Babies are the future
Who we need to carry on
The traditions that we pass down
Must be ones that are very strong
Learning is the key
To a future that is bright
Let us keep moving forward
And not give up the fight
Through movement, dance,
singing and play
We can step out of the shadows
And show our kids the way
Let us open the doors
And not be shame
Stand up strong
Babies are the future
And shout our name
If we teach our kids
From the very start
They will have the skills
To set them apart
So let’s begin this journey
Of stories to be told
Through our artwork
The message we hold
And through our kids
We will succeed
To give them everything
That they need
Sandra (Bambi) Murphy
March 2011

Thanks to the La Perouse Parent Art Group,
The Multi Mix Mob and Koori Kids Play Group.
This resource has been adapted from the
Families NSW  Love Talk Sing Read Play
project.
CULTURAL CALENDAR

LOVE
In the first 3 years what Bub does with the family and the rest of the mob is shaping and building Bubs brain and personality for the future.

Bubs who feel safe and loved grow up with strong healthy bodies and spirits.

Bub learns best and feels good about himself if he feels safe and loved no matter what.

YARN SING READ
Its never too early to start singing, yarning and reading with Bub, even when Bub is still in the belly.

Yarning, story telling, singing and reading helps Bub learn to communicate, think and cope with their feelings.

26th January
Survival Day

13th February
National Apology Day

Fourth Thursday in March
National Close the Gap Day

26th May
National Sorry Day

27th May – 3rd June
National Reconciliation Week

3rd June
MABO Day

1st July
Coming of The Light

3rd July – 10th July
National NAIDOC week

4th August
National Aboriginal and Islander Children’s Day

PLAY is fun but Bub is also learning about themselves and their world. Deep connections form between you and Bub when you play together.

Everyday activities can be play, and safe objects found at home can be toys!

All Bubs cry because they’re trying to tell you something:
• Maybe Bub is hungry, tired, scared, sick, needs to be held or nappy changed. If you comfort Bub when she cries she will learn that the world is safe and cry less.
• Learn what Bubs cries mean & what helps Bub settle.

If you’ve done everything and Bub still won’t settle, looks sick or has a fever call a parent helpline or Doctor.

How you are feeling matters for both of you and Bub
From very young Bub can be affected by your mood - if you are angry, sad or frightened Bub can feel it too. Avoid exposing Bub to scary situations like loud arguments and angry voices.

Never ever shake Bub, if you feel upset, walk away for a few minutes, tell someone and get some help.
**DAD you are really important in Bubs life. The information in this booklet is for you too.**

You and bub can start to connect while Bub is still in the belly.

Expect changes in your life and try not to feel left out. Spend time with mum and Bub.

Caring for and playing with your Bub helps them grow up deadly.

No shame to get down and be silly playin with bub. Have fun and enjoy your time with bub.

Your kids are learning from you right from the start. Be a Deadly Dad Let them know they’re deadly no matter what!

* Bub brings big changes to both your lives. Yarn to each other about what’s going on for you.

---

**MUM having a baby can change your whole life.** It is normal for your feelings to go up and down. Don’t feel alone, yarn to someone.

Remember to look after yourself, if you don’t you won’t be able to take care of Bub.

A new baby brings changes to your body, emotions and relationships.

It’s ok to take a break and to need some help. Don’t feel guilty about struggling, it’s hard to take care of a Bub on your own.

Take your time and try again if Bub is fussing or upset. You’re all learning, don’t give up.

Include Dad in looking after Bub and let him do it his way! Bub thinks Dads deadly too.

Remember Dads life has changed too. Let him know he is needed.

Bub brings big changes to both your lives. Yarn to each other about what’s going on for you.

---

**Got other stuff going on in your life?**

**Connected to the community**

It’s hard to give bubs all the love and care they need when there are lots of other stresses in your life. Look after yourself too.

Joining an Aboriginal play group, parents or Dads group can give you some support and friendship in a safe place.

They can also put you in touch with people who can help.

