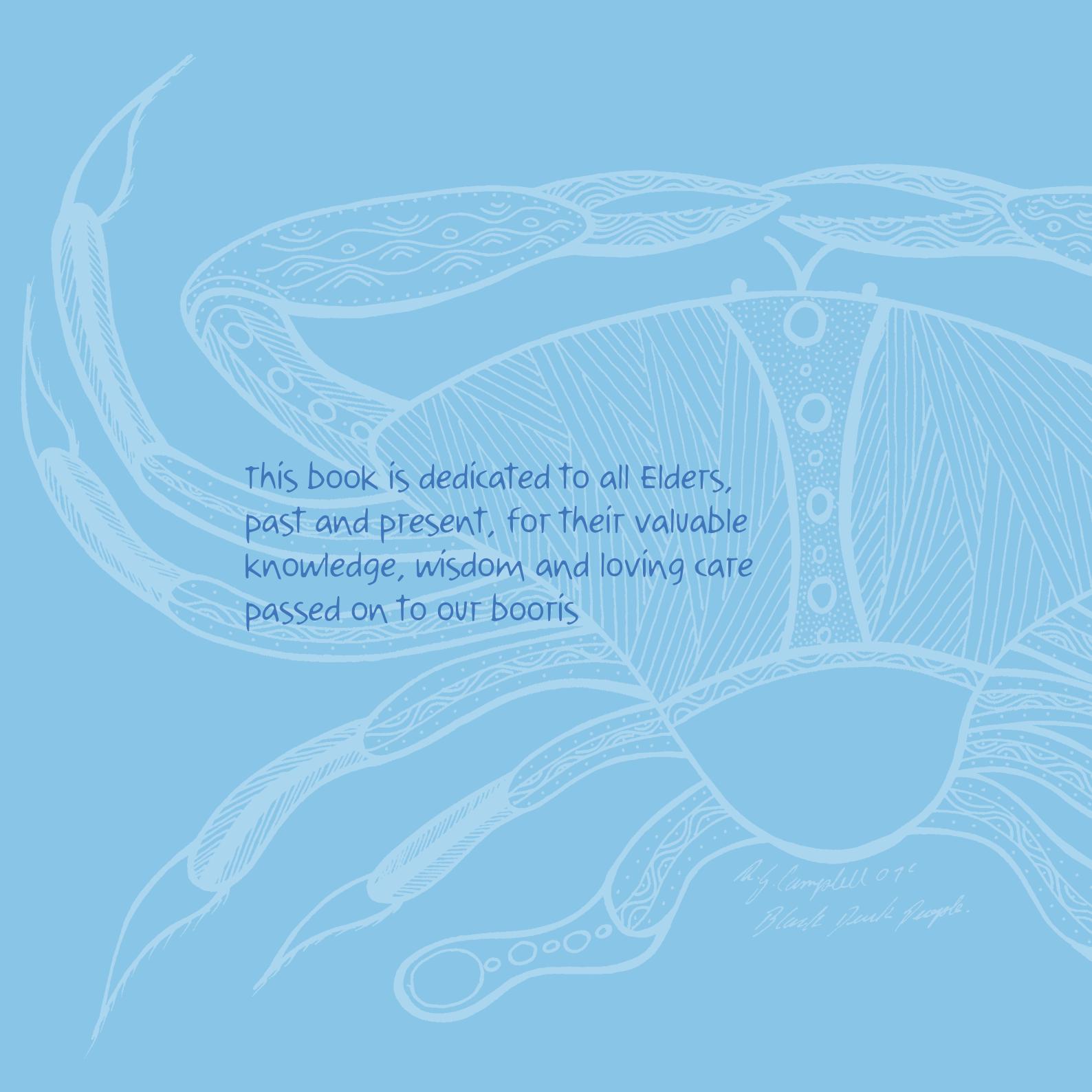




GROWING UP STRONG Boorooma

illawarra and
Shoalhaven



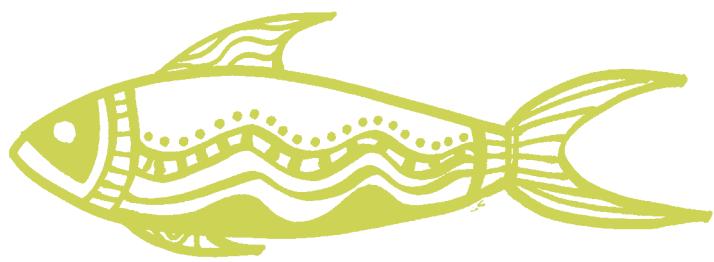
This book is dedicated to all Elders,
past and present, for their valuable
knowledge, wisdom and loving care
passed on to our booris

R.J. Campbell 01^c
Black Yank people.



GROWING UP STRONG BOOTIS

illawarra and
shoalhaven



Acknowledgements

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Thank you to Contact Inc for their excellent parenting resources which have been invaluable in the development of this book.

For more information about these resources call Contact Inc on 02 9251 4431.

