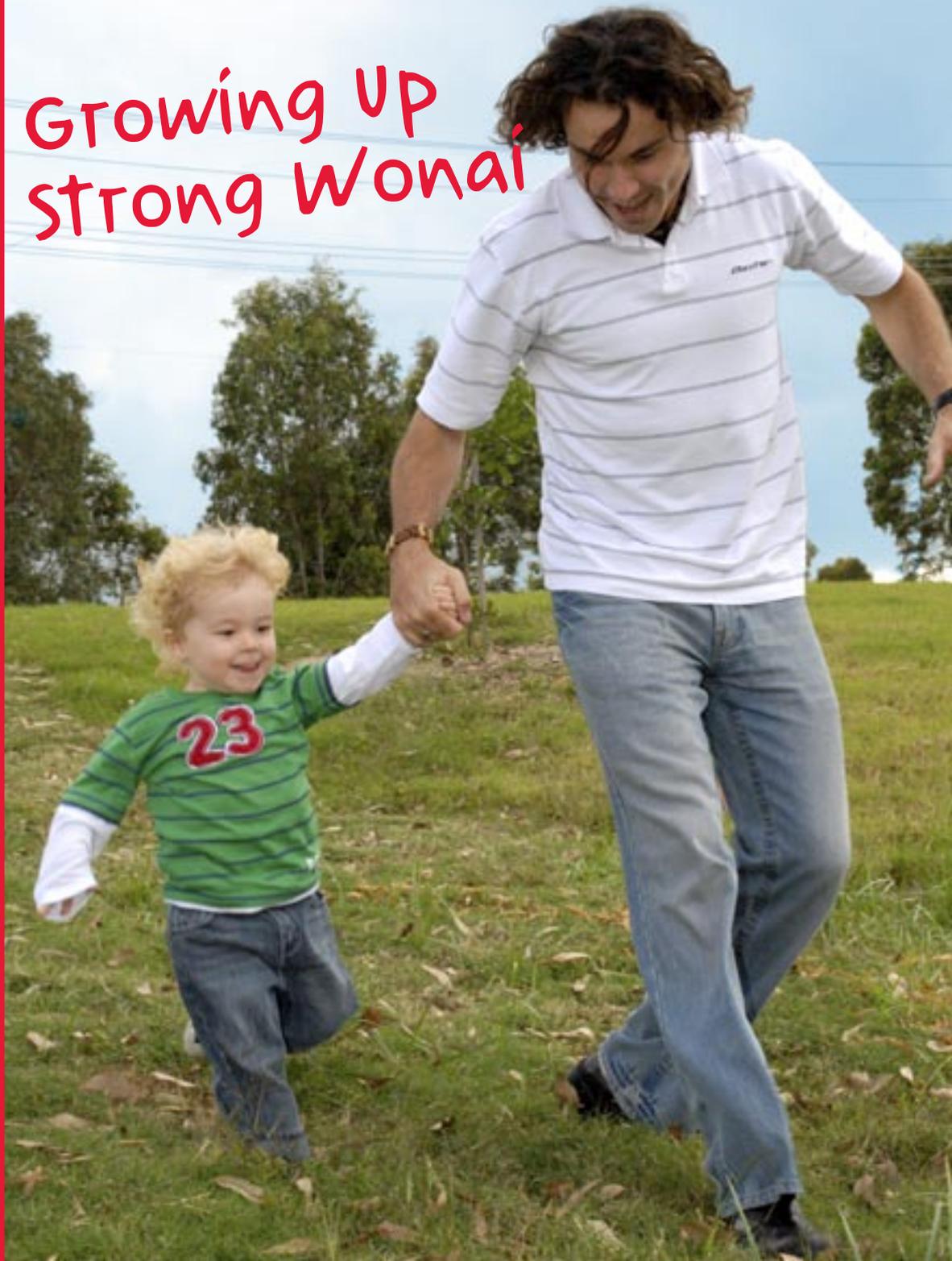
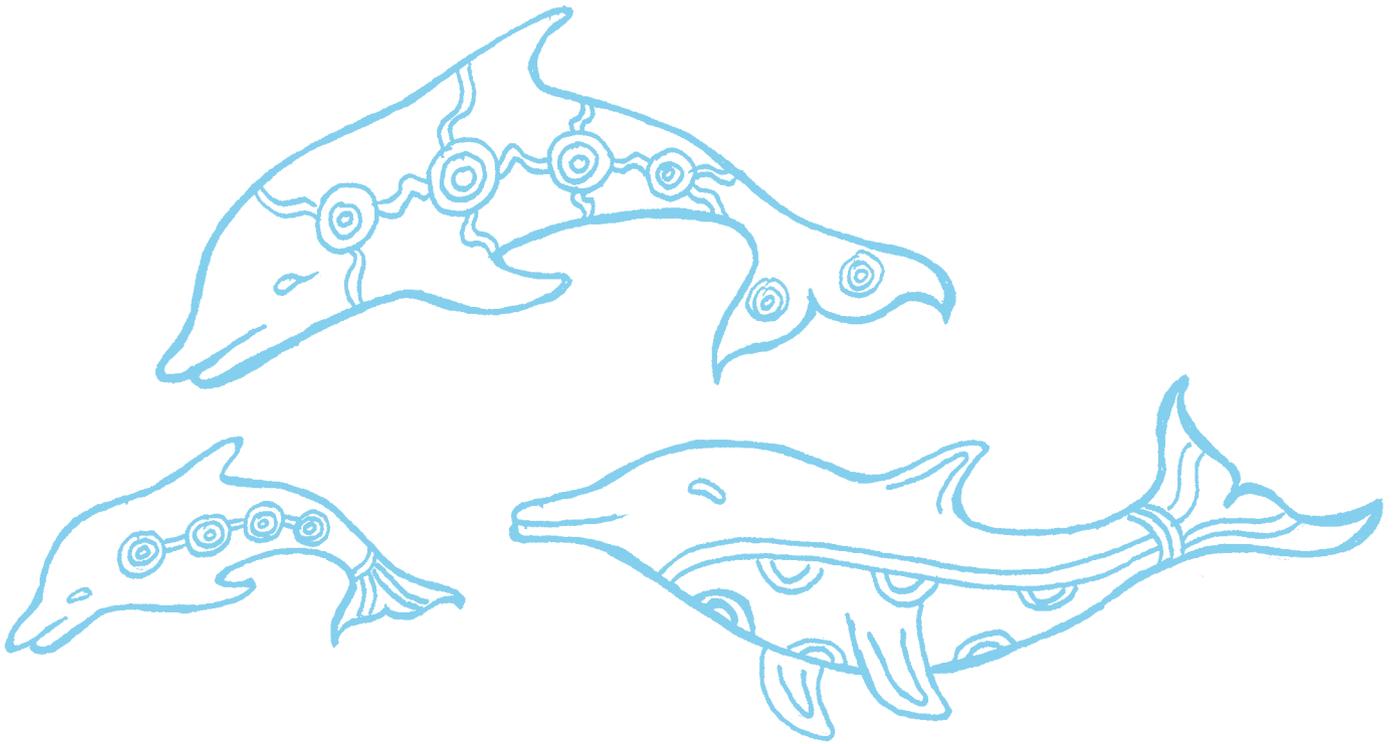


Growing Up Strong Woiwoi





Growing Up
Strong Wōnāi

Acknowledgements

This book was adapted from the Far North Coast Aboriginal parenting book, *Doordarnbee Muggy Jarjums*.

Thank you to the Reference Group members: Carol Anderson, Emma Beckett, Thomas Croft, Lowana Fox, Sharon Grunwald, Barbara Kelly, Petrice Manton, Narelle Miller, Dianna Newman, Carissa Paglino, Michelle Perry, Joy Reid, Frances Riley, Carolyn Ripper, Nadine Russell.

Our families were photographed at Woodberry Family Centre. Special thanks to all the families who gave their time to be photographed for this book.

Our appreciation to Contact Inc for their parenting resources which have been invaluable in the development of this book. For more information about Contact Inc call 02 9251 4431.

Thank you to Worimi Local Aboriginal Land Council and Arwarbukarl Cultural Resource Association Inc. for assistance with language translation.

