

Celebrating Your Child

A resource of practical tips & links to support
services for parents of children from 0-6
years of age

Developed by



Funded by



ACKNOWLEDGEMENTS

This resource was developed by Bankstown Community Resource Group and funded by Bankstown City Council. A special thanks goes to all members from the Canterbury Child Protection Committee, Bankstown Child Protection Interest Group and the Bankstown Authorised Supervisors Link Up who have played a significant contribution to this resource.

The original document "Celebrating Our Children-Parent Information Booklet" was first developed in 2006 by the Canterbury Child Protection Interest Group. With permission the Bankstown Child Protection Interest Group redeveloped this resource in 2007 through the CLUBS NSW (Community Development Support Expenditure Scheme) to include locally based information specific to Bankstown LGA. The Bankstown Child Protection Interest Group version of the resource was further redeveloped by the Authorised Supervisors Link Up into the resource Bits and Pieces containing extra components to support families with common child and/or child care related information.

DISCLAIMER

A considerable amount of time and effort was expended in researching and consulting relevant professionals relevant to the topics to obtain a comprehensive and current resource.

Every effort has been made to ensure that this resource is as accurate as possible when going to print. Obtaining the information contained in this resource involved speaking to relevant people, cross referencing information with available websites and asking services to confirm the accuracy of the information provided.

This resource contains current service information at the time of release but some information and links contained within this resource may change.

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About Us

The Bankstown Community Resource Group Inc (BCRG) is a not-for-profit community organisation based in Bankstown.

BCRG provides a range of services e.g. information, referral & direct services such as playgroups, speech pathology & occupational therapy across the Bankstown Local Government Area aimed at the diverse needs of children and families.

Children's Services Community Development Project

This project offered by BCRG acts as a **point of contact for children's services and parents** on child related matters in the Bankstown Local Government Area.

The activities that this project organises are meetings & local events to celebrate Children's Week & Child Protection Week. It also develops resources & provides training opportunities which seek to empower families with early intervention supports.

Celebrating Your Child is one of the resources that has developed through local networks to support you as a local parent.

We hope it provides you with strategies and information that nurture your role in parenting and link you to services in the Bankstown area that can assist you with any needs you may have.

Please don't hesitate to contact us on the details below if you need any further assistance or referral.

Your Children's Services Community Development Officers

Kathy Theofilopoulou. & Maria Marmarinos / Skotoris

Ph: 9796 1561

Fax: 9796 4713

Email: cscdo@bcr.org.au

Web: www.bcr.org.au

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Key Months for Community Events

Below are key dates for community events organised to raise awareness of issues that protect children, support families & promote services.

Month of May : National Families Week

The central aim of National Families Week 2010 is to celebrate the vital role that families play and particularly to highlight the importance of giving every child a happy and healthy childhood. This year's theme is: "The best start: supporting happy, healthy childhoods".

Month of August: Early Intervention Awareness Week

Early Childhood Intervention Awareness Week is an opportunity to raise community awareness of the importance of early childhood intervention and the variety of services available for infants and young children with developmental delays or disabilities and their families

Month of September : Child Protection Week

Child Protection Week promotes the belief that it is everyone's responsibility to make their community child friendly, focusing in raising the awareness on issues of child abuse and neglect .

Month of October : Children's Week

Children's Week is a national event recognising the talents, skills, achievements and rights of young people. It is based in the United Nations Convention on the Right of the Child, highlighting play, wellbeing and protection.

To find out about the activities that children and families in Bankstown can participate in during these months please contact or visit

Bankstown Community Resource Group

www.bcrq.org.au

Ph: 9796 1561

Bankstown City Council

www.bankstown.nsw.gov.au

Ph: 9707 9999

Looking After Yourself

Ways of Dealing with Stress

Find ways of calming your stress.

Identify soothing tools ready to use! It helps us to think clearly about the cause of our stress and what to do.



Gain strength and support.

You are not alone – Who are the people who listen and give good advice when you have a problem? Talking with others can help.



Find solutions to the problem.

Ignoring the problem sometimes makes it bigger. Make a list of possible solutions, talk it over with someone and take action.



Know your stress!