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More copies are available from:

- Illawarra Aboriginal Medical Service, Wollongong
- South Coast Medical Service Aboriginal Corporation, Nowra
- Child and Family Health Centres, South Eastern Sydney & Illawarra Area Health Service

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New South Wales Government



Aboriginal
Child, Youth
and Family
Strategy

Proud communities
Strong families

introduction

This book is a resource for Aboriginal parents and family workers in the Illawarra and Shoalhaven.

Between the ages of 0 and 5 our babies' brains and bodies are developing and growing fast. This first stage of life is the most important time for parents to spend time with their boori and make sure that they get a good start in life. 'Boori' means child/children in the Illawarra and Shoalhaven.

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

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

The book includes:

- information about what babies and children do at different ages
- ideas about things we can do with our boori
- games and activities
- contacts to help with parenting.

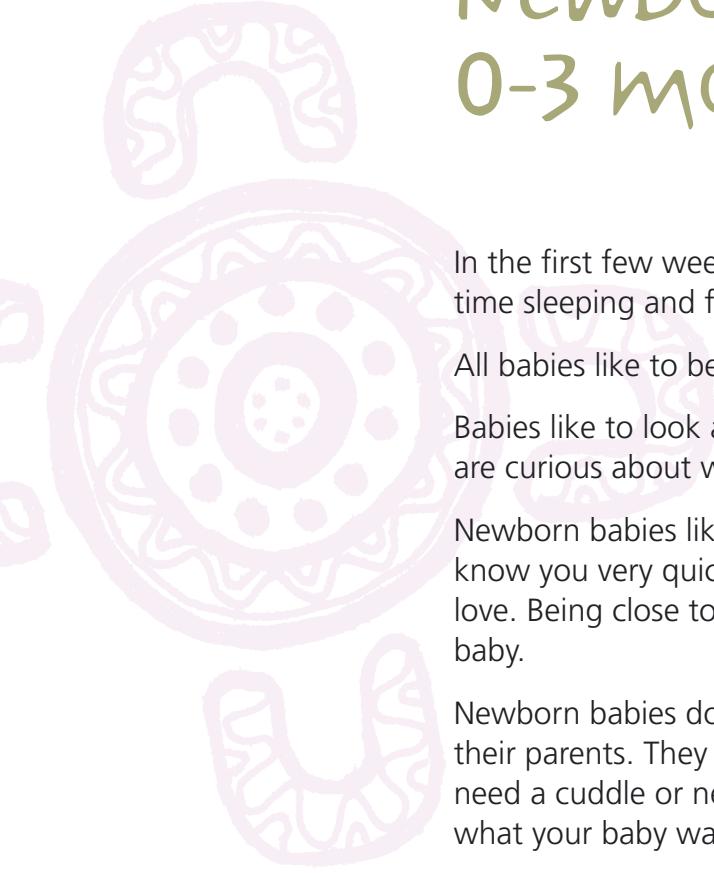
Babies are important to the whole community. We need to make sure that our babies and boori grow up healthy, strong and proud Kooris.

Being a parent can be hard at times. Don't be shamed to ask for help. There is a list of contacts in the back of the book.

Where possible we've used Wandanian and Dharawal language.

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





Newborn baby 0-3 months

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

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

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

Newborn babies like to feel secure. Baby 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 baby.

Newborn babies 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 will get to know what your baby wants by the kind of cry it makes.

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

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



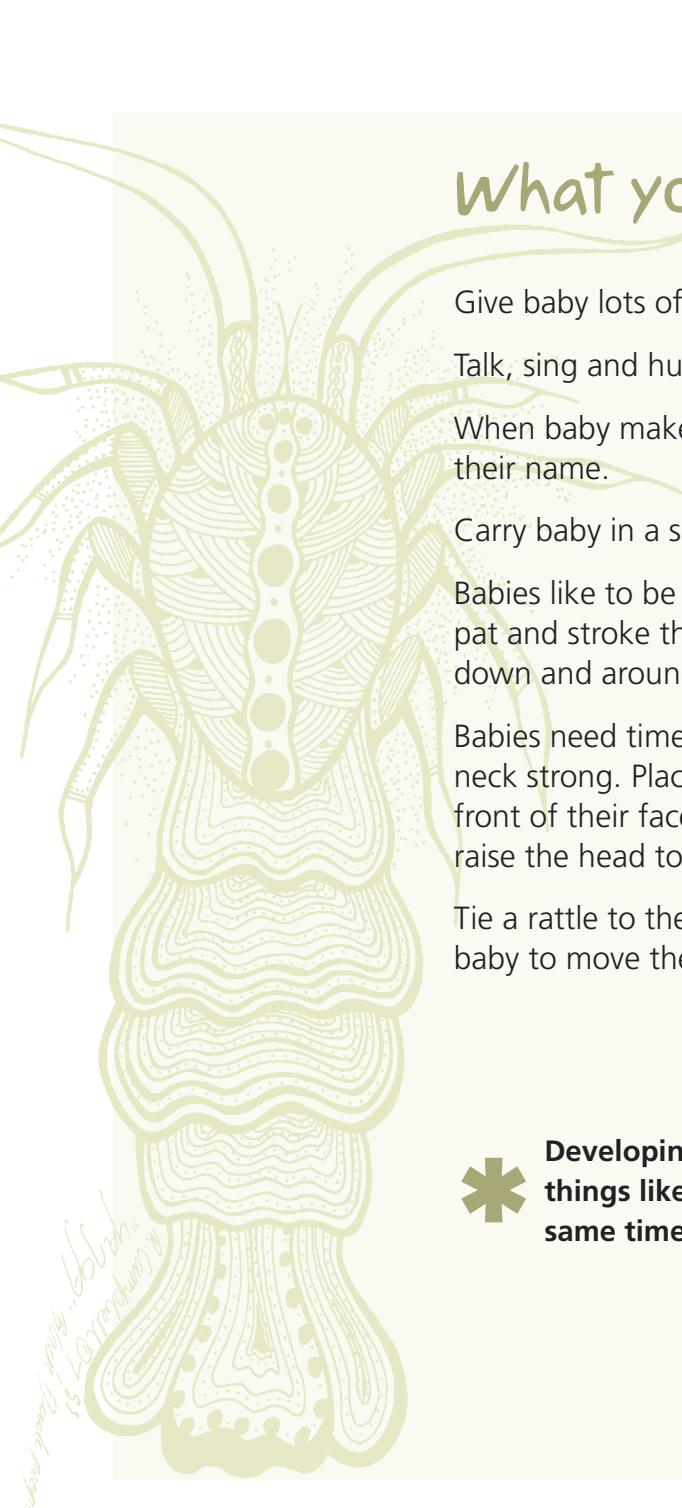
No matter how tired, angry or frustrated you feel—NEVER shake a baby. If you feel upset tell someone else and get some help.