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This book was funded through the Aboriginal Child, Youth and Family Strategy (ACYFS), a NSW government initiative supporting Aboriginal children and families.

More copies are available from:

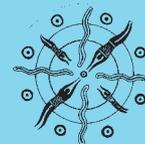
Birra-li Aboriginal Birthing Service
Ph: 4921 3082

Muloobinba Aboriginal Corporation
Ph: 4953 9499

Published by
Arwabukarl Cultural Resources Association Inc.
July 2008
ISBN 978-0-9804680-4-5



**Aboriginal
Child, Youth
and Family
Strategy**



**Proud communities
Strong families**

Introduction

This book is a resource for Aboriginal and Torres Strait Islander parents and Family Workers in the Hunter Region of NSW.

Between the ages of 0 and 5 our burray's brains and bodies are developing and growing fast. This first stage of life is the most important time for parents to spend with their burray and wonai and make sure that they get a good start in life.

Our burray and wonai need us to love them and to help them feel safe and secure.

This book talks about how we can help burray and wonai to grow up strong by spending time with them—cuddling, playing, singing, reading, listening, telling stories and talking.

The book includes:

- Information about what burray and wonai do at different stages
- Ideas about things we can do with our burray and wonai
- Games and activities
- Contacts to help with parenting

Burray and wonai are important to the whole community. We need to make sure that they grow up healthy, strong and proud Kooris.

Being a parent can be hard at times. Don't be shamed to ask for help. There is a contact list in the back of this book with important phone numbers for people you can call if you need help or support.

The language used in this book is from both the Awabakal and Worimi people although it is acknowledged that the Hunter Region is home to mobs from all over Australia.

This book has been developed as part of the Aboriginal Child, Youth and Family Strategy which is a NSW Government initiative.



Pregnancy



Looking after yourself during pregnancy is just as important as looking after your burray after the birth. What you eat, drink and do to your body during pregnancy will affect the development of your unborn wonai.

If you think you are pregnant, visit a doctor or midwife.

Early and regular checkups are important for mother and burray's health & wellbeing.

DON'T DRINK ALCOHOL or TAKE any DRUGS (including Yarndi). They can damage a burray's brain. They can cause learning and behaviour problems.

Always let your doctor know you are pregnant. If your doctor orders a medication, always follow the directions given.

DON'T SMOKE—smoking may affect an unborn burray's growth. The risk of SIDS (Sudden Infant Death Syndrome—Cot Death) is increased if the mother smokes during pregnancy.

HEALTHY EATING—avoid takeaway meals; eat fresh meat, fish, fruit and vegetables. Milk, cheese and yoghurt form strong bones. Healthy eating builds healthy mothers and burray.

EXERCISE—walking keeps you healthy. Take your unborn burray for a 30 minute walk each day.



Newborn burray 0-3 months

In the first few weeks of life burray will spend a lot of time sleeping and feeding.

All burray like to be held close, cuddled and rocked.

Burray like to look at faces and listen to voices. They are curious about what they see and hear.

Newborn burray like to feel secure. Burray will get to know you very quickly and rely on you for food and love. Being close to mum is very important for a new burray.

Newborn burray do not cry to 'get attention' or 'get at' their parents. They cry because they are hungry, wet, need a cuddle or need to sleep.

You can't spoil burray by giving it too much attention.

Burray will be upset by loud noises, sudden movement and angry voices.

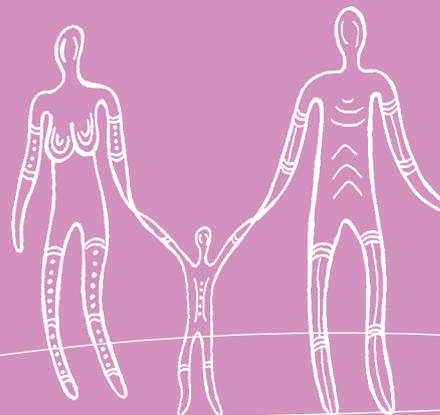


No matter how tired, angry or frustrated you feel—NEVER shake a burray. If you feel upset tell someone else and get some help.



Between 0 and 3 months
burray will start to:

- smile
- watch faces
- listen to your voice
- lift up their head
when lying on belly
- kick their legs
by 2 months
- laugh by 3 months.



What you can do:

Give burray lots of attention. Cuddle your burray.

Talk, sing and hum to your burray. Play music to burray.

When burray makes a sound, smile and talk back and say their name.

Carry burray in a sling close to your body.

A quiet time before sleep helps burray settle.

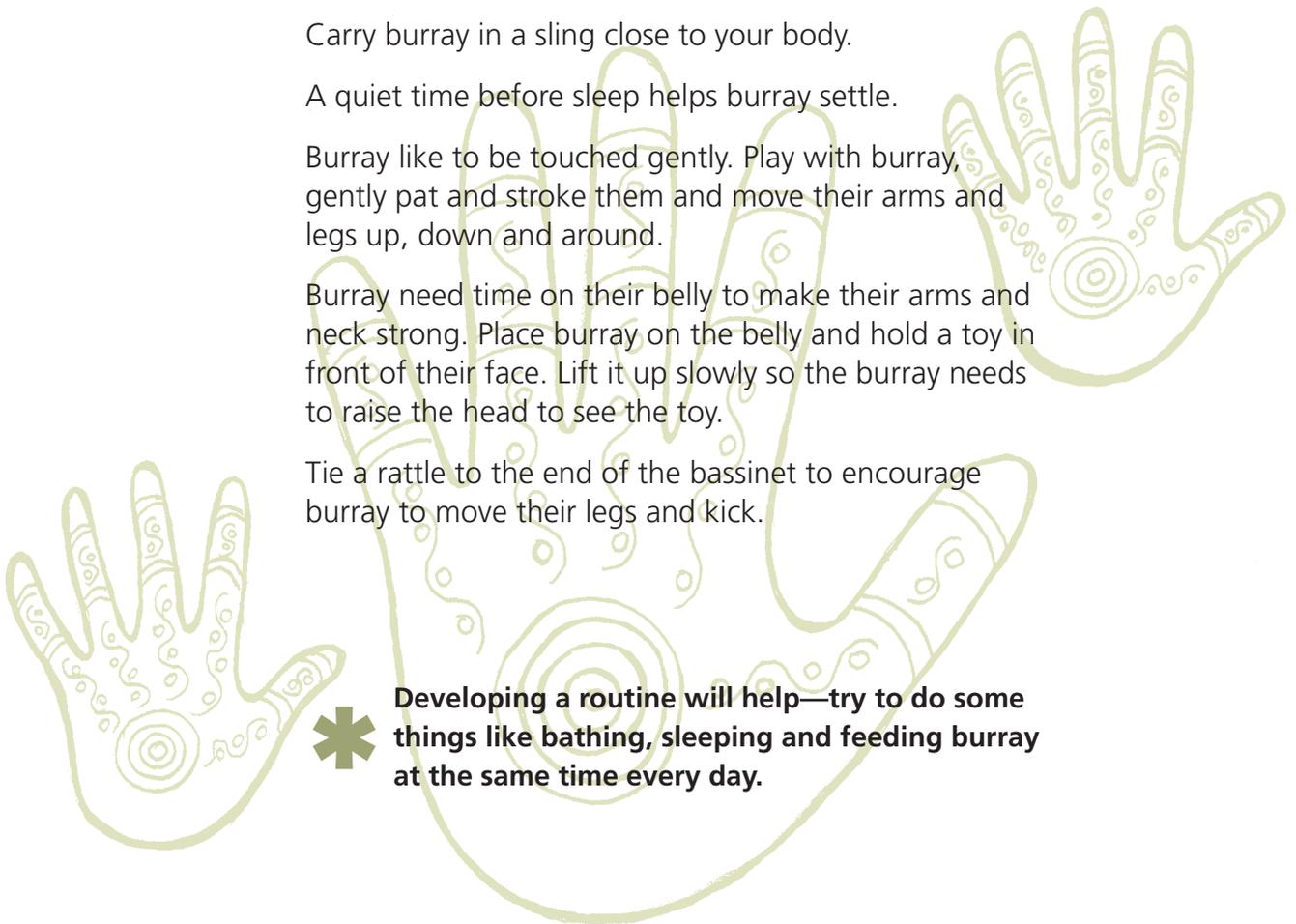
Burray like to be touched gently. Play with burray, gently pat and stroke them and move their arms and legs up, down and around.

