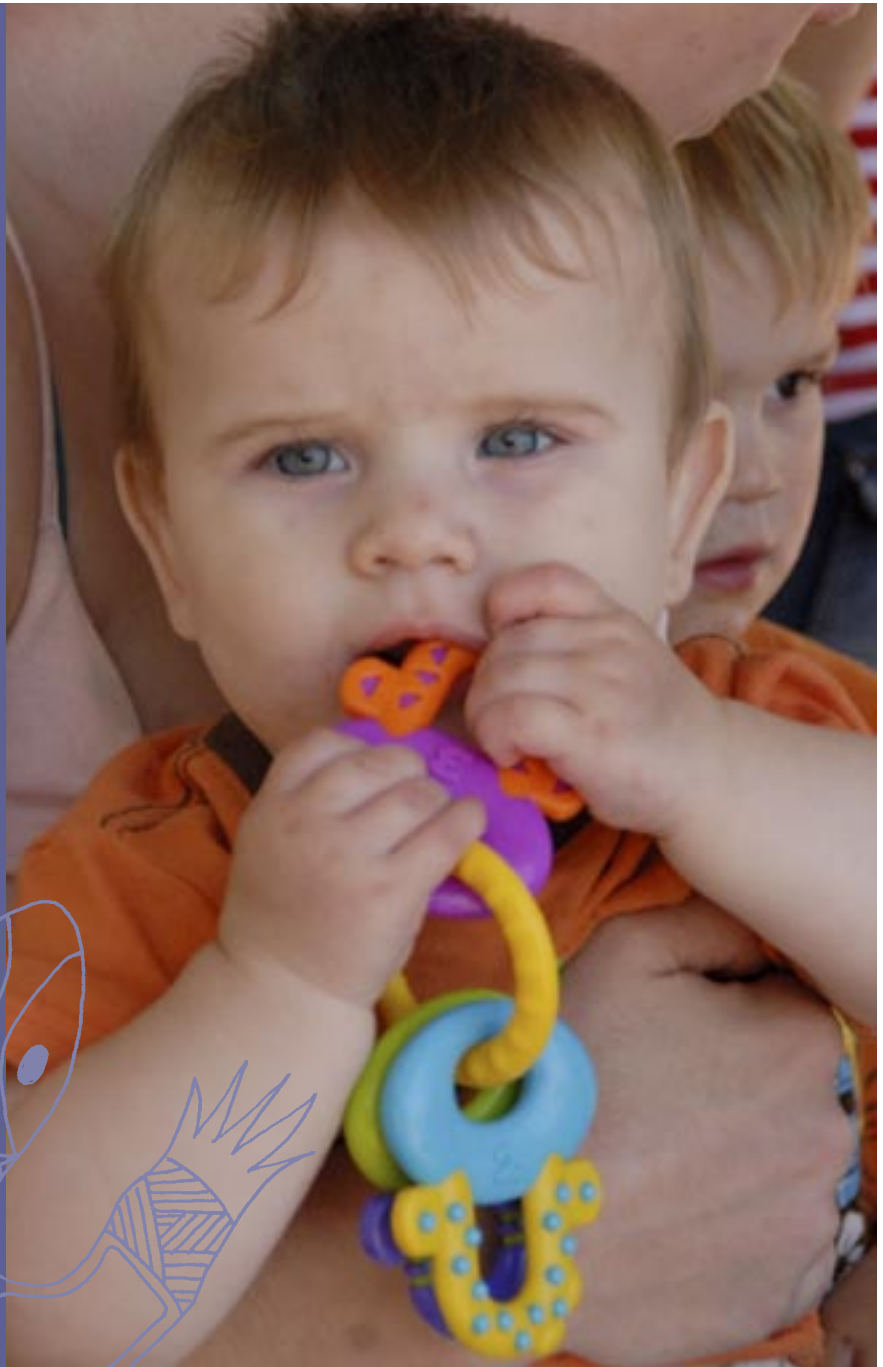


Between 9 and 18 months baby will start to:

- 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.



**Baby will practice these new skills over and over.**



## What you can do:

Baby always needs lots of cuddles and attention.

Play, talk, laugh and sing with baby.

Give baby pots and spoons to bang.

Cuddle and roll on the floor together.