Between 0 and 3 months
baby will start to:

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





What you can do:

Give baby lots of attention. Cuddle your baby.

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

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

Carry baby in a sling close to your body.

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

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

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



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





Your baby 3-9 months

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

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

Baby will start to move around more. Playing and moving will help baby grow stronger.

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

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

From 6 months baby will start to eat mashed food. Baby needs healthy food to grow strong. Get advice from a Family Worker or Child and Family Health Nurse.

Between 3 and 9 months
baby 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 baby all the time and tell them about what you are doing.

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

Make faces and blow raspberries on baby’s belly.

Sing and play music.

Give baby lots of cuddles and hold baby close.

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

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

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



Babies are happy and settled when life is predictable—try to have a routine for feeding and sleeping. Baby will need 2 sleeps a day.



Games for you and baby 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”. Babies are happy to do this over and over again.

Mirror game

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

Lost & found

Let baby play with a cup or toy and then cover it with a towel or hanky. Baby will look for the missing object. You may need to help baby find it.



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

Games for you and baby 6-9 months

Chasing

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

Hide and seek

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

Imitation games

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

Round and round the garden

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

Round and round the garden, like a teddy bear,

One step, ...two steps

(*walk your fingers up baby's arm*)

...Tickle under there.

(*and tickle baby's armpit*)



Older babies 9-18 months

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

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

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

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

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



Between 9 and 18 months
baby 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.



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



What you can do:

Baby always needs lots of cuddles and attention.

Play, talk, laugh and sing with baby.

Give baby pots and spoons to bang.

Cuddle and roll on the floor together.

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

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

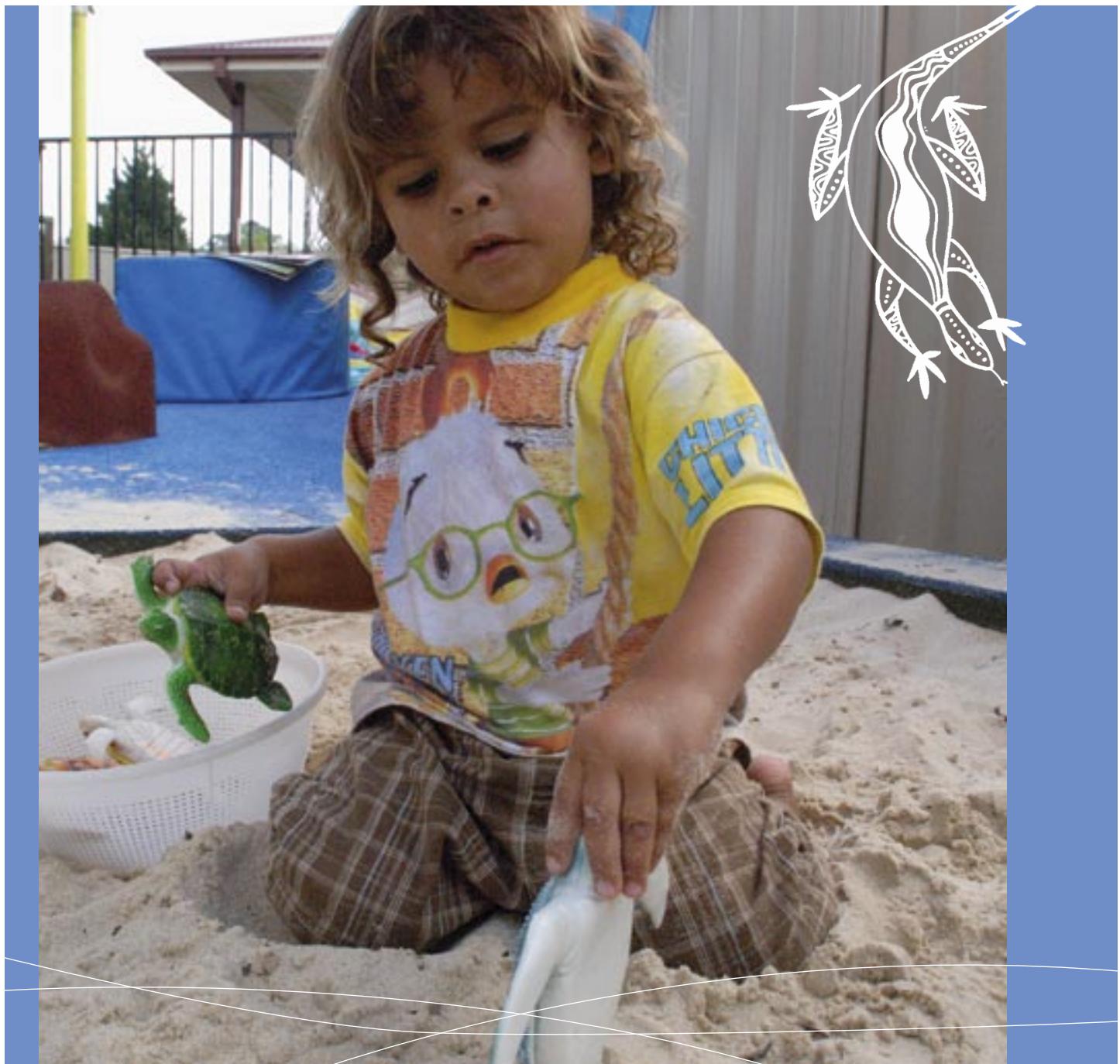
Read simple picture books to baby.