Burray need time on their belly to make their arms and neck strong. Place burray on the belly and hold a toy in front of their face. Lift it up slowly so the burray needs to raise the head to see the toy.

Tie a rattle to the end of the bassinet to encourage burray to move their legs and kick.



Developing a routine will help—try to do some things like bathing, sleeping and feeding burray at the same time every day.





YOUR BURRAY 3-9 MONTHS

Burray is growing and you are learning about each other every day.

Burray loves to be with you and is learning that you are the person who provides care and love.

Burray will start to move around more. Playing and moving will help burray grow stronger.

Burray loves to smile and feels safe and happy when the people around are happy.

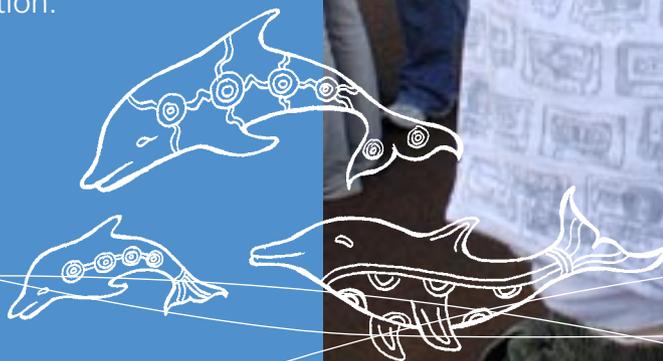
Never leave burray alone on a bed where they could fall off.



From 6 months burray will start to eat mashed food. Burray needs healthy food to grow strong. Get advice from a Family Worker or Health Centre.

Between 3 and 9 months
burray will start to:

- smile a lot
- make gurgling noises
- reach out to grab things
- hold and shake a rattle
- make sounds and 'talk'
- roll over from front to back
- push up and then sit up
- play with toes
- be interested in animals
- talk in 'baby language' and say short words like "mama", "dada", "no"
- pull up to a standing position.



What you can do:

Talk to burray all the time and tell them about what you are doing.

Repeat simple sounds like “maa” and “daa”.

Make faces and blow raspberries on burray’s belly.

Sing and play music.

Give burray lots of cuddles and hold burray close.

Give burray time on the floor without a nappy so burray can kick and move about.

Put burray on the tummy to make the back strong and help burray to start crawling.

Burray love to hold things—give burray a rattle, a toy or a plastic or wooden spoon to play with. Make sure it’s smooth and too large to swallow.



Burray are happy and settled when life is predictable—try to have a routine for feeding and sleeping. Burray will need regular sleeps throughout the day.

Games for you and burray 3-6 months

Peek-a-boo

Cover your face with your hands or a scarf and then show your face and say “peek-a-boo”. Burray are happy to do this over and over again.

Mirror game

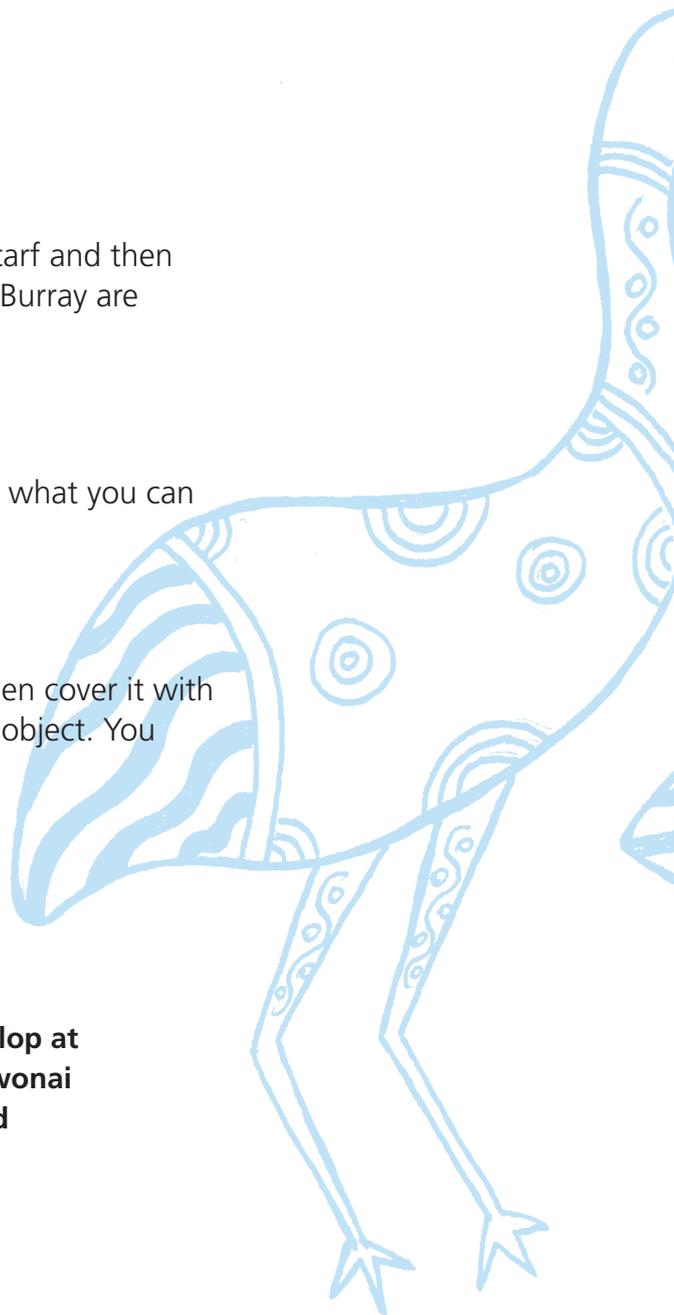
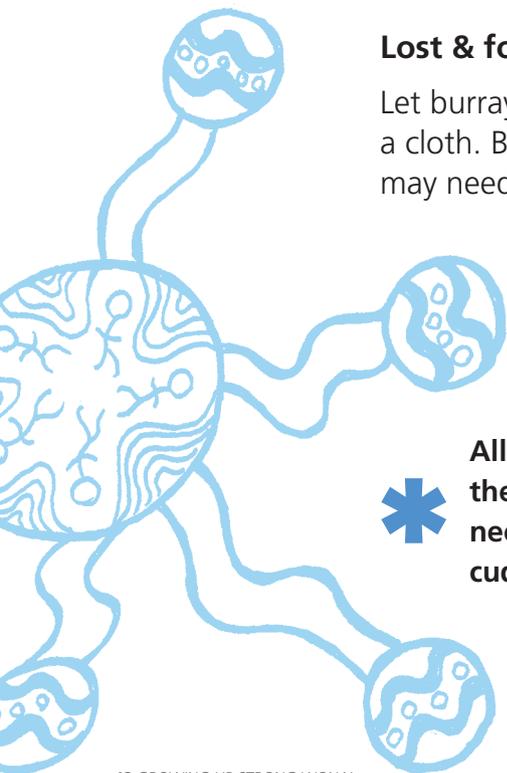
Let burray look in the mirror. Talk about what you can see—burray, nose, eyes, ears.

Lost & found

Let burray play with a cup or toy and then cover it with a cloth. Burray will look for the missing object. You may need to help burray find it.



All wonai are different and develop at their own pace. The thing your wonai needs most is your love, care and cuddles.





Games for you and burray 6-9 months

Chasing

Give burray a head start and then crawl after burray. When you catch up, give them a cuddle. You can also help burray to chase balls or rolling toys.

Hide and seek

You can hide under a table or behind a door and call out to burray—can they find you?

Imitation games

Burray love to imitate you—laugh, cough, clap your hands and move your arms and watch burray try to do the same.