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

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

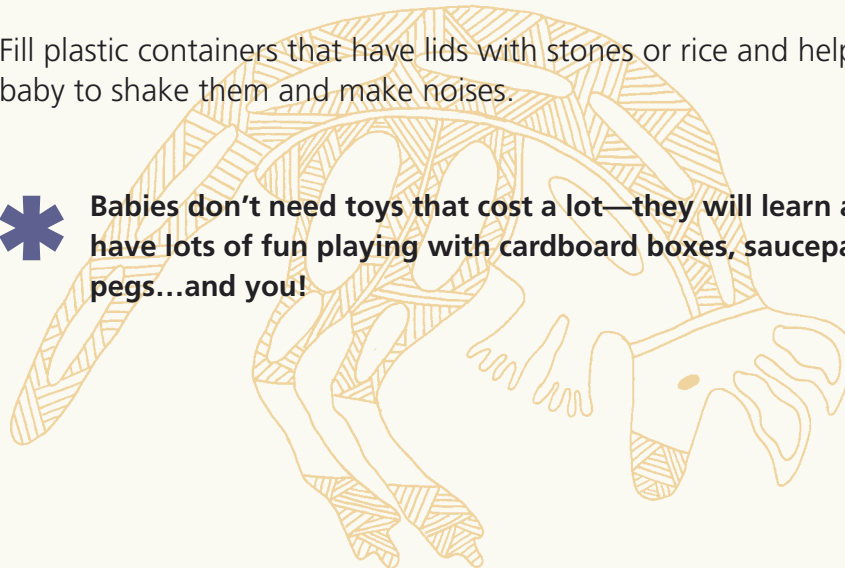
Read simple picture books to baby.

Give baby non-toxic pens and crayons and lots of paper to scribble on.

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



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







# Games for you and baby

## **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 baby to crawl through the tunnel to you.

## **Fill it up**

Put objects like pegs, balls or blocks into a box or saucepan. Show baby 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 baby how to take them off.

## **Singing**

You might have a favourite song you like to sing to baby. Here is a popular song Head, Shoulders, Knees & Toes in Darkinyung.

Gugu and gundang, bungur and dhuna  
Head and shoulders, knees and toes

Bungur and dhuna, bungur and dhuna  
Knees and toes, knees and toes

Gugu and gundang, bungur and dhuna  
Head and shoulders, knees and toes

We all clap birril together.  
We all clap hands together.



# Gudjagang 1½-2½ years

Baby is growing into a gudjagang now. Gudjagang like to explore and will sometimes fall. They are watching and learning all the time.

They can understand many more words than they can say.

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

Gudjagang do not understand 'sharing' or 'waiting'. Now is the time to start helping them to understand how to take turns and how to share.

Gudjagang will enjoy being with older kids, cousins and grandparents who have time to spend playing. Gudjagang still need someone to play with and someone to keep an eye on them.

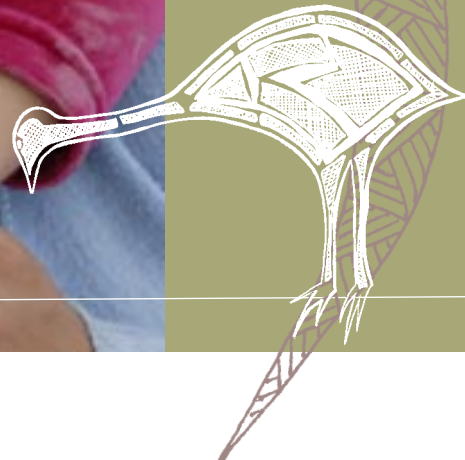
Start encouraging gudjagang to use a potty or big toilet.





Between 18 months and 2½ years gudjagang 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.







## What you can do:

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

Take gudjagang exploring—a garden or a park can be an exciting place.

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

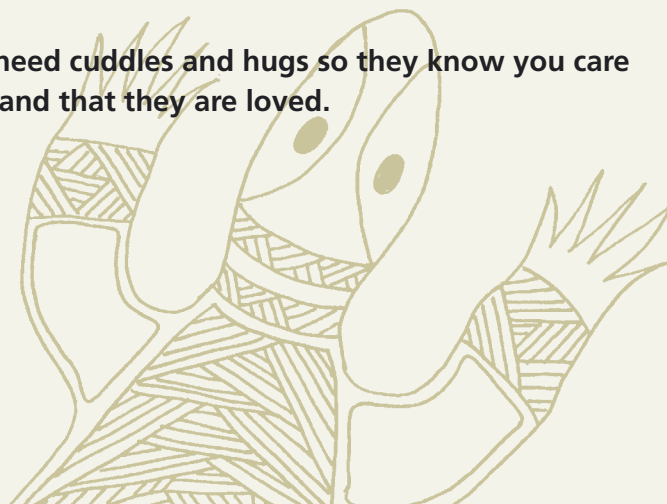
At this age, gudjagang love to pretend and imagine—a box of old clothes and shoes, towels and hats can be hours of fun. A sheet over a couple of chairs can be a place to hide.