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

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



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



Games for you and baby

Through the tunnel

Cut the ends off 2 cardboard boxes, line them up and tape them together. You can also use 2 chairs with a blanket. Ask baby to crawl through the tunnel to you.

Fill it up

Put objects like pegs, balls or blocks into a box or saucepan. Show baby how to take the objects out and put them in again.

Peg play

Pegs make great toys. Peg them to the top of a saucepan or box and show baby how to take them off.

Singing

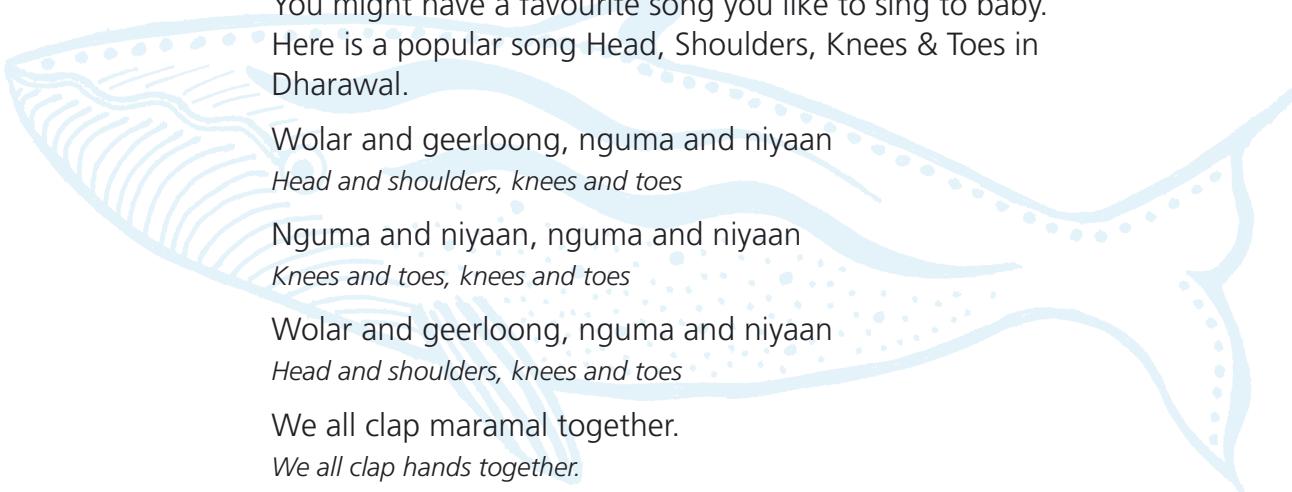
You might have a favourite song you like to sing to baby. Here is a popular song Head, Shoulders, Knees & Toes in Dharawal.

Wolar and geerloong, nguma and niyaan
Head and shoulders, knees and toes

Nguma and niyaan, nguma and niyaan
Knees and toes, knees and toes

Wolar and geerloong, nguma and niyaan
Head and shoulders, knees and toes

We all clap maramal together.
We all clap hands together.





Boori 1½-2½ years

Baby is growing into a boori now. Boori 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.

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

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

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

Start encouraging boori to use a potty or big toilet.





Between 18 months and 2½ years boori 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:

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

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

Sit boori on your lap to look at books.

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

At this age, boori 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?”.