Round and round the garden

Trace a path on the burray's palm as you sing:

Round and round the garden, like a teddy bear,

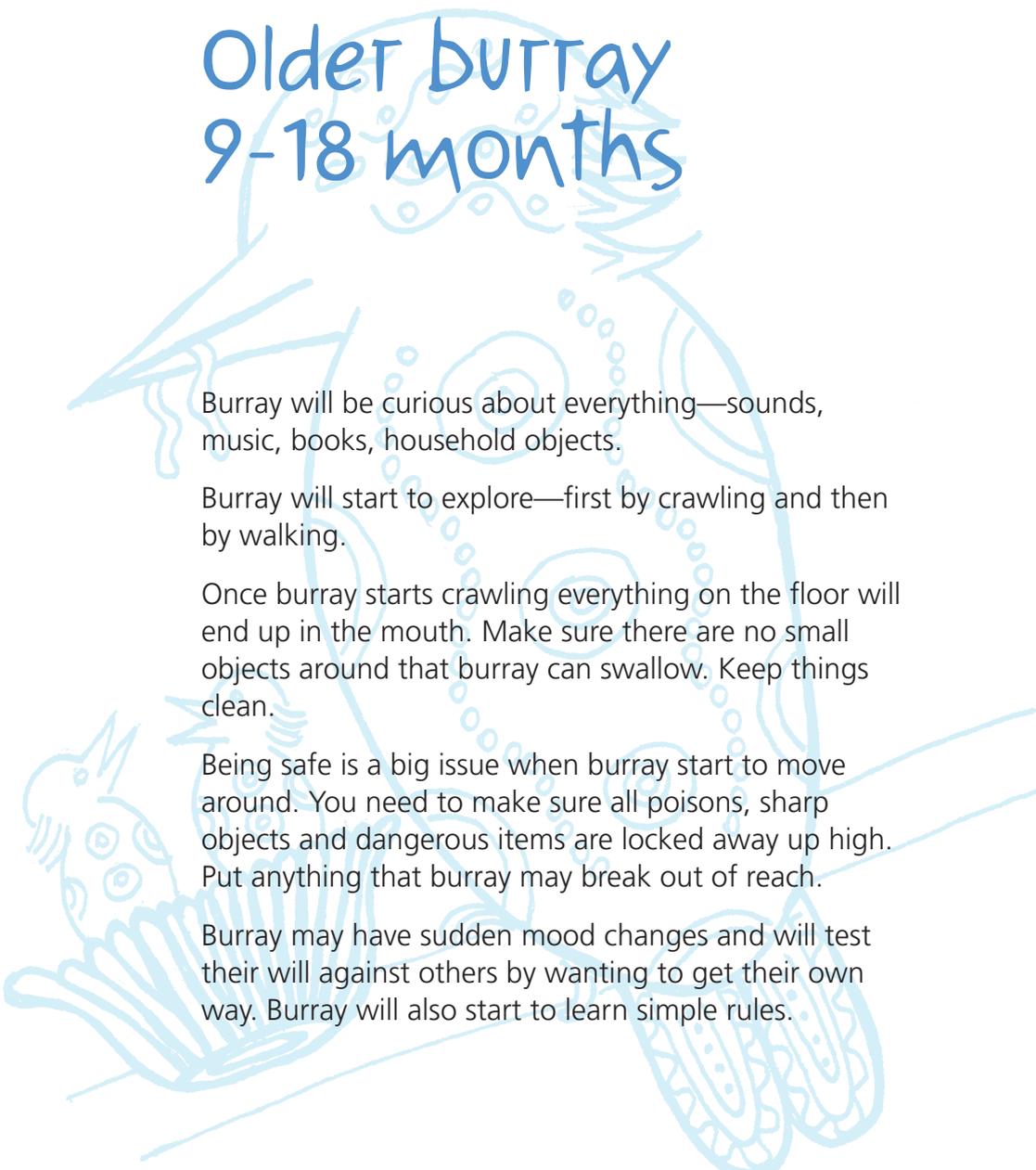
One step, ... two steps ...

(walk your fingers up burray's arm)

Tickle under there.

(and tickle burray's armpit)





Older burray 9-18 months

Burray will be curious about everything—sounds, music, books, household objects.

Burray will start to explore—first by crawling and then by walking.

Once burray starts crawling everything on the floor will end up in the mouth. Make sure there are no small objects around that burray can swallow. Keep things clean.

Being safe is a big issue when burray start to move around. You need to make sure all poisons, sharp objects and dangerous items are locked away up high. Put anything that burray may break out of reach.

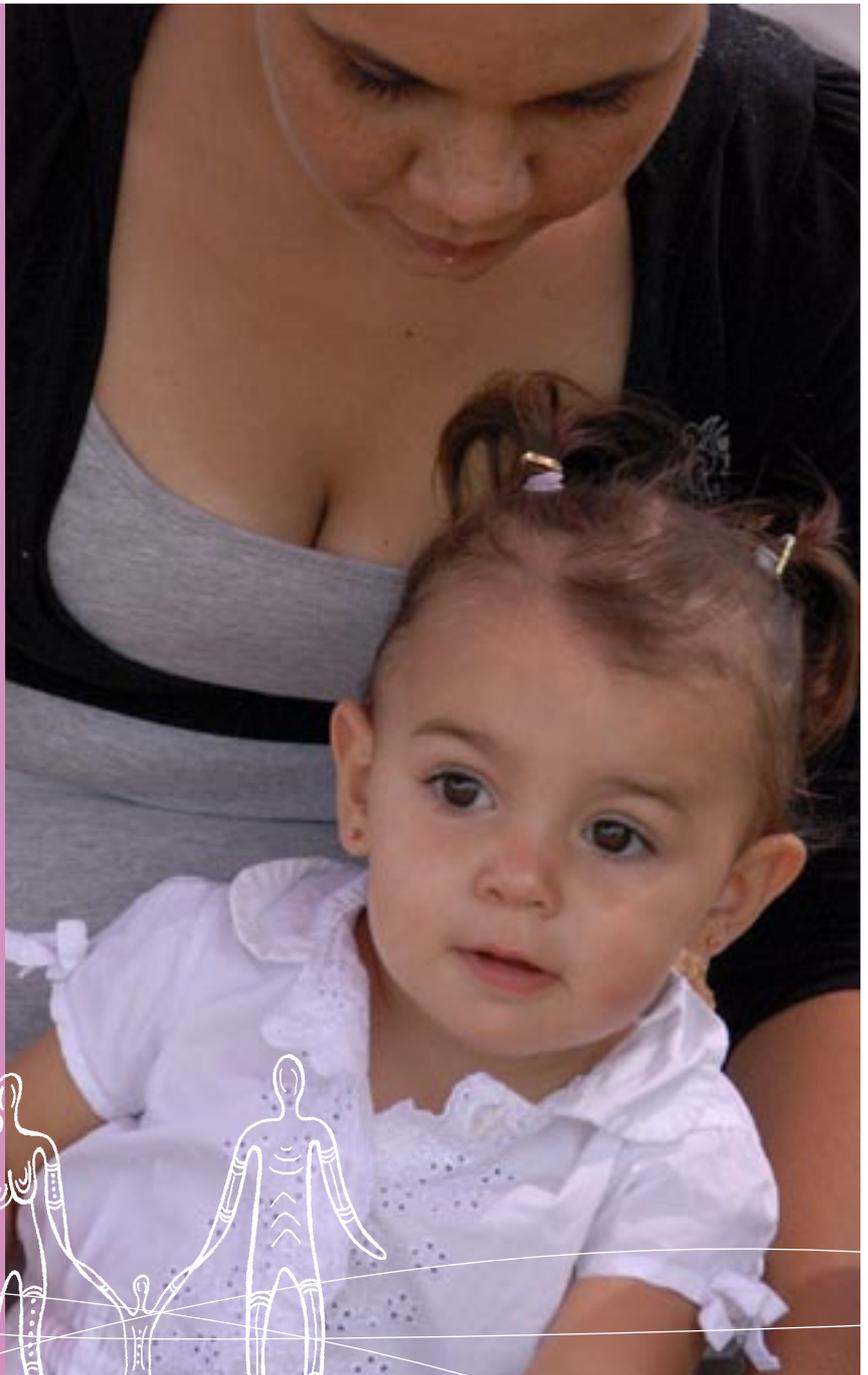
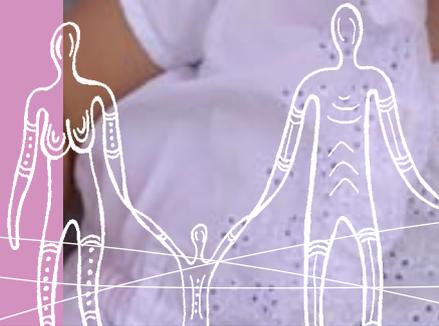
Burray may have sudden mood changes and will test their will against others by wanting to get their own way. Burray will also start to learn simple rules.

