

Strong families

Aboriginal Parent Easy Guide



Parenting SA

Family is the most important thing in children's lives. A loving, caring family helps children to feel good about themselves and their world.

Families are where we learn how to live, how to behave, how to treat people and how to respect culture and country. Our families share togetherness and responsibilities. We share our time, advice, support and our love!

In strong families everyone feels that they belong and have a place. They feel connected to kinship and culture.

Strong families:

- > are loving and caring
- > talk and listen to each other
- > celebrate together
- > handle problems together.



Strong families are the foundation of our communities. Being part of a family gives us our sense of who we are and our place in the world.



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Helping parents be their best

Strong families spend time together

They:

- > talk and listen to each other, especially children
- > respect each other
- > play, laugh and have fun together
- > celebrate together
- > go to cultural events. This builds identity and connection to community.

Culture and connection to community keep families strong.



Strong families encourage each other

- > Let people know you are proud of them.
- > Show you value learning – read to children and help with homework. Older siblings can do this too.
- > Celebrate successes such as achievements at school or sport.
- > Help each other to enjoy social activities, sports or hobbies.



Strong families have clear rules

They:

- > make sure everyone knows what is OK and not OK, especially children
- > say 'No' to children when needed
- > change rules as children get older and more responsible. As they grow up children can have a say in what the rules are
- > involve children in household chores. It helps them learn responsibility.

Strong families face hard times together

They:

- > talk together about how to handle problems
- > support each other if there is separation from loved ones
- > keep to children's routines as much as possible – school, friends, other activities. It helps children feel secure
- > don't let children know too much about adult problems
- > make sure children and young people have someone to talk to – a trusted family member, friend or worker
- > check up on each other – make sure everyone is OK.



Strong families come together when times get tough. They look out for each other and make sure everyone is OK, especially children.



Services

Aboriginal health services

Adelaide

Nunkuwarrin Yunti, Adelaide:

Phone 8406 1600

Wonggangga Turtpandi Primary Health Care Centre,

Port Adelaide: Phone 8240 9611

Maringga Turtpandi, Hillcrest:

Phone 7425 8900

Southern Adelaide Local Health Network,

Aboriginal Primary Health Services:

Noarlunga Phone 8384 9577

Clovelly Park Phone 8179 5900

Muna Paiendi Health Service, Elizabeth:

Phone 8182 9206

Country centres

Pangula Mannamurna Health Service, Mount Gambier:

Phone 8724 7270

Ceduna/Koonibba Aboriginal Health Service:

Phone 8626 2500

Port Lincoln Aboriginal Health Service:

Phone 8683 0162

Southern Fleurieu Health Service, Aboriginal Health Service,

Victor Harbor:

Phone 8552 0600

Pika Wiya Community Health Centre, Port Augusta:

Phone 8642 9999

Riverland Community Health Service, Barmera Hospital:

Phone 8588 0420

Nunyarra Wellbeing Centre, Whyalla:

Phone 8649 9900

Moorundi Aboriginal Community Controlled Health Service,

Murray Bridge:

Phone 8531 0289

Port Pirie Regional Health Service, Aboriginal Health Team:

Phone 8638 1100

Umoona Tjutagku Health Service, Coober Pedy:

Phone 8672 5255

Tullawon Health Service Inc, Yalata:

Phone 8625 6237

Nganampa Health Council, Alice Springs:

Phone 8952 5300

Helplines

Parent Helpline: Phone 1300 364 100

For advice on child health and parenting

Poisons Information Line: Phone 13 11 26, 24 hours

Beyond Blue: Phone 1300 224 636

Speak to a mental health professional about how you feel no matter how big or small the problem www.beyondblue.org.au

Kids Helpline: Phone 1800 551 800, 24 hours

Telephone and web counselling for young people aged 5–25 years www.kidshelpline.com.au

Mensline Australia: Phone 1300 789 978, 24 hours

Speak to someone about relationships or family concerns www.mensline.org.au

Child Abuse Report Line: Phone 13 14 78, 24 hours

If you are worried a child is being abused or neglected.

You can ask to speak to an Aboriginal worker if available

Domestic Violence Crisis Line: Phone 1800 800 098,

24 hours. If you are concerned for your safety or in urgent need of assistance. You can be connected with Aboriginal specific support services if you wish

Health and parenting

Child and Family Health Service (CaFHS):

Phone 1300 733 606, 9am–4.30pm, Mon to Fri for an appointment. You can be linked with an Aboriginal staff member www.cyh.com

Women's and Children's Hospital: Phone 8161 7000

www.wch.sa.gov.au

Healthdirect: Phone 1300 022 222, 24 hours

To speak to a nurse www.healthdirect.gov.au

Parenting SA: For more Parent Easy Guides

www.parenting.sa.gov.au

Raising Children Network: For parenting information

www.raisingchildren.net.au

Australian Indigenous Health Infonet:

Information for parents and workers on a variety of Aboriginal topics www.healthinfonet.ecu.edu.au

Kidsafe SA: Phone 8161 6318

For information on safety, including car seats www.kidsafesa.com.au

Parenting SA

A partnership between the Department for Education and the Women's and Children's Health Network.

Phone (08) 8303 1660 • www.parenting.sa.gov.au

Parent Easy Guides are free in South Australia.

Important: This information is not intended to replace advice from a qualified practitioner.

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