Make your own list of ways your body tells you it is feeling stress – sometimes other people are better at seeing our stress.

Think happy thoughts.

Are you being too hard on yourself? Are you jumping to conclusions? Are you making things out to be worse than they really are?

Practice positive self-talk – things we say to ourselves (our thoughts) that will be helpful.



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DATES TO REMEMBER
Celebrate life's joys

Birthdays:

Anniversaries :

Other special occasions:

Balancing your own needs makes it easier for you to be consistent, available and patient with your child

Relaxation Tips



BREATHE!

**Go for a walk by yourself or
with a friend**

Eat some good healthy food

Go outside to a park or beach

Do something physical

Listen to music

Go to yoga or meditation

**Read a book/magazine/
newspaper**

Have a bath

Talk to someone

Count backwards 5, 4, 3, 2, 1..

Building Positive Relationships

Let baby know ...

You are happy they are here
You are happy they are your child
Their needs are important to you
They are special to you
It is OK to explore and experiment
You will support and protect them
It is OK to do things as many times
as they need



Let toddler know ...

You are happy they are starting to think
for themselves
It is OK to be angry
It is not OK to hurt themselves or anyone
else
It is OK to ask for help

A relationship with your
child grows with regular
positive contact,
evolving as part of
everyday life.

Supporting Early Learning Through Play

Start early learning with your baby by:

Talking and singing to babies

This helps them understand words, facial expressions and facilitates language development.



Touching and feeling things

Babies and toddlers aren't naughty when they touch things they are getting to know the world.

Tummy time

This helps them to hold their heads up, making them stronger. Monitor this time and don't let them fall asleep on their tummies.



Help you child play by:

Use every experience for maximum learning i.e., point to things when out and about and discuss there interest with your child

Investigate further play opportunities such as local playgroups , parks and other places of interests.

Following the child's lead but make sure the game is safe

You don't need expensive toys. Use things around the house e.g. cardboard boxes, wooden spoons, containers, old clothes, etc

Show you are interested in what they like to do

Be sensitive to their moods.

Help them work out their own ideas.

Allow plenty of time- don't rush play time.

Some children enjoy rough play and find it hard to stop.

Encourage children to calm down by lying still and breathing

**Don't compete with children;
this can stop them from wanting to play with you.**

Allow for experimenting and mistakes.

**Talk about children's artwork, Instead of asking '*what is it?*'
ask instead '*would you like to tell me about it?*'
or '*show me what it does?*'**

ALWAYS HAVE FUN!

What children like to Play

Children 0–3years old like to play with:

- Music boxes and wind chimes
- Rattles, squeeze toys and balls
- Plastic containers of various sizes
- Blocks for building and stacking
- Push – pull toys like truck
- Pretend play equipment – child size furniture, tea sets, tool sets.
- Big boxes
- Dress up clothes
- Simple puzzles
- Play dough, paint, crayons, pencils, chalk
- Picture books, tapes and stories
- Playing outside

JOIN A PLAYGROUPO!

For more information call or visit



Playgroup Association NSW

www.playgroupnsw.com.au

Ph: (02) 9604 5513

Play helps child learn about their world, how to do things, solve problems, deal with feelings, become confident, get physically stronger, getting on with others, sharing and taking turns.

Children 3–6 years old like to play:

- Toy phone, clock and house keeping toys
- Play sets – cars, planes, farms, village
- Riding toys and climbing equipment
- Art and craft activities using variety of resources
- Story books
- Simple board games
- Matching games
- Make believe games
- Gardening – digging, planting and watering
- Kicking and throwing balls

Want to know more about how you can help your child learn through play?