Talk to them and repeat the words they have said. Tell them the name of objects and then ask “what’s that?”.

Gudjagang love to help—involve them in daily routines like hanging out the washing or washing the floor.



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



# Games for gudjagang

## 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

Gudjagang 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

Gudjagang 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 gudjagang alone with water.





### **Word games**

Touch and talk—say “this is your nose” and touch gudjagang’s nose, “this is your ear” and touch their ear. There are Darkinyung words for body parts at the back of this book.

While dressing—“where do your shoes go?”

As you cook—“what will I use to mix the cake?”

### **Toy libraries**

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







## Growing up fast 2½-3½ years

Your gudjagang 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.

Gudjagang 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 gudjagang 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 child will:

- 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.

# What you can do:

Spend time with your gudjagang—play and talk with them.

## **Yarnin' up (telling stories)**

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

## **Learning skills**

Gudjagang 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 gudjagang 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.



**It's important that we keep our gudjagang safe. Make sure you know where they are and that there is always someone looking after them.**

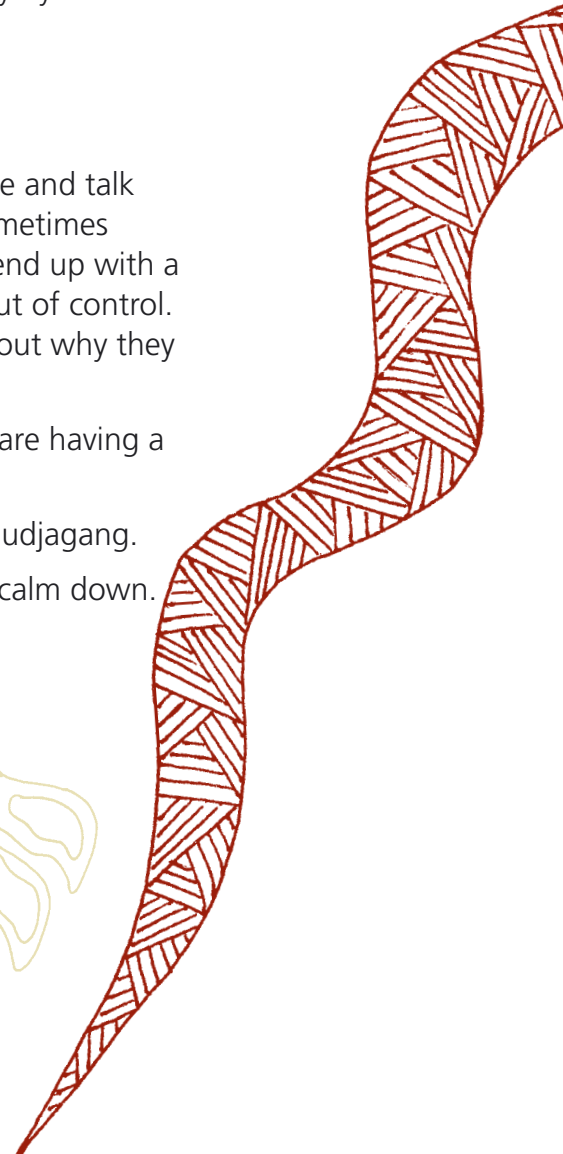
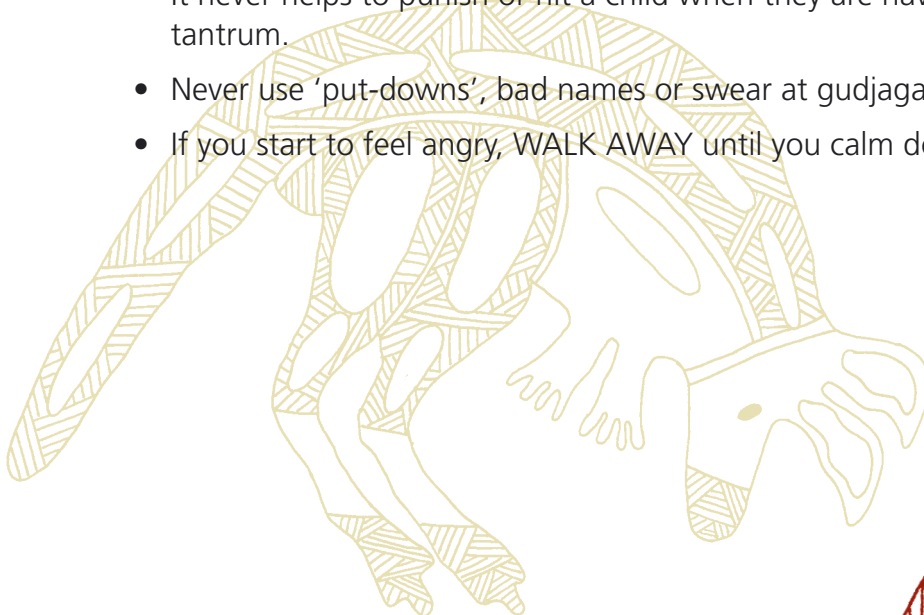
# Learning about feelings

