

Annual Parent Resource File

Please find listed below a series of links and details for our families regarding many childhood concerns and questions. Whilst we provide updates as they come through on various topics (eg safety) it's always handy to have the information in one handy spot.

1.2.33	<p>Information on behaviour guidance.</p>	<p>The Positive Parenting Program (Triple P) is run through several local area health services as well as at our centre; http://www10.triplep.net/?pid=58 The Children's, Youth and Women's Health Service: http://www.cyh.com And a lot of parents have sung the praises of 123 Magic http://www.parentmagic.com</p>
1.3.25	<p>Information on communicating with children effectively.</p>	<p>http://www.australianbabyhands.com.au/ http://raisingchildren.net.au (lots of stuff on this site for communicating with children of different ages)</p>
5.1.13	<p>Information on child protection issues.</p>	<p>Napcan: http://www.napcan.org.au/ Protective Behaviours: http://www.protective-behaviours.org.au/</p>
5.3.16	<p>Information about safe storage of potentially dangerous products at home.</p>	<p>The best authority is KidSafe NSW: http://www.kidsafensw.org/ Though other sites (eg Raising Childrens Network) have some helpful tips</p>
5.4.18	<p>Information about equipment and furniture for children.</p>	<p>The best authority is KidSafe NSW: http://www.kidsafensw.org and most things you buy will have an Australian Standard, which you can look at online at: http://www.saiglobal.com/shop/Script/search.asp Choice often do great comparisons on children's products http://www.choice.com.au And the Department of Fair Trading have some useful guidelines http://www.fairtrading.nsw.gov.au/default.html</p>
5.5.20	<p>Relevant information about OH&S as they relate to the children and families using the centre.</p>	<p>When visiting the centre it is important to remember the following:</p> <ol style="list-style-type: none"> a) follow the directions of staff b) observe any warning / instruction signs c) close doors behind you d) watch out for tripping hazards (eg toys on the floor) e) take care when lifting (bend your knees, brace your back) f) follow strict hygiene practices (frequent handwashing) g) be Sunsafesafe - http://www.cancercouncil.com.au/sunsmart

6.1.23	Information on nutrition and good eating habits.	http://www.nutritionaustralia.org (have some great fact sheets for child nutrition) http://www.health.gov.au (there's a link on this page to a pdf document on child nutrition websites for parents, a very handy list)
6.2.18	Information about food handling and storage.	http://www.safefood.net.au http://www.foodauthority.nsw.gov.au
6.2.20	Information on hygiene and food safety.	http://www.safefood.net.au http://www.foodauthority.nsw.gov.au http://www.health.qld.gov.au/ehworm/hygiene/default.asp http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/(Pages)/Personal_hygiene?OpenDocument http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=305&id=1864
6.3.17	Information on hygiene and dental care.	http://www.chw.edu.au/parents/factsheets/teethcaj.htm http://www.colgate.com.au
6.5.3 6.5.29	Information on sleep equipment and safe sleeping practices.	http://www.sidsandkids.org/
6.5.15	Information about suitable clothing for play both indoors and outdoors.	http://www.cancercouncil.com.au/sunsmart http://www.kidsafensw.org
6.5.30	Information on sun protection.	http://www.cancercouncil.com.au/sunsmart
6.6.5	Information on immunisation schedules.	http://www.chw.edu.au/parents/factsheets/immunisation.htm http://immunise.health.gov.au/
6.6.12	Information on immunisation clinics.	http://www.chw.edu.au/parents/factsheets/immunisation.htm Most GPs are able to immunise your child and bulk bill under medicare making it relatively free (or at least inexpensive) Or Call the Immunisation hotline on 1800 671 811

* Current links from recognised authorities

Other Helpful Websites include:

NSW Department of Health
<http://www.health.nsw.gov.au/>

The Children's Hospital Westmead
<http://www.chw.edu.au/parents/factsheets/>
have a range of really helpful, easy to use fact sheets on all sorts of things.

Health Insite
http://www.healthinsite.gov.au/topics/Child_Safety
Lots of quite specific information about various child safety issues.

Strengthening Families Resourcing Parents
<http://www.resourcingparents.com/>
shows details of parenting courses being run across Sydney

The Raising Children Website
<http://raisingchildren.net.au/>
Has a fantastic range of age related guidelines on everything from feeding, to behaviour guidance.

The National Child Care Accreditation Council
<http://www.ncac.gov.au>
The 'Families & Children' page has some great information on high quality childcare, what to look for, where to find it.

The Department of Community Services
http://www.community.nsw.gov.au/parents_carers_and_families/parenting.html
has some great tips on parenting

Tresillian
<http://www.tresillian.net/>
a fantastic organisation for new parents dealing with the challenges of babies as they arise – they also have a very helpful 24hr hotline

Karitane
<http://www.karitane.com.au>
again, with a 24hr helpline

Hills Parenting
<http://www.hillsparentingcentre.com/>
run some great courses, and have some support programs for parents

Australian Breastfeeding Association
<http://www.breastfeeding.asn.au/>

Early Childhood Australia
<http://www.earlychildhoodaustralia.org.au/>
Not a lot of information directly on the site, but some great reviews of information, articles, books and resources available to buy

Australian Family
<http://www.australianfamily.com.au>
All sorts of fantastic information for parents about everything from travel, to parenting tips

The **Early Childhood Health Centre** that you were put in touch with shortly after your baby's birth will also be able to put you in touch with local practitioners, organisations, mothers groups and doctors. Their number will be inside your 'blue book'.



Emergency Phone Numbers



FIRE, POLICE, AMBULANCE	000
Beyond Blue info line	1300 224 636
DoCS Helpline	132 111
LifeLine	13 11 14
National Security Hotline	1800 123 400
Poisons information Services	13 11 26
SES - State Emergency Services	132 500
24hr Suicide prevention & Support hotline	1300 933 911
Kids Help Line	1800 551 800



Educational Websites

As your children become computer-savvy, you might like to visit some of these free, educational websites with your children.

Here's a link on internet safety that you should look at first:

http://raisingchildren.net.au/articles/internet_safety.html/context/480

ABC for Kids

Lots of great interactive games <http://www.abc.net.au/children/>

Tux Paint

A brilliant drawing site for children of all ages - <http://www.tuxpaint.org/>

BBC for little kids

Colouring in, stories and postcards to send to friends. <http://www.bbc.co.uk/cbeebies/>

Dinosaur Playground

Puzzles, pictures, and games involving dinosaurs. www.abc.net.au/dinosaurs/dino_playground/

The Yuckiest Site on the Web

Bugs, worms, cockroaches and quirky scientific facts. www.yucky.com

Fun with Spot

Adventures and games with Spot the puppy. www.funwithspot.com/au/

Peep and the Big Wide World

Pre-schoolers and early-primary school students can explore the world of science and maths with Peep the Duck.: www.peepandthebigwideworld.com

Poisson Rouge - Red Fish Soup

Young children can learn about different languages and play simple games. www.poissonrouge.com