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



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

Games for boori

Cardboard boxes

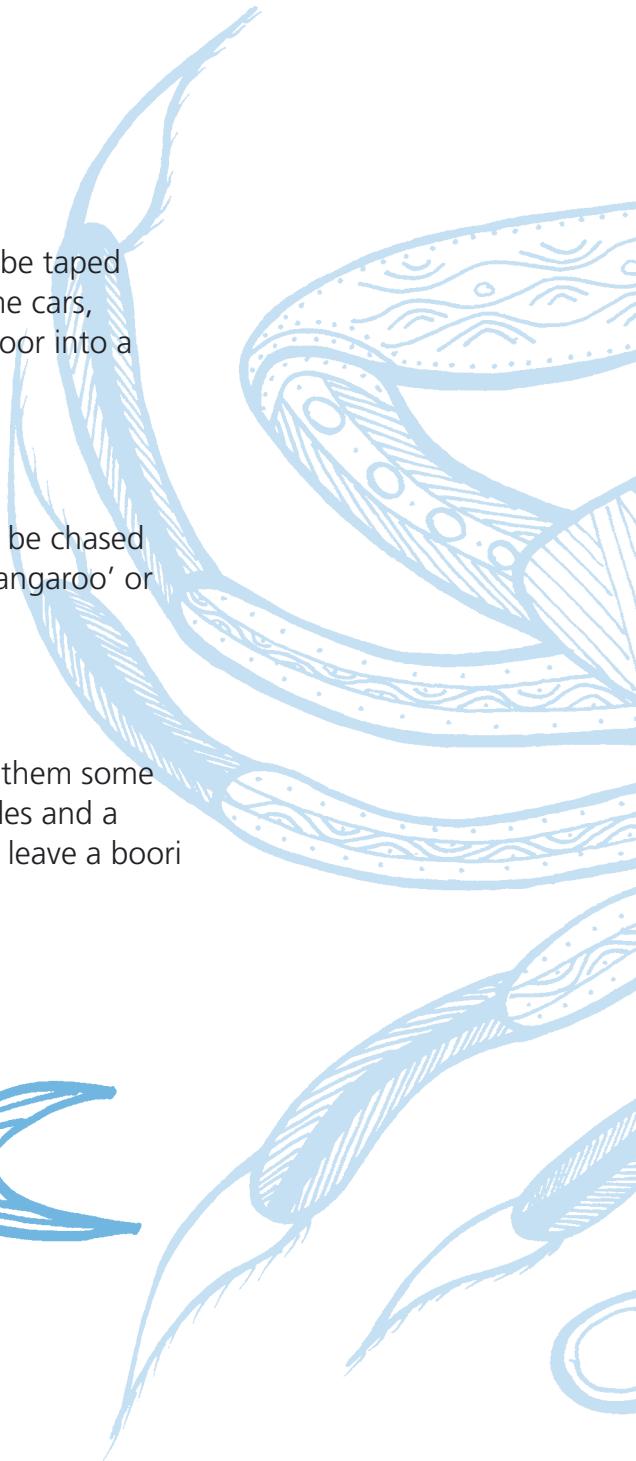
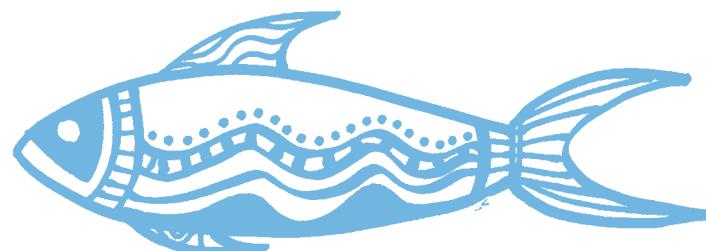
Cardboard boxes are great toys. They can be taped together, painted and decorated to become cars, towers and tunnels. Cut windows and a door into a large box and you have a house.

Chase me

Boori 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

Boori 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 boori alone with water.



Word games

Touch and talk—say “this is your nose” and touch boori’s nose, “this is your ear” and touch their ear.

There are Dharawal and Wandanian 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?”

Toy libraries

Most libraries have toy libraries where you can borrow toys. Boori love puzzles and any toys that link together like trains with carriages. Toys that can be pushed or pulled along are also very good. Talk to your Playgroup Coordinator or Family Worker about where you can borrow toys.

*A.J. Campbell 07
Black Rock people.*



GROWING UP fast 2½-3½ years

Your boori 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.

Boori 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 boori 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".