If your gudjagang 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”.

## Crackin’ up (tantrums)

Little tantrums are best ignored. Make sure you notice and talk to your gudjagang 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 gudjagang, help them relax and talk about why they are upset.

- It never helps to punish or hit a child when they are having a tantrum.
- Never use ‘put-downs’, bad names or swear at gudjagang.
- If you start to feel angry, WALK AWAY until you calm down.







# Games for gudjagang and parents

## **Making music**

Gudjagang 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 gudjagang.

## **Painting**

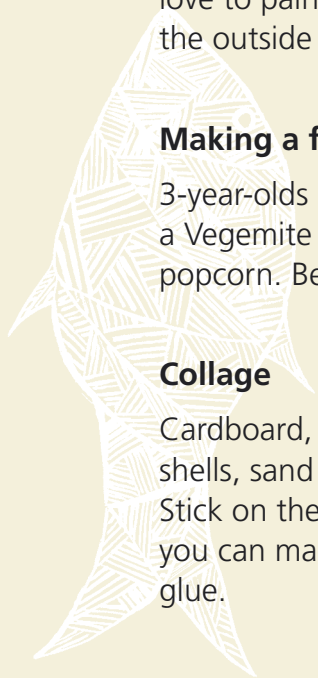
Paint with fingers, brushes, sponges, toothbrushes onto just about anything—paper, cloth, newspaper, wood, paper bags and plates, bark, rope. Do it outside because it will be messy. Children also love to paint with water—give them a brush and let them paint the outside doors, windows and walls.

## **Making a feed (cooking)**

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 good glue.







## YOUT gudjagang 3½-5 years

Gudjagang are learning so much—talking, playing, getting along with others, sharing and taking turns.

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

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



Between 3½ and 5  
your child 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.



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



# What you can do:

## **Proud Kooris**

Gudjagang need to know they are loved. Even when they are moogal (naughty) tell them: “I don’t like it when you do something wrong BUT I always love you.”

Let’s teach gudjagang 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!**

Gudjagang 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 stories and sing songs.

At this age, gudjagang 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.