---

**Connected to the Mob**

Bub also loves and learns from the rest of the mob. Get out and about with Bub, There are plenty of Koori family days and activities (see back page)
What Bubs learning
Bub needs help to understand and feel safe in their new world
Bub is also learning to drink from your breast or a bottle and settle to sleep
Bub is using cries, pulling faces, making sounds and moving his body to yarn with you and let you know how he’s feeling
Bub just loves your face and the sound of your voice and your touch

How you can help
You and Bub are learning together – no shame to ask for help
Cuddle and kiss Bub often - you can’t spoil them!
Bath time can be a time to connect, & yarn with Bub
Tell Bub what you’re doing, pull funny faces and yarn

Have a chat to someone if Bub:
• Seems floppy or stiff
• Cries a lot
• Arches his/her back a lot
• Doesn’t respond to sounds
• Doesn’t seem interested when you play with him/her

Immunisation: Bub has 1 drink 2 needles at 6-8 weeks

You can join a play or parent group when Bub is still small and yarn with other parents

0 - 2 months
What Bubs learning
Bub is trying to move around more roll, lift his head up when lying on his tummy and sit up with help

Bub is reaching for things to grab & play with

Bub is happy to see the mob he knows, he's smiling and laughing

Bub loves copying you, making sounds and pulling faces

Bub looks when you call his name

Bub is awake for longer

How you can help
Bub feels safe when you are happy & calm, so smile and yarn with Bub to show them everything’s ok

Talk to Bub, tell him what you are doing. Get the rest of the mob yarning with Bub too

You and Bub can take turns copying each others noises and silly faces

Sit Bub on your lap and read to them, they will learn that reading is ‘feeling good’ time

Put Bub in different positions on the floor so they learn to move and explore but make sure Bub is safe

Give Bub toys or safe things from the kitchen she can hold and explore with her hands and mouth

Bub deserves the breast and it’s enough for Bub until 4-6 months. You can get some help from the nurse about when you start healthy solids for Bub or if you have any problems

Have a chat to someone if Bub:
• Isn’t learning to make sounds
• Isn’t learning to roll when playing on the floor
• Isn’t responding to faces he knows

At 4 months Bub needs 1 drink 2 needles
At 6 months Bub needs 2 needles
What Bubs learning
Bub is just learning that you can leave for a while but you will always come back

Bub might become clingy and scared of strangers, this is normal for this age

Bub will love games like peek a boo with you

Bub is learning to throw things

Bub will start saying simple words like Mama and Dada and wave bye bye

Bub is learning to hold a spoon or cup to try to feed himself

How you can help
Bub won’t want to be without you. It’s a stage they go through. They just want to be close to you. So teach Bub that when you have to go, that you will be back

When Bub makes a sound, copy it and then wait for Bub to copy you too - Bub is yarning!

Help Bub learn new things like drinking from a cup

Have a chat to someone if Bub isn’t:
- responding to you and the family
- babbling and making different sounds
- learning to eat solids
- beginning to sit, crawl or pull to stand
- playing with feet or swapping things between hands
- interested in holding toys

At 12 months Bub needs 3 needles

Bubs who use a bottle to go to sleep or for comfort have more risk of rotten teeth. Give bub a cup to drink water instead

Get Bub’s teeth checked before their first birthday and for a 1 year old health check.

Walk, run, climb, kick and jump

Talk in short sentences

Use a pencil to draw & scribble in circles & lines

Play with other kids

Ask lots of questions

Get dressed with help

Make music, sing and dance

Likes listening to stories

Talk about feelings
What Bubs learning
To feel good about himself
Wants to explore
May start to walk, climb and throw a ball
To follow simple instructions
To point to things you name
Trying to feed themselves and drink from a cup
To join words together
Bub stresses when you leave, they are learning you will always come back

How you can help
Give Bub lots of love and cuddles but set good rules.
Rules and routines help Bub know what’s going on.
Keep the rules the same every day

It’s normal for Bub to be fussy about food and refuse to do what you ask, just be patient and keep trying.
Eat as a family, show them it’s yummy.

Bub is starting to pretend/gammon when playing.
They like making up games. Join in!

Bub may cry or get upset when you leave don’t panic, just remember they are learning you will come back.

TANTRUMS are normal for Bub around this age

When your kids muck up, let them know it’s the way they’re acting you don’t like, not them.