Between 9 and 18 months
burray will start to:

- crawl
- stand up
- climb
- find out about objects by pushing, pulling and banging
- take their first steps
- look up when you call their name
- imitate sounds
- say a few words
- shake their head and say "no"
- smile and laugh to attract your attention
- play with everything they can get their hands on.



**Burray will practice
these new skills over
and over.**



What you can do:

Burray always needs lots of cuddles and attention.

Play, talk, laugh and sing with burray.

Give burray pots and spoons to bang.

Cuddle and roll on the floor together.

Take burray outside, point to trees and animals and say their names.

Hold burray on your lap and show them books, pictures, photo albums. Point at the pictures and talk about what's happening in them.

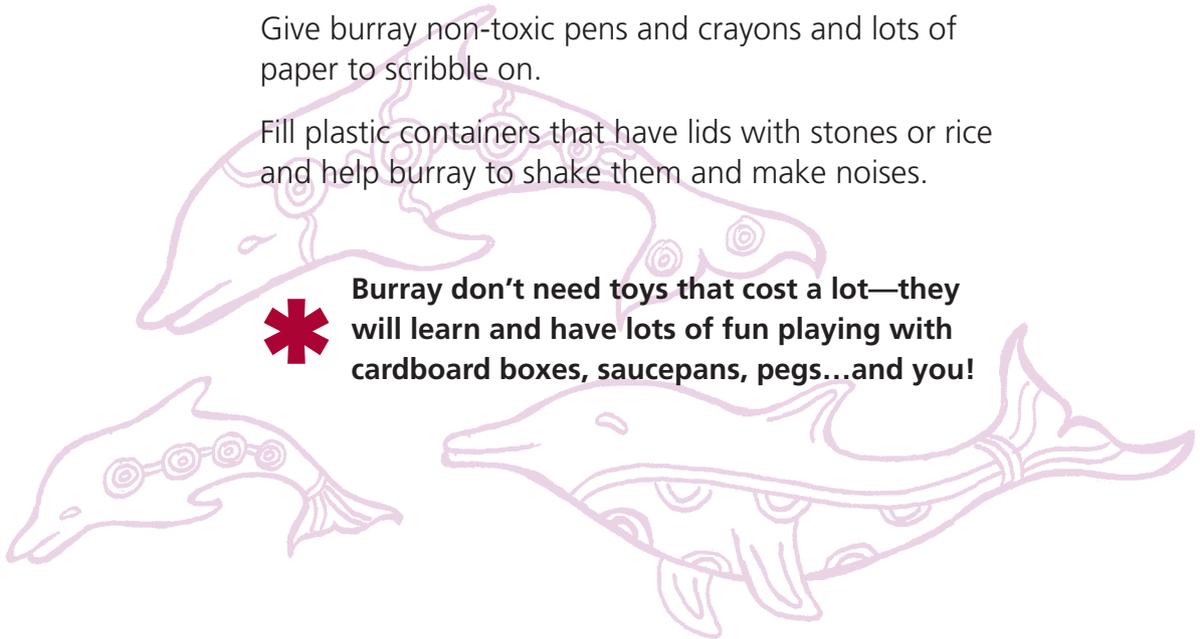
Read simple picture books to burray.

Give burray non-toxic pens and crayons and lots of paper to scribble on.

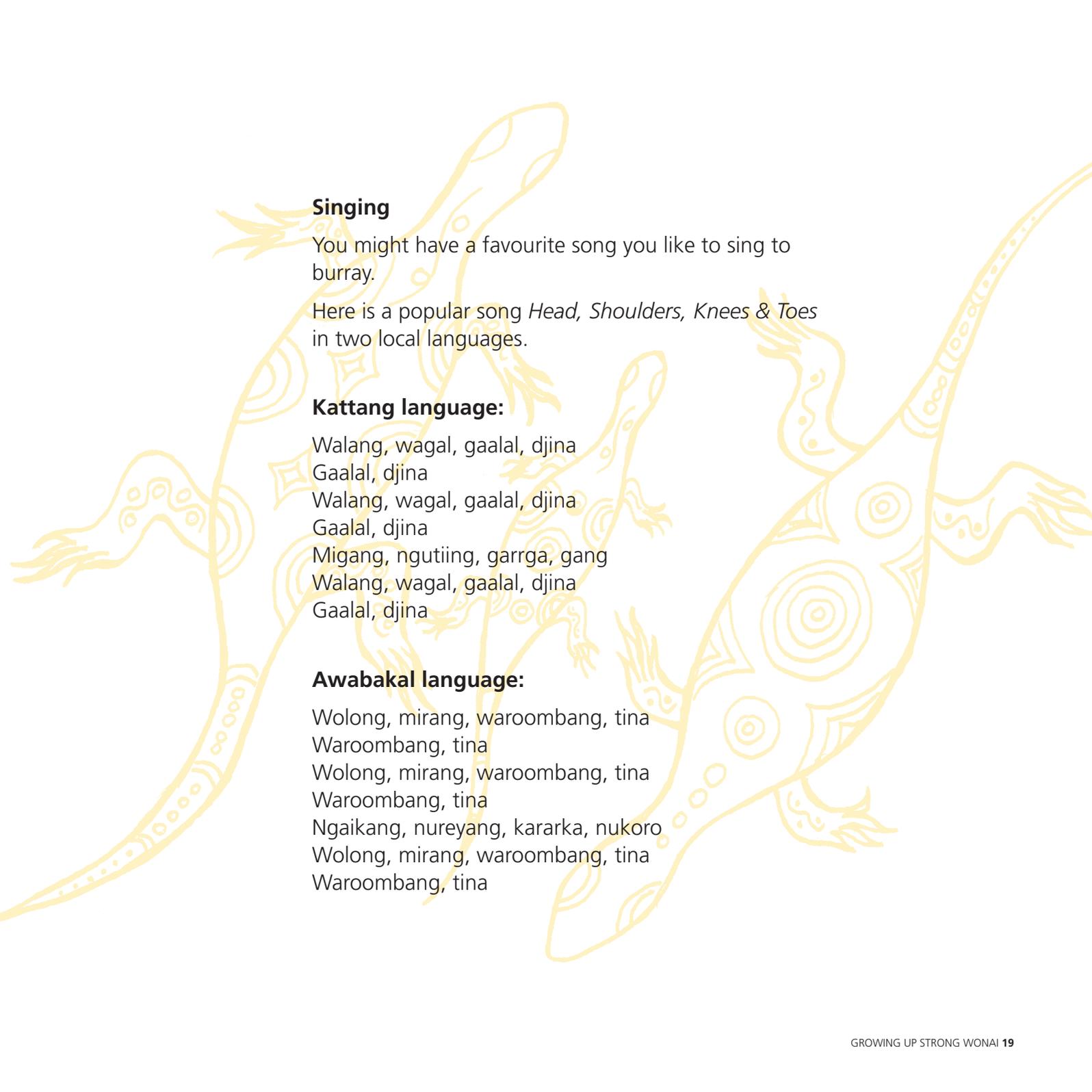
Fill plastic containers that have lids with stones or rice and help burray to shake them and make noises.



Burray don't need toys that cost a lot—they will learn and have lots of fun playing with cardboard boxes, saucepans, pegs...and you!







Singing

You might have a favourite song you like to sing to burray.

Here is a popular song *Head, Shoulders, Knees & Toes* in two local languages.