**Encourage gudjagang to help you and make it fun.**



# Games for gudjagang and parents

## Masks

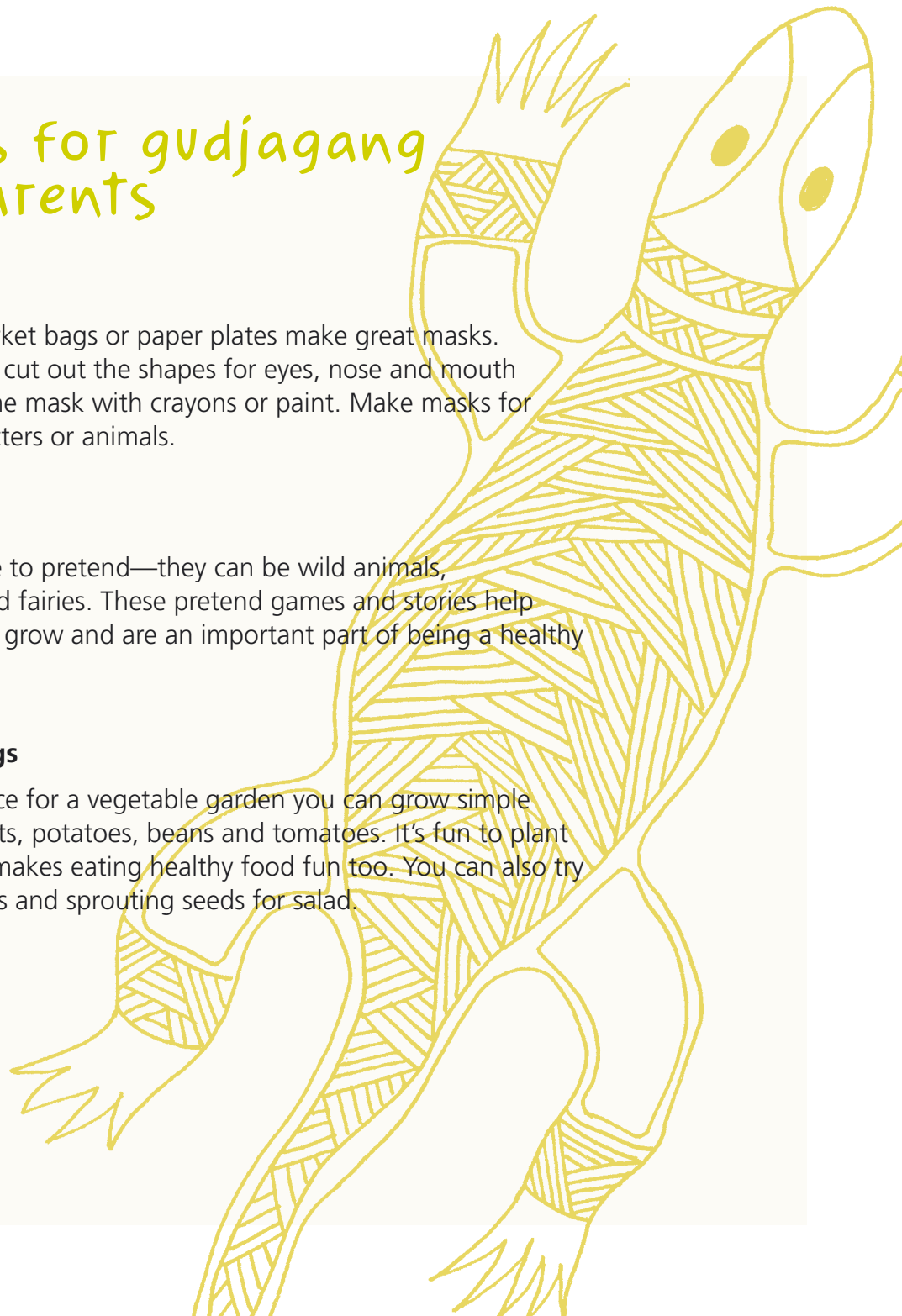
Paper supermarket bags or paper plates make great masks. Gudjagang can cut out the shapes for eyes, nose and mouth and decorate the mask with crayons or paint. Make masks for different characters or animals.

## Gamin'

Gudjagang 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 gudjagang.

## 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.





## Sorting

Gudjagang 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)

By this age you can take gudjagang on walks in the park or bush. Tell them stories about animals or birds or tales from the 'old days'.



# Nutrition and gudjagang

Babies and gudjagang need good food to grow healthy and strong.

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

## **When should I start feeding my baby solids?**

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

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

## **What solids should I feed my baby?**

Baby needs well mashed food.

Start by mixing baby 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 baby used to vegies and then try mashed fruit—ripe bananas, well cooked apples and pears.



**Do not give adult or kids breakfast cereals to baby—these are harder to digest.**



# NUTRITION and gudjagang

## How much should I feed my baby?

Start with a teaspoon and increase the amount slowly to a few tablespoons. The cereal or potato can be thickened as baby eats more.

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

Give baby a formula or breast milk feed before solids.



**Avoid pieces of raw apple or carrot as these can make baby choke.**

## Feeding baby 6-9 months

Start with rice cereal, mashed vegies and fruit.

Then try small servings of:

- rice and pasta
- tender well cooked meat
- fish without bones
- well cooked egg.

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

As baby gets used to eating solids, you can start to give solids first and then milk.

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

# Nutrition and gudjagang

## Feeding baby 9-12 months

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

Finger food will help baby learn how to feed herself.

Try:

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

Don't add salt or sugar to baby's food.

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



**Try to cook one meal for baby every day.**

**Take-away is not a healthy food for baby.**

## 12 months to 5 years

Gudjagang need a good mix of healthy fresh food.


Feed your gudjagang 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.