Ignore the small stuff & catch them being good

Good rules keep kids safe
Stay the same every day
Teach kids what to do

Chat to someone if Bub:

- Isn’t interested in playing
- Isn’t understanding simple instructions
- Isn’t using many words or yarning much
- Finds it hard to use small objects
- Falls a lot

At 18 months Bub needs 1 needle
**What Bubs learning**
- Walk, run, climb, kick and jump
- Talk in short sentences
- Use a pencil to draw & scribble in circles & lines
- Play with other kids
- Ask lots of questions
- Get dressed with help
- Make music, sing and dance
- Likes listening to stories

**How you can help**
- Bub should feel proud of who they are. Say good things to make them feel deadly.
- Tell em you love em just cause they’re them
- Notice Bub’s feelings and help Bub name them. Talk about being sad or frightened or angry
- Catch Bub being good and tell em that you like what they are doing
- Give Bub heaps of praise
- Yarn and tell stories, listen to their stories
- Notice what they are playing with and take a little time to join in - it helps them know you are interested in them
- Teach Bub about taking turns and sharing

---

**Join in**
- **Bub learns by copying you**
- **Talk about feelings**
- **You and Bub can really connect when you play together.**
- **Notice what Bub is doing and just join in for a bit**
- **Tune into Bub.**

**Chat to someone if Bub:**
- Isn’t interested in playing
- Isn’t understanding simple instructions
- Isn’t using many words or yarning much
- Finds it hard to use small objects
- Falls a lot

---

**2 - 3 years**
What Bubs learning

Bub is just learning to control his emotions

Bub will be trying to do more things for themselves like getting dressed & going to the toilet

To get along with other kids

Talk in sentences, tell stories

Count 5-10 things

Bub will begin to cooperate with other kids when playing.

How you can help

Remember Bub is just learning to understand and control his emotions - be patient

Help Bub find the words to talk about how he/she is feeling. Help Bub to notice how other kids are feeling

Bub learns about managing feelings by copying you

Bub loves stories about the mob, so yarn to them about when you were a kid, or when their aunties and uncles and grandparents were young

Bub is learning everywhere, in the car, at the park, with family, at the shops. Yarn with Bub about what you see and what’s going on.
Chat to someone if:

• Bub’s talking isn’t understood by others
• Bub isn’t playing with other kids
• Bubs behaviour worries you or others
• Bub isn’t using many words or yarning much

At 4 years Bub needs 2 needles

Help Bub learn to ask for help

Check out a pre-school
Take Bub for a 4 year old health check and do the follow ups

Learning everywhere

Bub is trying to move around more roll, lift his head up when lying on his tummy and sit up with help

Bub is reaching for things to grab & play with

Bub is happy to see the mob he knows, he’s smiling and laughing

Bub loves copying you, making sounds and pulling faces

Bub looks when you call his name

Bub is awake for longer

Bub feels safe when you are happy & calm, so smile and yawn with Bub to show them everything’s ok

Talk to Bub, tell him what you are doing. Get the rest of the mob yarning with Bub too

You and Bub can take turns copying each other noises and silly faces

Sit Bub on your lap and read to them, they will learn that reading is ‘feeling good’ time

Put Bub in different positions on the floor so they learn to move and explore but make sure Bub is safe

Give Bub toys or safe things from the kitchen she can hold and explore with her hands and mouth

3 -5 years
Getting Bub ready for school

Kids learn best if they feel safe and loved and are healthy.

Helping your kids feel deadly and get along with others in the years before school helps them be ready for and cope better with school.

Some time in play groups, child care and pre school also helps.

Get to know your school and the staff together with Bub in the year before he starts.

Drive past the school, talk about your big school. See if school has a program for getting ready for school in the year before Bub starts.

Getting the school ready for Bub

Half way through the year before Bub starts school yarn to the Principal and office staff and Aboriginal Education workers.

If Bub has special needs it is important to yarn with the Principal even earlier so the school can get all the support ready in time for Bub to start.

Look for a school that values Aboriginal culture and connects with the community and the family.

To enrol Bub you will need their birth certificate, Medicare card and immunisation card (in the blue book).
What you can do
Reading and yarning together with Bub from really young helps Bub learn to read.

Play helps Bub understand all sorts of things about the world. Give Bub lots of experiences.

Get to know your school.