Contact or visit

**Play Power
The Benevolent Society**

www.playpower.com.au

Ph: 1300 727 157

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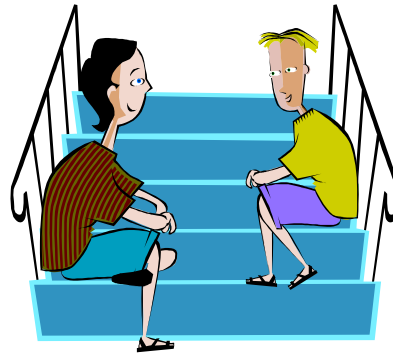
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THINGS THAT PARENTS CAN DO TO HELP CHILDREN LEARN

Children learn by:

Speaking and Listening

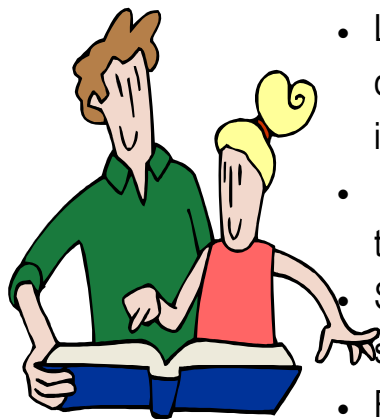
- Talking about what they are doing
- Talking about things that are funny, serious or sad
- Listening to stories children tell you
- Encouraging children in pretend play
- Speaking with children in their first language
- Talking about what you are going to do during the day



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Reading and Viewing



- Letting children see you reading and viewing for different reasons e.g. a book for fun, cookbooks for instructions or the newspaper for information
- Playing looking games to help them notice little things like signs with the first letter of their name
- Showing your child different sized packets in the supermarket and talking about them
- Reading magazines with children
- Giving them a chance to choose food from a menu
- Reading bus, train, car or other street signs to your child

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Drawing and Writing

- Letting children see you drawing and writing for a variety of reasons – a letter to a friend or doodling on a piece of paper
- Give them a chance to draw and write on paper, in sand, on misty windows or on bark
- Letting children tell you stories about their drawings
- Give a variety of resources paper, pencils, textas, chalk, and pens to use
- Letting children practice using the computer
- Putting children's drawings & paintings on the fridge or on the wall



Providing the Best Start to Schooling

Is my child the right age to start school?

Children can start Kindergarten at the beginning of the school year in NSW Government schools if they turn five on or before 31st July.

Some children may be ready to start school at a younger age if they have learnt things early. For others it may help being a little older, but by law, all children must start school by their sixth birthday. The school will ask for proof of your child's age when starting school.

Children may be ready for school when they:

- Have reasonable control over their behaviour and emotions
- Can cope when minor things go wrong
- Can talk confidently to adults, ask for help and express their feelings
- Can entertain themselves
- Can make things for themselves
- Can tackle new or challenging tasks
- Can solve problems on their own and stand up for themselves
- Can look after their belongings
- Can respect other's toys and games and share their own
- Have friends and can make friends

Who can I talk to about my child's readiness for school?



Make an appointment to speak to:

- Your child's pre-school or day care teacher or carer
- The school principal, school counsellor, school K-2 supervisor
- The Kindergarten teacher at school
- The ESL teacher at school
- The Aboriginal Community Liaison Officer or Aboriginal Education Assistance.
- The Special Education Consultant

What can I do to help children be ready for school?

Visit the school with your child

Be positive about school and learning

Talk with them about school

Use your local library

Read to them – talk about what might happen next in stories

Share many different Experiences

Support them to keep their home language while learning English

Read to them in their home language

Give them different things to play with – water, mud, sand, paper, pens, paint

Help build curiosity by asking questions and getting them to ask questions in return

Have an up-to-date immunisation certificate

Starting school is very exciting but also a big step for children and their parents. It is important that parents prepare children for big school.

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NSW PUBLIC SCHOOL TERMS

2010

Term 1 Wednesday, 27 January to Thursday, 1 April

Term 2 Monday, 19 April to Friday, 2 July

Term 3 Monday, 19 July to Friday, 24 September

Term 4 Monday, 11 October to Friday, 17 December

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Term 1 Friday, 28 January to Friday, 8 April

Term 2 Tuesday, 26 April to Friday, 1 July

Term 3 Monday, 18 July to Friday, 23 September

Term 4 Monday, 10 October to Tuesday, 20 December

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Transition to School

Most schools have orientation days to welcome children to Kindergarten. These happen near the end of the year before they start. Many childcare center and schools also have transition to Kindergarten programs for a few weeks in the second part of the year.

