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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.

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!



Never ever shake Bub, if you feel upset, walk away for a few minutes, tell someone and get some help.

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.

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 wont be able to take care of Bub.

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

Its ok to take a break and to need some help. Don't feel guilty about struggling, its 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.

Got other stuff going on in your life?

Connected to the community

Its 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

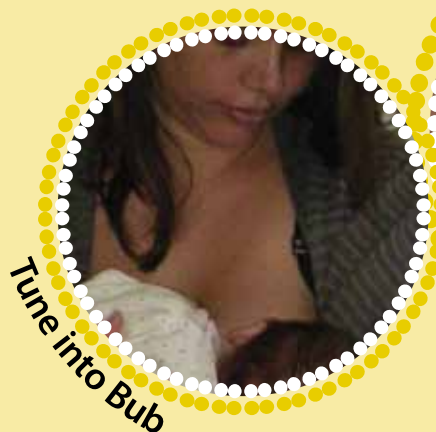
How you can help

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



Tune into Bub



Sing songs to Bub



Yarn with Bub



Bub loves your face



and your touch



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

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

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

Reading is feeling good time



make a safe place for play



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

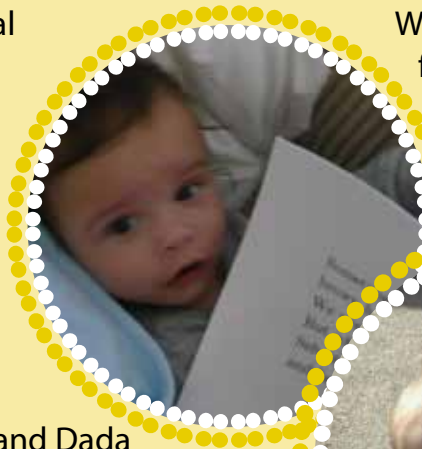
Bub is learning to hold a spoon or cup to try to feed himself

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



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.

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

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.



Tell Bub she's deadly



Talk
about
feelings



Help Bub try new things



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 deady.

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



Talk about feelings



Bub learns by copying you



taking turns

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

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.





Learning everywhere

Help Bub learn to ask for help

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



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

3 -5 years

Getting Bub ready for school

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

Helping your kids feel ready 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)



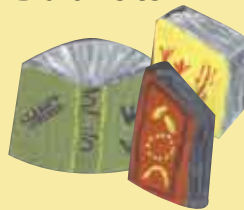


What you can do

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.



Getting ready for school

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

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

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

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



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

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

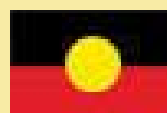
So let's begin this journey
Of stories to be told
Through our artwork
The message we hold

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.

Aboriginal
Child, Youth
and Family
Strategy



Proud communities
Strong families

karitane™
leaders in parenting services since 1923