# NUTRITION and gudjagang

## Drinks

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

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


 **Do not give fizzy drinks or soft drinks to baby.**

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

Cola and other soft drinks also contain caffeine, which can make gudjagang hyper.

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

## Storing food

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

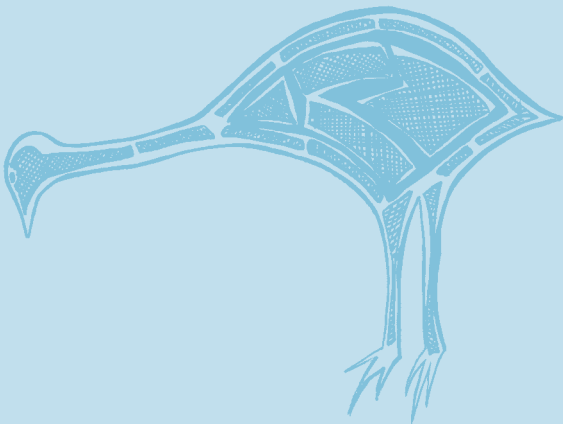
Mashed baby food can be frozen in clean ice cube trays. Spoon it into the tray, put the tray in a clean plastic bag and freeze. Do not keep for more than 30 days.

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

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

# Names for body parts

<b>Darkinyung</b>	English	<b>Darkinyung</b>	English
<b>Gugu/ Gamburung</b>	Head	<b>Ngandang</b>	Jaw
<b>Migang</b>	Eyes	<b>Baga</b>	Skin
<b>Giyuarr/ Gidang</b>	Hair	<b>Gama</b>	Neck
<b>Wiling</b>	Lips	<b>Gundang</b>	Shoulder
<b>Ngurran</b>	Forehead	<b>Dahrrang</b>	Arm
<b>Bina/ Binangari</b>	Ear	<b>Birril</b>	Hand
<b>Nugurr</b>	Nose	<b>Nguna</b>	Elbow
<b>Garraga</b>	Mouth	<b>Ngarri</b>	Legs
<b>Dhalang</b>	Tongue	<b>Bungur</b>	Knee
<b>Dharra</b>	Teeth	<b>Jarra</b>	Shin
		<b>Dhuna</b>	Foot
		<b>Midhiri</b>	Eyebrow



# contacts and supports

## **Aboriginal early intervention & mothers and babies workers**

Wyong  
4351 1040

Gosford  
4342 6853

## **Aboriginal medical and health services**

Eleanor Duncan Aboriginal Health Centre  
4351 1040

Nunyara Aboriginal Health Unit  
4320 2698

## **Aboriginal supported playgroups**

Wyong & Bateau Bay  
4352 3222

San Remo  
4352 5215

Umina & Kariong  
4340 1111

## **Child & family health centres**

Wyong Central  
4356 9300

Lakehaven Community Health  
4393 7777

Gosford Child & Family Health  
4328 7900

Kincumber Community Health  
4369 2355

Long Jetty Community Health  
4336 7800

Woy Woy Community Health  
4344 8432

## **Central Coast Aboriginal organisations & services**

Bungree Aboriginal Association Inc  
4397 7700

Eleanor Duncan Aboriginal Health Centre  
4351 1040

Darkinjung Local Aboriginal Land Council  
4351 2930

Mingaletta ATSI Corporation  
4342 7515

Aboriginal Homecare Services of NSW  
4320 4113

Nunyara Aboriginal Health Unit  
4320 2698

## Aboriginal education support services

Kooloora Aboriginal Pre-school Toukley  
4397 2843

Department of Education & Training  
43489100

## Family support services

Horizons Central Coast Family  
Services Inc  
4334 3377

UnitingCare Burnside  
4352 3222

Family Support Centre Kanwal  
4393 2383

Coastwide Child & Family Services Inc  
4340 1111

Family Child Care Services Central Coast  
4352 2657

Warnervale Family & Community Centre  
4392 8734

Northern Lakes Family Centre  
4358 3487

## Help, advice and support— call centres

Emergency 24 hours  
(Ambulance, Fire, Police)  
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Centrelink—  
family and parenting payments  
13 61 50

Child Abuse Prevention Service  
1800 656 463

DOCS Helpline (24 hours)  
13 21 11

Domestic Violence Line (24 hours)  
1800 565 463

Early Childhood Intervention Info Line  
1300 656 865

Karitane Care Line (24 Hours)  
1800 677 961

Parent Line  
13 20 55

Tresillian Helpline (24 Hours)  
1800 637 357

Women's Information and Referral  
1800 817 227