To find out more, contact your local school or visit

NSW Department of Education and Training

Website www.det.nsw.edu.au

Catholic Education Office (Sydney)

Website www.ceosyd.catholic.edu.au/

Association of Independent Schools

Website: www.aisnsw.edu.au

Once at School

Try not to be late picking your child up from school, a few minutes can seem like a very long time for a young child.

Continue to support your child's learning by being encouraging and taking an interest

Listen -don't ask too many questions children will talk about their day when they are ready. Instead **prompt** them to understand their day e.g. *"What did you learn today?" "Who did you play with?"*

Be flexible and patient in the early days of school as children will be tired and grumpy and need time to settle in

Children are often 'starving' after school. **Pack a healthy snack** to give them when you pick them up from school.

Some children wet their pants in the early months of school. **Pack an extra pair of pants and encourage your child** to tell the teacher when they need to go to the toilet

Keep to routines that allow time for rest and play Don't plan too many activities after school or too many things errands.

Invite your child's **school friends and their parents over**. This give you a chance to share experiences, ideas and feelings with other parents.

If your child is really upset, if you are worried or bullying and teasing is occurring **talk to their teacher**

Guiding Children's Behaviour

Dealing with Common Behaviours

Settling babies, tantrums, biting and sibling rivalry are some common behaviours that parents may experience with their children. Below are some strategies in dealing with these behaviours

Strategies in settling babies:

Crying babies tend to arch their heads back and stiffen their legs. Holding them curved into a C or reflex position can help them calm down.

Try:

- Wrapping in a cotton sheet
- Dummies
- Baby slings
- Soft music, rhythmic sounds or continuous machine noises
- Long walks whilst in the pram



Strategies in dealing with biting

- Use cooled teething rings or cooled soft foods. Commercial gels are another alternative for children over 4 months old.
- If breastfeeding avoid distractions to encourage even milk flow. Remain calm if bitten; remove from breast saying NO firmly wait a few moments before offering breast again.
- Don't let your child see that you think it is funny or a game. Show your disapproval without anger and remove them from the situation. If biting re occurs after rejoining group situation, remove again for a longer period of time.
- Firmly say NO. Say we don't bite; biting hurts; separate child quickly from situation that caused biting and explain why
- Give extra attention to the child that has been bitten.
- Avoid temptation to bite child back as you should role modeling acceptable
- behaviour.

Children need consistency and positive alternatives in dealing with their frustrations.

Strategies in dealing with tantrums

- Don't try to reason with your child when they are having a tantrum, they will not be hearing you.
- Reassure your child that they are safe and that you will not punish them or leave them.
- Stay with your child during the tantrum. Hold them or stay near them where you can touch them and talk to them
- It important that you do not give them what they wanted which started the tantrum.
- Do not threaten your child as this will make them feel even more upset and frustrated
- If your own feelings are getting out of control tell your child that you will be leaving them for a short time but will be back soon. Make sure that they are safe first and that someone else is looking after them.
- Distract your child with a new activity or offering another alternative before the frustration escalates into a tantrum.
- Keep a diary when tantrums happen. Note down the time, day, what you are doing when it happens and what your child is doing. This will allow you to see any patterns to your child's tantrums allowing you to prevent in future.
- Structure time for relaxation regularly in the day such as playing soft music before a nap, a warm bath, story time, walk in the park, etc
- Plan and prepare for any outings by discussing where and why you are going out, packing a snack for them to eat and go to the toilet before leaving home



Discipline vs Punishment

What's the difference?

Disciplining children does not mean hitting them- it means giving them rules to follow, and giving consequences that they can learn from

Hitting children lowers their self-esteem and also hurts and humiliates them

Spanking a child teaches them that violence is the best method of control and encourages them to hurt other kids

There are many other ways to solve conflict – for example: talking it through, giving reasonable non-physical consequences, taking away special toys for a time etc

However, sometimes when things get really hard and you are tempted to hit your child,

Keep this list on your fridge for easy access to simple ways to avoid hurting your child

Strategies in dealing with sibling rivalry

- Step in if someone is about to get hurt or things are out of control.
- Be aware of your own feelings of when you feel angry towards one child and more loving towards another – you must remain fair.-try not to take sides.
- Encourage them to sort it out themselves.
- Remind of the family rules.
- Help them listen to each other's feelings and try to work ways to solve the problem
- Work with them to see options when they are stuck.
- Once they have agreed on a solution, check if it has worked and retry if it hasn't until a solution is reached.
- If tempers are out of control or situation is becoming violent it is important to separate the children.