What Bubs learning
Bub needs help to understand and feel safe in their new world
Bub is also learning to drink from your breast or a bottle and settle to sleep
Bub is using cries, pulling faces, making sounds and moving his body to yarning with you and let you know how he’s feeling
Bub just loves your face and the sound of your voice and your touch

How you can help
You and Bub are learning together – no shame to ask for help
Cuddle and kiss Bub often - you can’t spoil them!
Bath time can be a time to connect, & yarning with Bub
Tell Bub what you’re doing, pull funny faces and yarning

Sing songs to Bub
Yarning with Bub
Tune into Bub

Getting ready for school
Got other stuff going on in your life?

Connected to the community

It's hard to give bubs all the love and care they need when there are lots of other stresses in your life. Look after yourself too.

Joining an Aboriginal play group, parents or Dads group can give you some support and friendship in a safe place. They can also put you in touch with people who can help.

Bub also loves and learns from the rest of the mob. Get out and about with Bub, there are plenty of Koori family days and activities (see back page)


Aboriginal Parent and Playgroups, Preschools and Child Care

Multi Mix Mob – Marrickville Tues 10am –2pm 9558 4036

Ngala Nanga Mai – Parent Art group La Perouse Tues/Thurs 10am - 0408 516 950

Koori Kids – Menai Mon 10.30-12.30 Menai District Youth centre 85688200

SDN Aboriginal Play groups Glebe, Redfern & Kingsgrove. Phone SDN Ngara Nanga Mai 9557 9125

Save the Children Mobile Play Bus Surry Hills, Redfern, Waterloo 0422 377 574

La Perouse Aboriginal Play group Wed 10-11.30 La Perouse Aboriginal Health Clinic Elaroo Ave 9666 5047

Strong Mum’s Come In Youth Centre Surry Hills Young mothers’ group - Tuesdays 11am to 3pm at the Come in Centre (Not Aboriginal specific but welcomes Aboriginal Mum’s) 9331 2691

Wunanbiri Preschool Alexandria 9319 5712

Gujaga Child Care La Perouse 9661 6097

Black In Shape Walking group for pre and post Natal women in Menai 0458 705 560 or 9541 9034

Early Childhood and Family Health

provides information and advice for families with children 0-5

Camperdown Early Childhood Aboriginal Health Workers 9516 3232

Sydney Children’s Hospital Child and Family health service for Aboriginal families 0434 322241 (South East Sydney)

Aboriginal Early Childhood Service 9515 9766

Narrangy-Booris: Sutherland/St George Area 95431111 or 95419034/9035

Redfern Early Childhood Health 9698 1613

Redfern AMS 9319 5823

La Perouse Aboriginal Community Health Centre 8347 4800

Central Sydney GP Networks Aboriginal Health Outreach Workers 87524928 or 8752 4935

Aboriginal Oral Health Clinic 9293 3438
Dads / men’s groups
Babana Aboriginal men’s Group
Supports men from inner city and greater metro
info@babana.org.au

La Perouse Aboriginal Men’s Group. Providing
support for Aboriginal men in LaPa and
surrounding suburbs 0433 960 968

Gamarada Men - Biyanga Naminya
Mon 5.30pm - 8pm Redfern Community Centre
0433 346 645 or 0419 659 470

Family Supports
Aboriginal Early Years
Barnardos Aboriginal Early Years 9218 2358 -
Covering South East Sydney and Inner West areas.
Outreach service provided at Yarra Bay House,
La Perouse on Thursdays 10-12.

Benevolent Society Covering North Sydney 9889 1418

Mudgin-Gal Referral Centre 9319 2613

Gowrie Child Care and Family Info Line 8594 4244

Inner West Aboriginal Community Company
9572 7066

Walla Mulla Family & community Support
Woolloomooloo 9368 1381

Kuranulla Aboriginal Corporation –Sutherland
9528 0287

Sutherland Family Support Services –Aboriginal
Family Workers 9528 2933

Hornsby Council - Aboriginal Community
Facilitator 9847 6584

Midwives
Malabar Midwives
For Aboriginal women across NSW having
their Bub at Royal Women’s 9661 1572

Aboriginal Mothers Sustained Home
Visiting - RPA 9515 9766

Redfern AMS Midwives 9319 5823

Contacts

DAD you are really important in Bubs life.
The information in this booklet is for you
too.
You and bub can start to connect while Bub
is still in the belly.
Expect changes in your life and try not to feel left
out. Spend time with mum and Bub.
Caring for and playing with your Bub helps them
grow up deadly.
No shame to get down and be silly playin with
bub. Have fun and enjoy your time with bub.
Your kids are learning from you right from the
start. Be a Deadly Dad Let them know they're
deadly no matter what!
Bub brings big changes to both your lives. Yarn to
each other about whats going on for you.