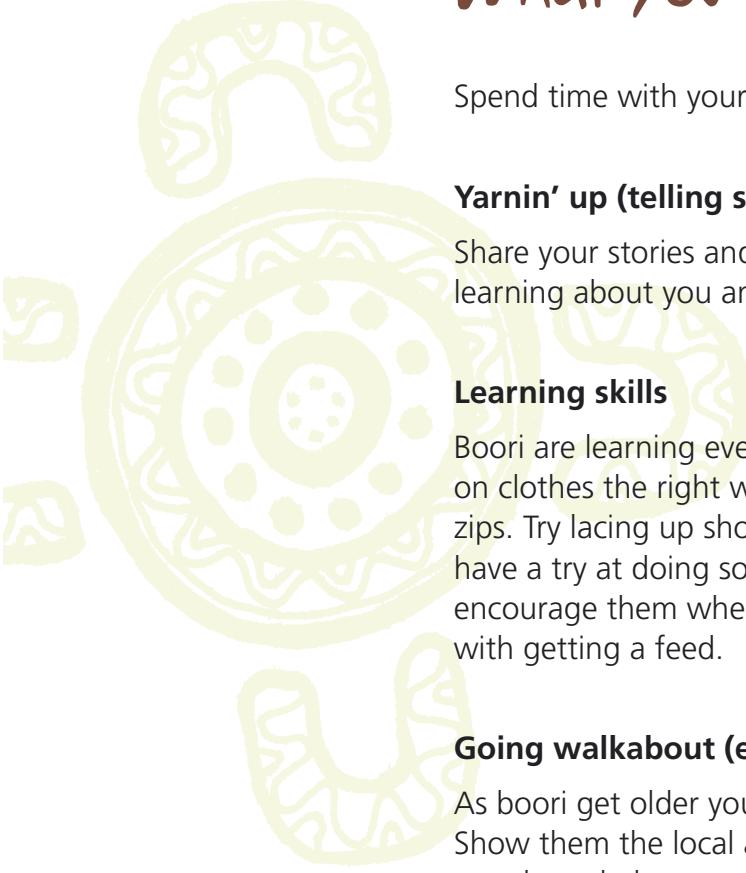




Between 2½ and 3½ your child will:

- 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 boori—play and talk with them.

Yarnin' up (telling stories)

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

Learning skills

Boori 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 boori 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 boori safe.**
- Make sure you know where they are and that there is always someone looking after them.**

Learning about feelings

If your boori is upset, angry or fighting with another child 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 boori 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 boori, help them relax and talk about why they are upset.

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



Games for boori and parents

Making music

Boori 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 boori.

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 boori 3½-5 years

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

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

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



Between 3½ and 5
your child will:

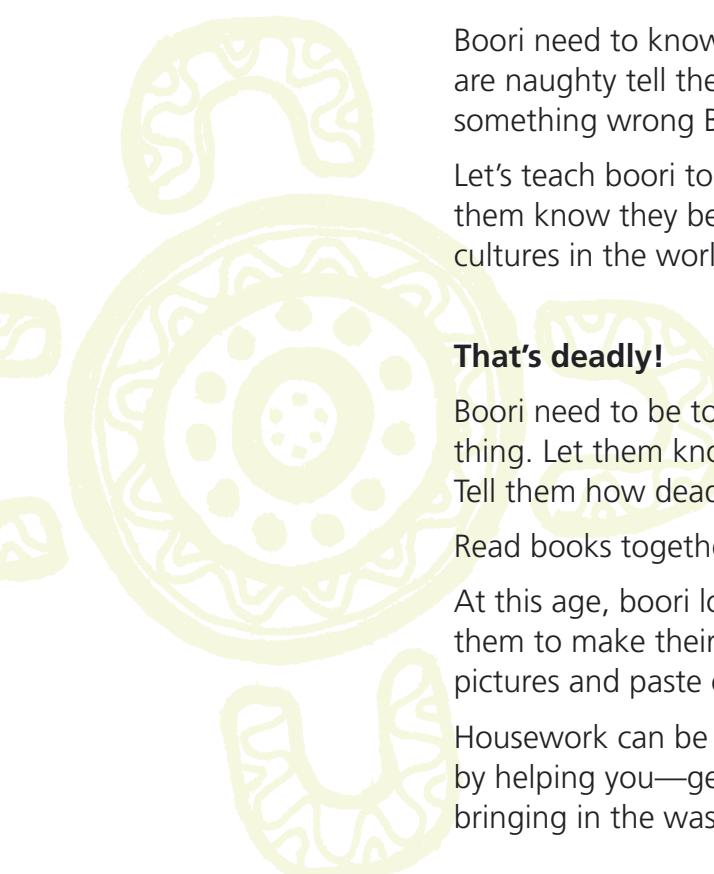
- have a longer attention span
- ask a lot of questions
- use words together to make sentences
- run smoothly and easily
- dress without help
- use paste, scissors, pencils and crayons
- climb ladders and trees
- tell stories
- sing and dance
- enjoy playing with other children
- enjoy jokes and rhymes.

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



What you can do:

Proud Kooris



Boori 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 boori 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!

Boori 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, boori 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 boori to help you and make it fun.