Kattang language:

Walang, wagal, gaalal, djina

Gaalal, djina

Walang, wagal, gaalal, djina

Gaalal, djina

Migang, ngutiing, garrga, gang

Walang, wagal, gaalal, djina

Gaalal, djina

Awabakal language:

Wolong, mirang, waroombang, tina

Waroombang, tina

Wolong, mirang, waroombang, tina

Waroombang, tina

Ngaikang, nureyang, kararka, nukoro

Wolong, mirang, waroombang, tina

Waroombang, tina



Wonai

1¹/₂-2¹/₂ years

Burray is growing into a wonai now. Wonai like to explore and will sometimes fall. They are watching and learning all the time.

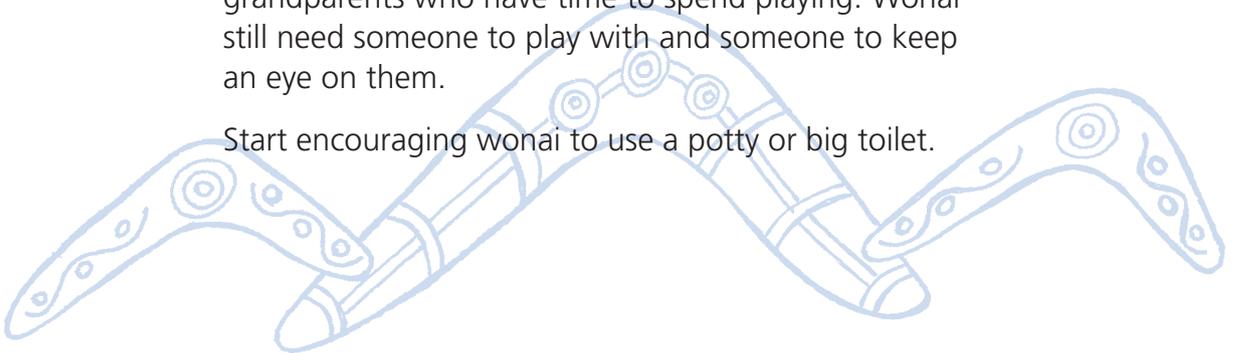
They can understand many more words than they can say.

Wonai like to make a noise. They are learning to talk. You can help by talking, playing and singing with them.

Wonai do not understand 'sharing' or 'waiting'. Now is the time to start helping them to understand how to take turns and how to share.

Wonai will enjoy being with older kids, cousins and grandparents who have time to spend playing. Wonai still need someone to play with and someone to keep an eye on them.

Start encouraging wonai to use a potty or big toilet.





Between 18 months and 2½ years wonai will start to:

- kick and throw a ball
- hold objects
- imitate sounds
- use simple words like “mum”, “milk”, “sore”
- name foods and body parts
- understand questions
- help with simple tasks
- use pencils and crayons
- play alone
- repeat games and words
- feed themselves
- turn knobs and push buttons.



What you can do:

Wonai love music—sing, play music and dance with them.

Take wonai exploring—a garden or a park can be an exciting place.

Sit wonai on your lap to look at books.

Help wonai to point at the pictures and name things: “look—a big brown dog”. Let wonai turn the pages.

At this age, wonai love to pretend and imagine—a box of old clothes and shoes, towels and hats can be hours of fun. A sheet over a couple of chairs can be a place to hide.

Talk to them and repeat the words they have said. Tell them the name of objects and then ask “what’s that?”.

Wonai love to help—involve them in daily routines like hanging out the washing or washing the floor.



All wonai need cuddles and hugs so they know you care about them and that they are loved.

Games for wonai

Cardboard boxes

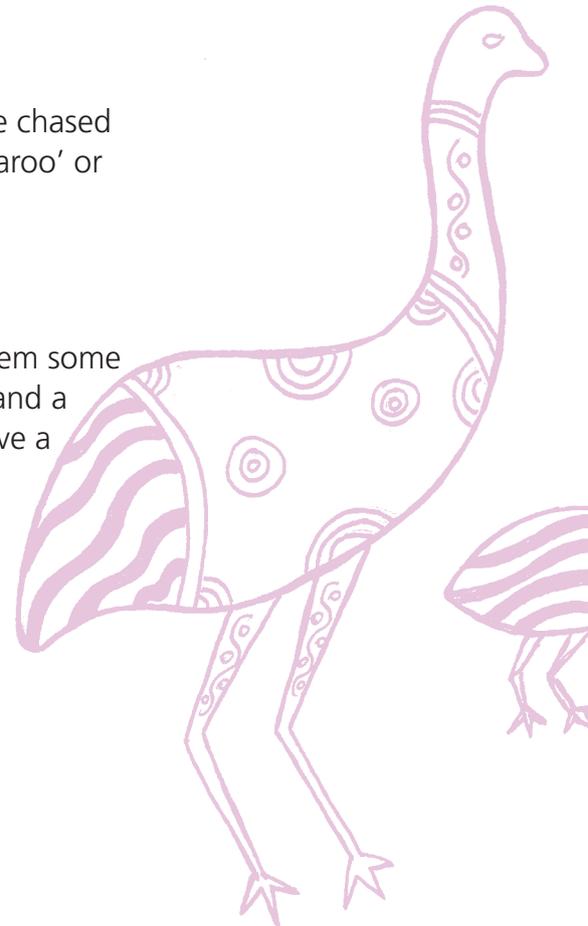
Cardboard boxes are great toys. They can be taped together, painted and decorated to become cars, towers and tunnels. Cut windows and a door into a large box and you have a house.

Chase me

Wonai will start to run and they will love to be chased and caught. They also like to hop 'like a kangaroo' or run 'like the wind'.

Sand or water play

Wonai love to play in sand and water. Give them some plastic containers like mugs, buckets, spades and a funnel with a tray of water or sand. Never leave a wonai alone with water.



Word games

Touch and talk—say “this is your nose” and touch wonai’s nose, “this is your ear” and touch their ear. There are Kattang and Awabakal words for body parts at the back of this book.

While dressing—“where do your shoes go?”

As you cook—“what will I use to mix the cake?”

Playgroup

Playgroups are a great place for wonai to go to meet with other kids, learning through play and activities. They are also a great place for mums, dads, aunties, uncles and grandparents to talk to other parents or early childhood specialists for advice and support.





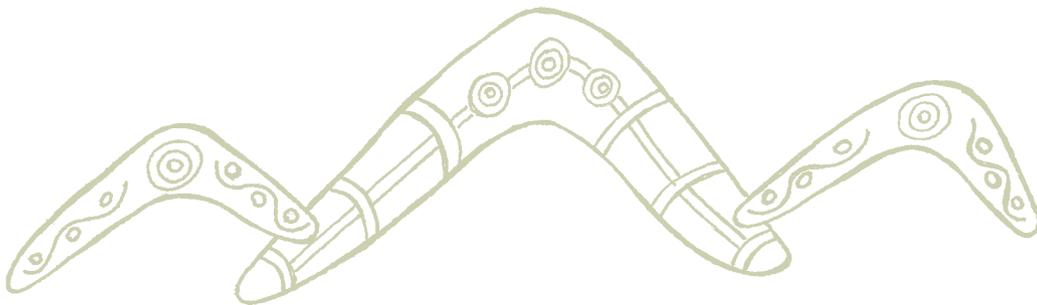
Growing up fast

2¹/₂-3¹/₂ years

Your wonai is growing up fast, learning new things everyday. They can say more words, ask more questions, follow simple directions and do more things by themselves.

Wonai learn through play. They don't need expensive toys but they need you to spend time with them—get down on their level and join in the fun.

Your wonai is also learning to be independent and this can mean tantrums, not wanting to share and fighting with other children. They can be bossy and start giving orders like “go away”.





Between 2½ and 3½ your wonai will:

- use words together. For example: “go potty now”
- run around and fall over a lot
- walk up stairs
- jump with two feet
- help dress themselves
- ask lots of questions
- know their full name
- start to understand ‘sharing’
- copy words and actions
- make music, sing and dance
- like stories and books.



What you can do:

Spend time with your wonai—play and talk with them.

Yarnin' up (telling stories)

Share your stories and listen to wonai's stories. They are learning about you and the world around them.