Additional Support

Below are popular parenting programs available

Triple P (Positive Parenting Program)

1-2-3 Magic

Toddlers: Terrible or Terrific

To find out where and when these programs are being delivered in your local area visit

www.resourcingparents.com

www.families.nsw.gov.au

Maintaining Good Nutrition & Health

Nutrition & Bottle Feeding

At Birth

Breast milk is the best food for babies for the first 6 months; it provides all the nutritional needs. Babies who are not breast fed need to be given instant milk formula as their daily food intake.

By 6 months

Parents should start to give some solids but not before 4 months of age

Recommended first foods are:

- Rice cereal (iron fortified) mixed with breast milk or formula
- Ground rice may also be given but this does not have much iron
- Vegetable (pureed) such as potato, pumpkin, sweet potato, carrot, broccoli, peas, zucchini
- Fruits (puréed or mashed) such as apple, avocado, banana, pear, melons, tropical fruits

Its important that breast milk or formula is still the most important part of a baby's diet so give food after the breast or instant formula milk.

By 6-12 months

At this age solid foods need to become more important. All other foods can be introduced one at a time at this stage. There is no particular order that foods can be introduced but foods with iron such as meat and meat products should be started as soon as possible.

Recommended foods;

- Meat and meat alternatives-beef, lamb, pork chicken and poultry, fish, liver, kidney and legumes such as lentils, soy beans tofu, kidney and backed beans.
- Vegetable and fruits-gradually add all other fruits and vegetables eaten by the family.
- Cereal foods –wheat (such as pasta, noodles), wheat cereals and other grains such as rolled oats and rice.
- Dairy foods- cheese, yogurt and custard

Keep giving breast milk or formula milk until 12 months then change over to give food before milk between 6-9 months

By 12 months and over

Children at this stage can have normal family foods however they need to be cut up into smaller pieces. They can feed themselves with a spoon or fingers and can drink from a cup. Bottles are no longer needed this is because toddlers are growing slower and are not as hungry as when they were babies. Children at this stage can have all types of dairy foods and total dairy amount per day is 500/600mls

If still breast feeding keep breast milk intake to 3-4 times every 24 hour cycle. If still using formula the total amount including other dairy foods is 500/600mls daily.

3 good reasons to give up the bottle after 12 months of age

Babies that continue with the bottle after 12 months are more likely to get:

- **Tooth decay** - from milk, juice, soft drink, cordial, sweetened drinks
- **Ear infections** - from lying down while drinking
- **Iron deficiency** - from drinking too much milk and not enough variety in their diet

When choosing a trainer cup for your child make sure it's

- Light
- Easy to hold handles
- Plastic won't break
- Lid screws or snaps on
- Spout simple and easy to clean
- Avoid cups with teats that baby has to suck on and cups with valves that are hard to clean

Tips for Picky Eaters

Stick to the routine

Be patient with new foods

Make it fun

Recruit your child's help in preparing their own meal

Minimize distractions during mealtimes

Be sneaky and add new foods to your child's favourite meal

Don't offer dessert as a reward

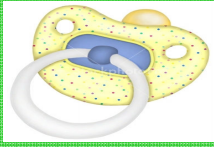
YOUR CHILD'S EATING HABBIT'S WON' T CHANGE OVERNIGHT GIVE IT TIME.