Games for boori and parents

Masks

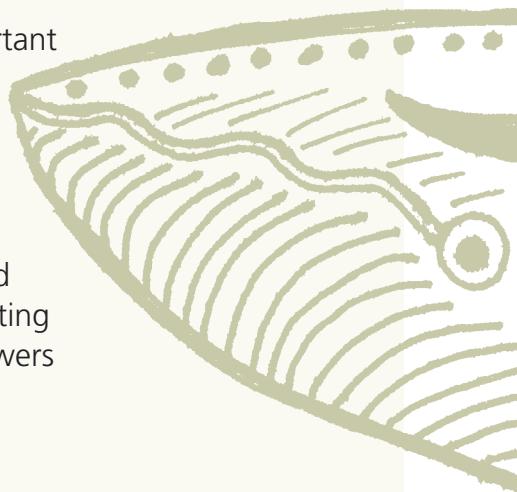
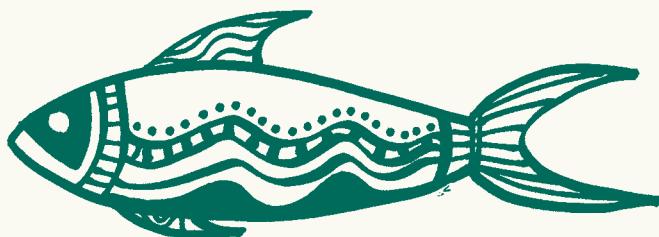
Paper bags or paper plates make great masks. Boori can cut out the shapes for eyes, nose and mouth and decorate the mask with crayons or paint. Make masks for different characters or animals.

Gamin'

Boori 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 boori.

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.

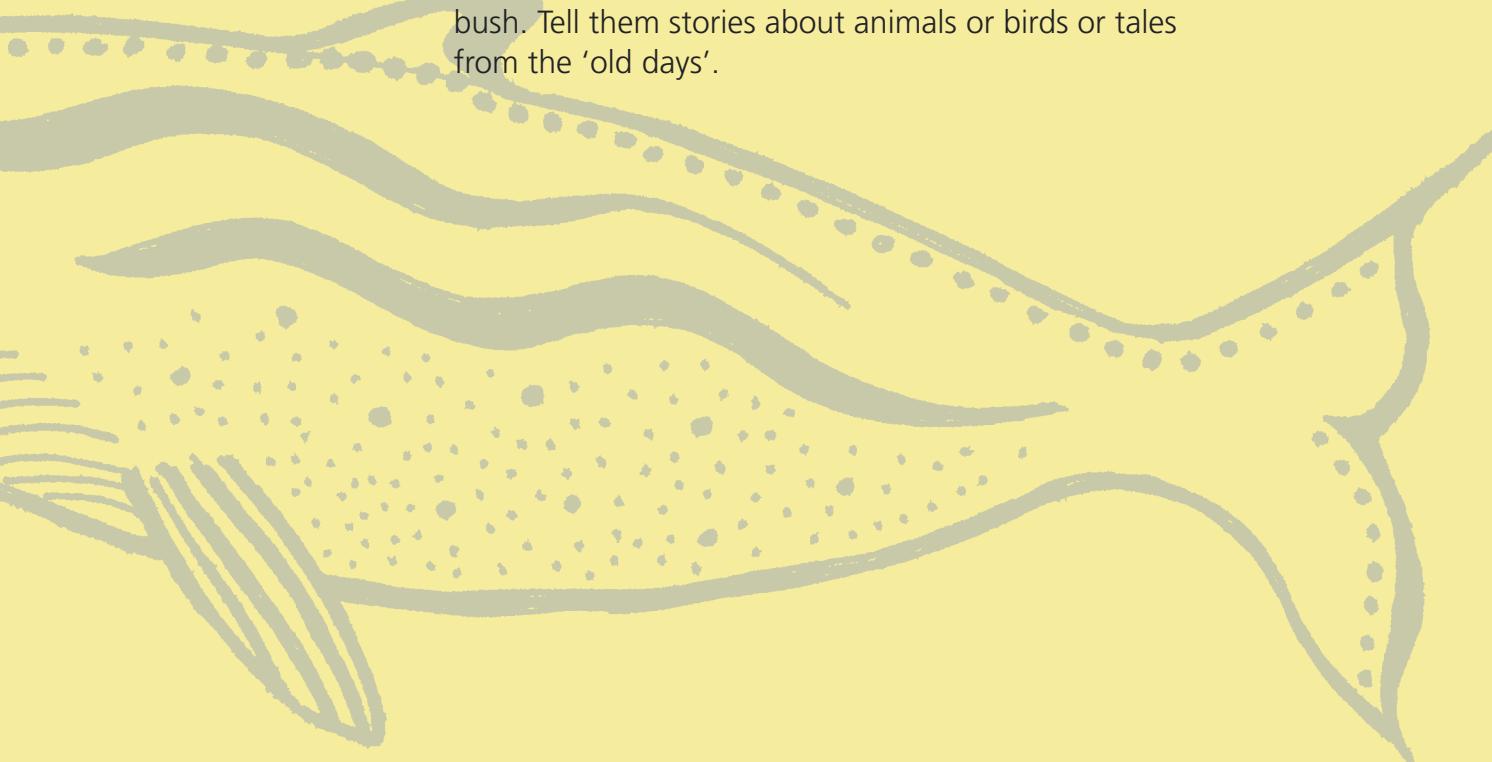


Sorting

Boori 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 boori on walks in the park or bush. Tell them stories about animals or birds or tales from the 'old days'.





Good food for booris

Babies need good food to grow healthy and strong.

The best food for babies from 0-6 months is breast milk or baby formula.

Solids: when do I start?

Introducing solids too early can harm your baby's health; increase risk of food allergies and choking.

The best time to start your baby on solids is around 6 months of age.