Learning skills

Wonai are learning every day—show them how to put on clothes the right way, do up and undo buttons and zips. Try lacing up shoes and tying bows. Let them have a try at doing some of the things you do and encourage them when they have a go. Let them help with getting a feed.

Going walkabout (exploring)

As wonai get older you can take them on longer walks. Show them the local area and tell them stories about people and places or just describe what you can see.



**It's important that we keep our wonai safe.
Make sure you know where they are and that
there is always someone looking after them.**

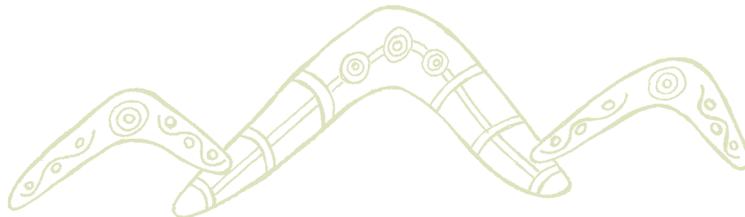
Learning about feelings

If your wonai is upset, angry or fighting with another wonai the best thing you can do is distract them. Take them away and do something else like reading a book or playing a chasing game. Help them understand their feelings. For example: say “you are really angry but you must not hit your brother” .

Crackin’ up (tantrums)

Little tantrums are best ignored. Make sure you notice and talk to your wonai when they stop their tantrum. Sometimes feelings get more and more out of control until you end up with a big tantrum. Try to step in before the tantrum gets out of control. Distract your wonai, help them relax and talk about why they are upset.

- It never helps to punish or hit a wonai when they are having a tantrum.
- Never use ‘put-downs’, bad names or swear at wonai.
- If you start to feel angry, WALK AWAY until you calm down.



Games for wonai and parents

Making music

Wonai can have lots of fun with home made instruments. Make clapping sticks from pieces of wood. Fill a tin or plastic container with rice or stones to shake. Nail bottle tops to a stick that you can rattle. Put paper over the top of a tin to make a drum. Don't be shame. Get up and dance with your wonai.

Painting

Paint with fingers, brushes, sponges, toothbrushes onto just about anything—paper, cloth, newspaper, wood, paper bags and plates, bark, rope. Do it outside because it will be messy. Children also love to paint with water—give them a brush and let them paint the outside doors, windows and walls.

Making a feed (cooking)

3-year-olds usually love cooking. Start with simple things like a Vegemite sandwich, pouring drinks, damper, biscuits and popcorn. Be very careful with things that are hot or sharp.

Collage

Cardboard, coloured paper, straws, string, leaves, wool, egg shells, sand and small sea shells can all be used to make a collage. Stick on the materials using glue and see what interesting pictures you can make. Flour and water mixed together makes a good glue.



YOUR WONAI

3½-5 years

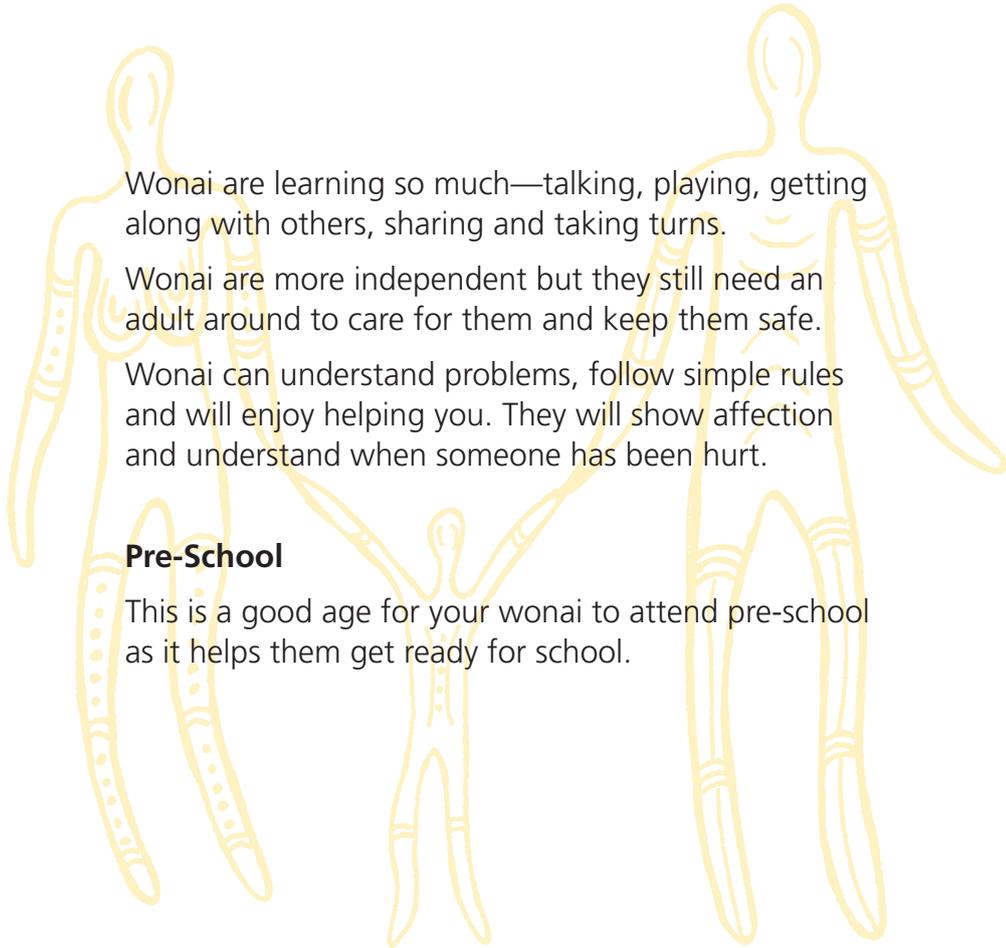
Wonai are learning so much—talking, playing, getting along with others, sharing and taking turns.

Wonai are more independent but they still need an adult around to care for them and keep them safe.

Wonai can understand problems, follow simple rules and will enjoy helping you. They will show affection and understand when someone has been hurt.

Pre-School

This is a good age for your wonai to attend pre-school as it helps them get ready for school.



Between 3½ and 5
your wonai will:

- have a longer attention span
- ask a lot of questions
- use words together to make sentences
- run smoothly and easily
- dress without help
- use paste, scissors, pencils and crayons
- climb ladders and trees
- tell stories
- sing and dance
- enjoy playing with other children
- enjoy jokes and rhymes.



**If wonai are not talking
much, they may need
their ears 'checked' by a
nurse or doctor.**



What you can do:

Proud Kooris

Wonai need to know they are loved. Even when they are naughty tell them: “I don’t like it when you do something wrong BUT I always love you.”

Let’s teach wonai to be proud of who they are and let them know they belong to one of the oldest surviving cultures in the world.

That’s deadly!

Wonai need to be told when they are doing the right thing. Let them know when they do something good. Tell them how deadly they are.

Read books together, tell stories and sing songs.

At this age, wonai love to tell stories and you can help them to make their own books. Let them draw the pictures and paste or staple the pages together.

Housework can be fun and children can learn skills by helping you—get them to help you with cooking, bringing in the washing or sweeping the floor.

 **Encourage wonai to help you and make it fun.**



Games for wonai and parents

Masks

Paper bags or paper plates make great masks. Wonai can cut out the shapes for eyes, nose and mouth and decorate the mask with crayons or paint. Make masks for different characters or animals.

Gamin'

Wonai love to pretend—they can be wild animals, superheroes and fairies. These pretend games and stories help them learn and grow and are an important part of being a healthy wonai.

Growing things

If you have space for a vegetable garden you can grow simple foods like carrots, potatoes, beans and tomatoes. It's fun to plant and grow and makes eating healthy food fun too. You can also try growing flowers and sprouting seeds for salad.

Sorting

Wonai at this age love to sort things into different groups. Try using coloured pegs, stones, shells, pasta, big buttons or food. Sort the pegs by colour, shells by size, buttons by shape or whatever way you decide. Pasta, shells and buttons can also be threaded onto string to make necklaces.