IF YOU'RE STILL CONCERNED CONSULT YOUR FAMILY DOCTOR

When to Stop the Dummy

It's a personal decision

Try not to feel rushed or pressured



REMEMBER:

Choose your timing

Talk to your child

Start by limiting the time, places

**Encourage the use of other
comforters**

**Set a time and date when you stop
the dummy**

Celebrate to mark the occasion

Try not to turn back

General tips for oral health for children

To help ensure oral health and a lifetime of good oral care habits:

- Limit children's sugar intake
- Make sure children get enough fluoride, either through drinking tap water or as a treatment at the dentist's office
- Teach children how to brush and floss correctly
- Supervise brushing sessions and help with flossing, which can be a challenge for small hands
- Encourage children to wear mouth guards during sports

For more information on dental hygiene visit:



Website

www.colgate.com.au

Or Contact:

Local Child Dental Clinic

Bankstown North Public School
322 Hume Highway, Greenacre

Ph 1300 559 393

DATES TO REMEMBER

Immunisation:

Dentist

Other (GP, Paediatrician)

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Immunisation

Immunisation is an easy, safe and effective way of protecting children and adults against harmful infections that exist in the community. All vaccinations for your child are funded by the Australian Government and are provided for free. Immunisation is not compulsory but is highly recommended for all children.

You can get your child immunised at:

- General practitioners
- Some hospitals
- Local councils
- Aboriginal Community

Your child's record of immunisations are required to be presented when the child attends child care or starts school.

Every time your child is immunised it should be recorded in the Personal Health Record (otherwise known as the Blue Book) given to parents in the hospital or birth centre after a baby is born. The Personal Health Record and clinic records are completed by the doctor, nurse or health worker giving the immunisation.

It is important to keep records of immunisations as a reminder of when immunisations are due and to assist in checking which children in the family are immunised if there is an outbreak of disease.

To find out more about immunisation visit the websites

Immunise Australia website at
<http://immunise.health.gov.au>

Or

call Immunise Australia Information Line on 1800 671 811.

For more information about the
Australian Childhood Immunisation Register, visit the
Immunisation Register website at

www.medicareaustralia.gov.au or call 1800 653 809.

The Bankstown City Council immunisation clinics at Women's Rest Centre/ Clinic, Swane Reserve, North Terrace Bankstown run every second Tuesday from 12.00 noon to 2.00 pm and from 6.00 pm to 7.30 pm. All clinics are by appointment only. For more information on immunisation within the area, phone Council (02) 9707 9651.

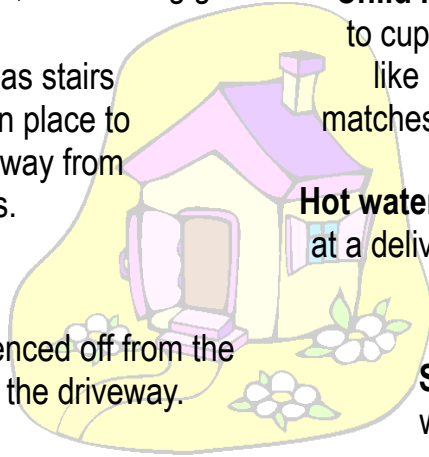
Keeping Children Safe

HOME FEATURES THAT HELP KEEP KIDS SAFE

Pools (and spas) that are fully fenced, with well maintained, self-closing gates.

Barriers such as stairs and fireguards in place to keep children away from hazards.

Play areas fenced off from the street and the driveway.



Child resistant catches fitted to cupboards where dangers like medicines, cleaners, matches and lighters are stored.

Hot water from bathroom taps set at a delivery temperature of 50°.

Smoke alarms installed with Fire Brigade advice and checked regularly.

Some recent risks identified in households include dangers around treadmills and falls from windows with fly screen in which children often assume as secure fixtures.

Preventing Accidental Poisoning

Some common household poisons and or chemicals include;

- Medicines-over the counter and prescriptions
- Household cleaners-dishwashing liquid, bleaches
- Household chemicals-glue, paints, petrol
- Fertilizes and pesticides.
- Cosmetics-nail polish remover, perfumes.
- Cigarettes, caffeine & alcohol.

Safety Steps to Prevent Poisoning

- Store all poisons and medicines in locked or child restraint cupboards
- Throw out unnecessary or expired medications and poisons
- Keep all poisons and medicines in original containers that are clearly labeled
- Return all poisons to their safe storage immediately after use
- Supervise children's use of poison and medicine at all times
- Always follow the directions for use given on the packaging
- Do not share medicines between family members

Additional Support
For more information visit/call



website: www.kidsafensw.org
Ph: (02) 9845 0890



website: www.napcan.org.au
Ph: 02 9269 9200

POISONS INFORMATION CENTRE

13 11 26

Call from anywhere in Australia—24 hours a day

Being safe means not having to worry about grown up things, not being scared all the time, people listening to what children say and knowing what will happen every day.