MUM having a baby can change your whole
life.
It is normal for your feelings to go up and
down. Don't feel alone, yarn to someone.
Remember to look after yourself, if you don't you
won't be able to take care of Bub.
A new baby brings changes to your body,
emotions and relationships.
It's ok to take a break and to need some help.
Don't feel guilty about struggling, it's hard to
take care of a Bub on your own.
Take your time and try again if Bub is fussing or
upset. You're all learning, don't give up.
Include Dad in looking after Bub and let him do
it his way! Bub thinks Dads deadly too.
Remember Dads life has changed too. Let him
know he is needed.
Bub brings big changes to both your lives. Yarn to
each other about whats going on for you.
Other Contacts

Bubs with  special needs 1300 656 865 for services in your area for children 0-6 years

24 Hour Parent Helplines
Karitane 9794 2350 or 1300 227 464
Tresillian 9787 0855 or 1800 637 357

Parent  Helpline 13 20 55

Australian Breastfeeding Association Helpline
8853 4999 or 1800 686 686

Domestic Violence Helpline
1800 65 64 63

Wiringa Baiya Aboriginal Women’s Legal Service
9569 3847

Mensline Australia 24 hour Helpline 1300 789 978

Centrelink Family & Parenting payments 13 61 50
Centrelink Grandparents Advisors 1800 245 965

Family Information Network Advice Line
0450 521 610 Information for parents with children in care

Useful Websites

www.deadlytots.com.au
www.raisingchildren.net.au
www.families.nsw.gov.au
www.earlywords.info
www.mychild.gov.au
www.fin-nsw.org.au
www.parenting.nsw.gov.au
www.zerotothree.org
www.schools.nsw.edu.au
www.breastfeeding.asn.au
www.resourcingparents.com

Love Yarn Sing Read Play
In the first 3 years what Bub does with the family and the rest of the mob is shaping and building Bubs brain and personality for the future. Bubs who feel safe and loved grow up with strong healthy bodies and spirits. Bub learns best and feels good about himself if he feels safe and loved no matter what.

It’s never too early to start singing, yarning and reading with Bub, even when Bub is still in the belly. Yarning, story telling, singing and reading helps Bub learn to communicate, think and cope with their feelings.

**CULTURAL CALENDAR**

- **26th January**
  Survival Day
- **13th February**
  National Apology Day
- **Fourth Thursday in March**
  National Close the Gap Day
- **26th May**
  National Sorry Day
- **27th May –3rd June**
  National Reconciliation Week
- **3rd June**
  MABO Day
- **1st July**
  Coming of The Light
- **3rd July –10th July**
  National NAIDOC week
- **4th August**
  National Aboriginal and Islander Children’s Day
Babies are the future
Who we need to carry on
The traditions that we pass down
Must be ones that are very strong

Learning is the key
To a future that is bright
Let us keep moving forward
And not give up the fight

Through movement, dance,
singing and play
We can step out of the shadows
And show our kids the way

Let us open the doors
And not be shame
Stand up strong

And shout our name
If we teach our kids
From the very start
They will have the skills
To set them apart

So let’s begin this journey
Of stories to be told
Through our artwork
The message we hold

And through our kids
We will succeed
To give them everything
That they need

Sandra (Bambi) Murphy
March 2011

Thanks to the La Perouse Parent Art Group,
The Multi Mix Mob and Koori Kids Play Group.

This resource has been adapted from the Families NSW Love Talk Sing Read Play project.

Front cover from a painting by the La Perouse Parent Art Group.
The main theme shown in this art work is united communities passing down culture and knowledge through families loving, yarning, singing, reading and playing with their kids.