Going bush (bushwalking)

By this age you can take wonai on walks in the park or bush. Tell them stories about animals or birds or tales from the 'dreaming'.





Names for body parts

Kattang

Burray (child, boy, girl, baby)

Walang (head)

Dhiring (hair)

Maay (face)

Ngulu (forehead)

Migang (eye/s)

Nguriing (ear)

Ngaang (nose)

Garrga (mouth)

Dhalayn (tongue)

Dhira (tooth)

Dhabi (chin)

Yulang (skin)

Kattang

Wagal (shoulder)

Garan (upper arm)

Dhalbarr (forearm)

Madjarr (hand)

Maa-gang (fingers)

Gadjarr (thigh/leg)

Gaalal (knee)

Gambu (ankle)

Djina (foot/toes)

Awabakal

Wonai (child)

Wolong (head)

Burang (hair)

Ngowara (face)

Ngoolo (forehead)

Ngaikang (eye)

Ngureyang (ear)

Nukoro (nose)

Kararka (mouth)

Talan (tongue)

Tira (teeth)

Watan (chin)

Bakai (skin)

Awabakal

Mirang (shoulder)

Kopa (upper arm)

Tarang (forearm)

Matara (hand)

Kaleyang (neck)

Buloinkoro (thigh/leg)

Waroombang (knee)

Wirangkaang (ankle)

Yulo (foot/sole)

Tina (toes)

Good food for burray and wonai

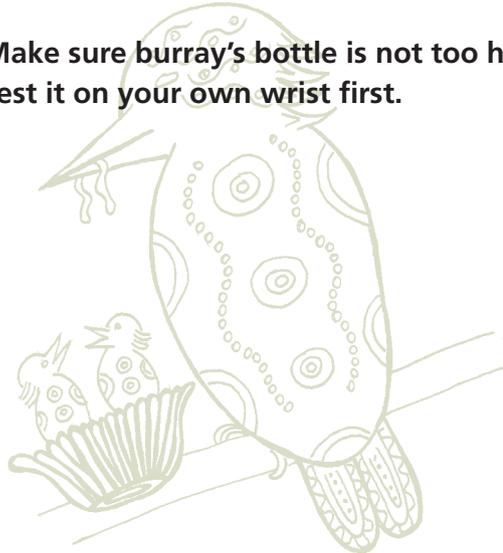
Burray and wonai need good food to grow healthy and strong.

Best food for newborn burray

Breast milk is the best food for newborn burray's as it has all the goodness they need and helps protect them from sickness. If you can't breast feed your burray make sure you hold them while they drink their bottle so they bond with you as you feed them.



**Make sure burray's bottle is not too hot.
Test it on your own wrist first.**



When should I start feeding my burray solids?

Around 6 months is the best time to start burray on solid food.

Introducing solids too early can increase the risk of food allergies and choking.

What solids should I feed my burray?

Burray needs well mashed food.

Start by mixing burray rice cereal or mashed potato with breast milk or formula to make a smooth paste.

Then try mashed vegies—potato, pumpkin, carrots, peas and sweet potato.

Get burray used to vegies and then try mashed fruit—ripe bananas, well cooked apples and pears.

Do not give adult or kids breakfast cereals to burray—these are harder to digest.

How much should I feed my burray?

Start with a teaspoon and increase the amount slowly to a few tablespoons. The cereal or potato can be thickened as burray eats more.

Burray is learning how to eat so don't worry if burray doesn't eat much at first.

Give burray a breast milk or formula feed before solids.

Avoid pieces of raw vegetables or hard fruit as these can make burray choke.

Feeding burray 6-9 months

Start with rice cereal, mashed vegies and fruit.

Then try small servings of:

- rice and pasta
- tender well cooked meat
- fish without bones
- well cooked egg.

Burray can start to drink from a cup with a lid.

Try boiled water that has been cooled, formula or breast milk.

As burray gets used to eating solids, you can start to give solids first and then milk.

Make sure burray's food is not too hot.

Test it on your own lips first.



Feeding burray 9-12 months

Burray can now eat mashed food from the family meal—meat, pasta, fish, beans, rice, noodles, vegies and fruit are all good foods for burray and wonai.

Finger food will help burray learn how to feed themselves.

Try:

- boiled pieces of carrot, potato and pumpkin
- ripe banana or pear
- cheese
- stewed or grated apple.

Don't add salt or sugar to burray's food.

Burray will still need 3-4 breastfeeds or bottles per day.

Try to cook one meal for burray every day.

Take-away is not a healthy food for burray.

12 months to 5 years

Wonai need a good mix of healthy fresh food.

Feed your wonai fresh fruit and vegies, meat, fish, eggs, beans, wholegrain bread, pasta and rice.

Meals made at home are cheaper and healthier.

Put limits on take-away meals and junk food like sweets, chips and soft drinks.

Drinks

The best drinks for burray are breast milk, formula or water.

Cows milk is too strong for burray to drink before they are 12 months old.

Do not give fizzy drinks or soft drinks to burray.

Cordial and soft drinks are full of sugar and can cause weight gain and tooth decay.

Cola and other soft drinks also contain caffeine, which can make wonai hyper.

Encourage wonai to drink water or mix fruit juice with water.

Storing food

You can save time by cooking up a large amount of food for burray and storing it.

Mashed baby food can be frozen in clean ice cube trays. Spoon it into the tray, put the tray in a clean plastic bag and freeze. Do not keep for more than 30 days.

You can reheat one or two ice cubes as you need them.

Once food has been warmed and given to burray, throw out any left in the bowl.

contacts and supports

FAMILY WORKER SERVICES

Ku-poon-dee

4987 7890

Barkuma Centre

4937 1094

Hunter Aboriginal Childrens Service

4960 1657

Awabakal Aboriginal Co-Operative

4969 4711

Wandyali ATSI Inc.

4940 8133

Mindaribba Family Worker

4934 4447

Warlga Ngurra

4950 1566

Upper Hunter Aboriginal Family Worker

6542 3555

Hunter Park Family Centre

6542 3566

ABORIGINAL MEDICAL AND HEALTH SERVICES

Awabakal Health Service

1800 292 225

Birra-li Aboriginal Birthing Service

4921 3082

CHILD & FAMILY HEALTH CENTRES

Newcastle & Lake Macquarie

4924 6300

Upper Hunter

6542 2050

Lower Hunter

4939 2530

ABORIGINAL EDUCATION SUPPORT SERVICES

Awabakal Pre-school

4956 9132

Awabakal Child Care Centre

4961 6429

Mindaribba Pre-school

4934 4190

Department of Education & Training

4924 9900

ABORIGINAL LAND COUNCILS

Awabakal Local

Aboriginal Land Council

4965 4532

Bahtabah Local

Aboriginal Land Council

4971 4800

Karuah Local

Aboriginal Land Council

4997 5733

Koompahtoo Local

Aboriginal Land Council

4950 5577

Mindaribba Local

Aboriginal Land Council

4934 5811

Wanaruah Local

Aboriginal Land Council

6543 1288

Worimi Local

Aboriginal Land Council

4965 1500

FAMILY SUPPORT SERVICES

Muloobinba Aboriginal Corporation

4953 9499

Eastlakes Family Support

4943 9255

Newcastle Family Support

4926 3577

Maitland Family Support

4933 8200

Cessnock Family Support

4990 4507

Singleton Family Support

6543 7110

Port Stephens Family Support

4987 4674

Upper Hunter Family Support

6542 3555

Westlake Family Support

4959 6050

HELP, ADVICE AND SUPPORT – CALL CENTRES

Emergency 24 hours (Ambulance, Fire, Police)

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Centrelink – family and parenting payments

13 61 50

Child Abuse Prevention Service

1800 656 463

DOCS Helpline (24 hours)

13 21 11

Domestic Violence Line (24 hours)

1800 565 463

Early Childhood Intervention Info Line

1300 656 865

Karitane Care Line (24 hours)

1800 677 961

Parent Line

13 20 55

Tresillian Helpline (24 hours)

1800 637 357

Women's Information and Referral

1800 817 227

Aboriginal Women's Legal Centre (Wirringa Baiya)

1800 686 587