Tips for keeping children safe

Know where your child is at all times and have phone numbers of people who are taking care of them

Teach children their home phone number

Encourage your child to talk to their teacher or somebody they trust if something is wrong

Encourage your child to express their feelings and emotions

Get to know who your child's friends are

Let your child know that they can tell you about things that worry them and make the time to listen

If you see changes in your child's behaviour that concerns you, don't hesitate to ask for help or advice from teachers, doctor etc...

Teach your child practical ways to keep safe, tell them that they are allowed to say 'no' to people who make them feel uncomfortable

Let children know that they are in charge of their bodies and that if anyone touches them in a way that they don't like, they can tell somebody they trust

Help children to think of people in their lives that they trust and who will listen and believe them

Toy Safety Checklist



- Check for sharp edges or rough surfaces that can cause cuts and splinters
- Buy washable, non-breakable toys for babies. Anything small enough to fit into a 35mm film canister can choke a child less than three years of age
- Look for toy chests with removable lids. Any chest big enough for a child to crawl into must have ventilation holes
- Read the labels on toys. *"Not suitable for children under three"* means that there are small parts which could be swallowed; it is not about skill level or intelligence
- Check toys regularly for loose parts that children might put in their mouth
- Check that there are no gaps or holes that could squash a child's fingers
- Be careful of toys that make loud noises; they can be harmful to a child's sense of hearing. Pay attention to toys that are held against the ear, such as walkie-talkies and toy mobile phones
- Check for ventilation before buying tents, masks, helmets etc
- Ensure ride on toys are stable, appropriate to the age of the child and will not tip over
- Toy bikes should have really good brakes

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Think! Road Safety

When children are walking near roads, footpaths, driveways and car parks

- Hold their hands until they are at least 8 years old
- Ensure they hold onto a pram, stroller, bag, trolley or your clothing if you cannot hold their hand
- Closely supervise them up to at least the age of 10



Before driving with children

Visit an RTA authorised restraint fitter who will make sure each child's restraint is:

- Certified to meet the Australian Standard
- Correctly installed and checked
- Correct for the child's size according to regulations

NEW REGULATIONS FOR CHILD CAR RESTRAINTS

From 1 March 2010:



- Children younger than six months must be secured in a rearward facing restraint.
- Children aged six months to under four years must be secured in either a rear or forward facing restraint.
- Children aged four years to under seven years must be secured in forward facing child restraint or booster seat.
- Children younger than four years cannot travel in the front seat of a vehicle with two or more rows.
- Children aged four years to under seven years cannot travel in the front seat of a vehicle with two or more rows, unless all other back seats are occupied by children younger than seven years in a child restraint or booster seat.

Bankstown Council Road Safety Officer ph: 9707 9424 organises free child restraint fitting sessions throughout the year, alternatively you can call 13 22 13 to find your nearest RTA Authorised Fitting Station



When driving with children

Make sure they -

- are always buckled up in their child seat or booster and stay buckled up, awake or asleep, no matter how short the journey
- enter and exit the car through the 'Safety Door' – usually the rear kerbside door
- sit in the back seat whenever possible.

When children are at play

- make sure the area is safe and away from traffic and water
 - actively supervise them while they are playing
- check they are wearing a correctly fitted helmet, protective clothing and shoes when riding wheeled toys and bikes.

Additional Support

For more information on road safety visit or call

KIDS and TRAFFIC

Early Childhood Road Safety Education Program

Web: www.kidsandtraffic.mq.edu.au

Ph: (02) 9805 3200



Website: www.rta.nsw.gov.au

Ph 123 213



**MOTOR ACCIDENTS
AUTHORITY**

Websites: www.maa.nsw.gov.au

Ph : 1300 137 131

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TEACH YOUR CHILD TO BE A SAFE CYCLIST



C.A.R.E.S. (Community and Road Education Scheme)

This program is organised by the Bankstown Council Road Safety Officer and staffed by the Police who work to educate children about safe cycling.

Program Activities: The C.A.R.E.S program provides children with a wide variety of practical activities and classroom lessons that develop their road safety knowledge and practical cycling skills.

Where : Located at Trebartha Street, Bass Hill

When: Open during school terms for school children on class excursions. Also the C.A.R.E.S program is open to the general public at selected times during school holiday periods. Group bookings of 20 children or more are also available during the school holidays. An adult must accompany children at all times

Cost: \$5 per child. This cost includes a drink and a sausage sizzle

**For information and bookings call Bankstown Council
Road Safety Officer 9707 9424**

Seeking Additional Support

Find out About Childcare

Child Care Access Hotline:
1800 670 305

NSW Family Day Care
1300 301 998

Children's Services Switchboard
9557 0900 and 1800 803 820
www.community.nsw.gov.au

Bankstown Council's
Customer Service Centre
9707 9999

Bankstown Children's Services
Community Development Officer
9796 1561
cscdo@bcrg.org.au



Neighbourhood Centres

Provide a range of services, information & referral to local communities.
Support groups, financial help, English classes, after school care etc.

Chester Hill Neighbourhood Centre
89 - 91 Waldron Rd. Chester Hill

9645 3700

Coolaburro Neighbourhood Centre
11 Ryan Rd, Padstow

9774 2426

Creating Links
7/372 Chapel Rd, Bankstown

8713 7700

Greenacre Neighbourhood Centre
71 A Waterloo Rd, Greenacre

9750 7982

Woodville Community Services
Kamira Crt, Villawood

97243807

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Health Services

Bankstown Community Health Centre 36-38 Raymond St Bankstown	9780 2777
Immunise Australia Program Info Line Information support line to help parents on children's immunisation.	1800 671 811
Bankstown Hospital (24 hours)	9722 8000
Poison Information Centre (24 hours)	131126
Dental Emergency Info Service (After hours)	9369 7050
Chemist Prescriptions Emergency Services (24 hours)	1300 882 294

Ante-Natal & Post-Natal Services / Helplines

Information, referral and support for new mothers

Breast Feeding Help Line	8853 4999
Karitane Care Line (24hr)	1800 677 961
Prenatal Classes (Bankstown Hospital)	9722 8000
Tresillian Parents Help Line (24 hr)	1800 637 357
Dial-a-Mum Inc	94776777

You can find information on fun things to do with children in the **Bankstown Community Information Directory**.

You can get a copy call **Bankstown City Council** on **9789 9300** or the **Community Information Officer** on **9789 9441**.

You can also find information on the Bankstown City Council's website at www.bankstown.nsw.gov.au

There are many resources and local services to support families within the community .

Helplines for Families

Child Protection Helpline	132111
Domestic Violence Line (24 Hour)	1800 656 463
Child Abuse Prevention Service (CAPS) – 24 hr Crisis Line	1800 688 009
Kids Help Line	1800 551 800
Parent Line	13 2055
Early Childhood Intervention Info line For families with children with additional needs	1300 656 865
NSW Interpreting and Translating Hotline (24 hours)	1300 651 500



Useful Websites

Bankstown Community Resource Group-a community based organisation providing information on a variety of services and community events
www.bcr.org.au

Families NSW - The NSW Government's prevention and early intervention strategy for families expecting or with children aged 0-8 years.
www.families.nsw.gov.au

Community Services (formerly known as the Department of Community Services) promotes the safety and well-being of children and young people and works to build stronger families and communities. The web site has information on child protection services, parenting, support and early intervention, foster care, adoption services and help for communities affected by disaster.
www.community.nsw.gov.au

Raising Children –A premium website containing information, resources and links on a diverse range of general and specific child related topics
www.raisingchildren.net.au

IMPORTANT CONTACT NUMBERS

Ambulance 000

Police 000

Fire Brigade 000

Family GP Name: _____
Ph: _____

Paediatrician Name: _____
Ph: _____

Neighbour with a car Name _____
Ph _____

Playgroup/Childcare Name _____
Ph _____

School Name _____
Ph _____

Other Name _____
Ph _____

Other Name _____
Ph _____

Other Name _____
Ph _____

Other Name _____
Ph _____

Other Name _____
Ph _____