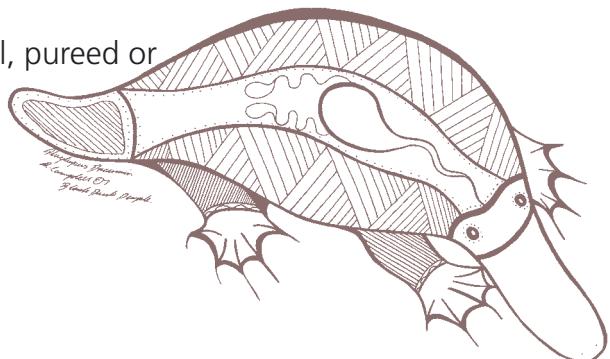
How do I introduce baby's first solid food?

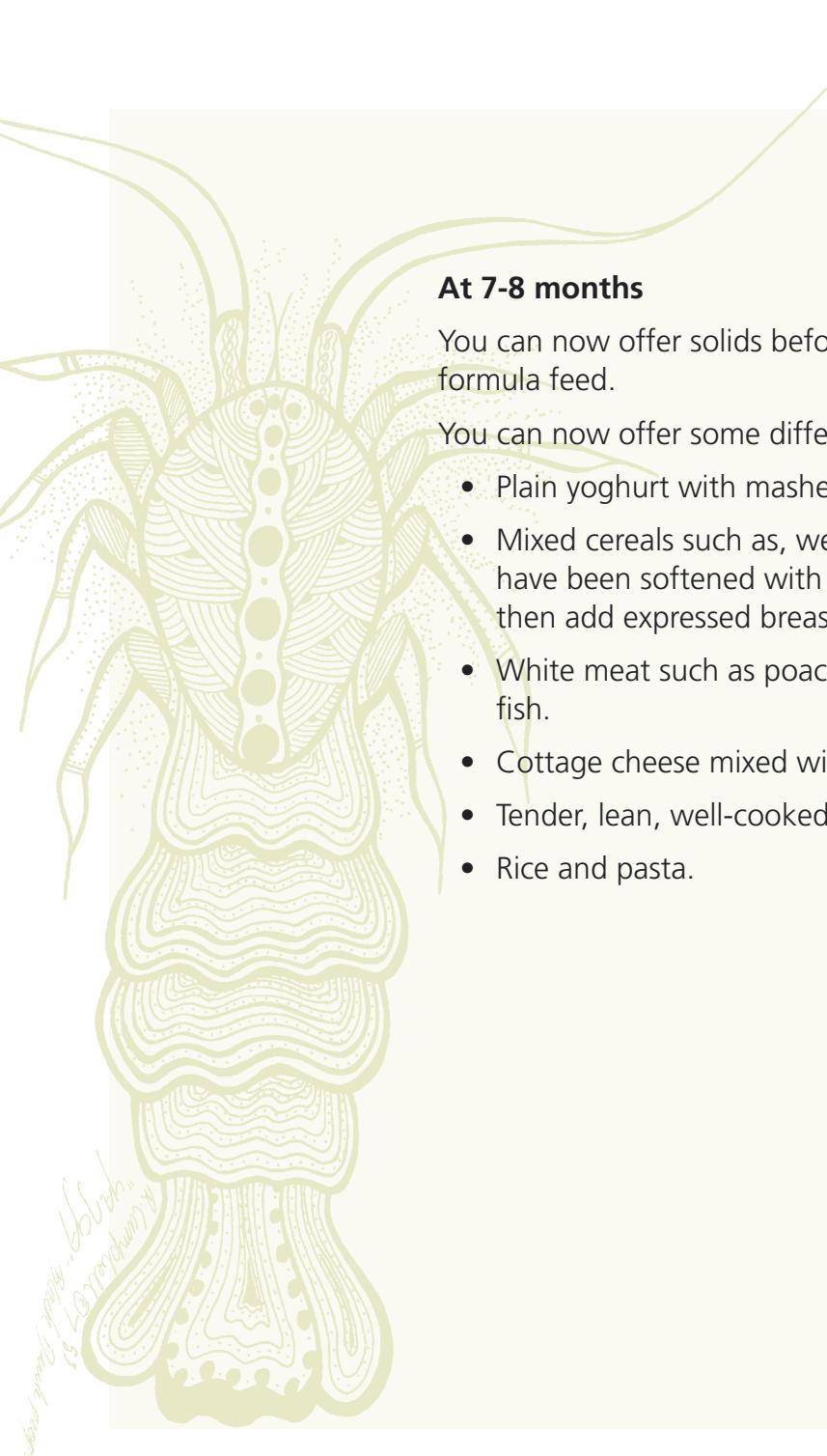
Introducing solids can be fun and messy.

- Give your baby a breast feed or formula feed before solids.
- Introduce only one new food every 3-4 days and don't rush it.
- Start by mixing 1 teaspoon of rice cereal with expressed breast milk or formula or cool boiled water to a smooth, thin paste.

Offer pureed or mashed vegies—for example, potato, pumpkin, sweet potato, carrots, peas or zucchini.

- Get baby used to vegies and then try pureed or mashed fruit, for example, ripe bananas, stewed apples or pears.
- Remember start by offering 1 teaspoon of food and slowly increasing to 2-3 tablespoons.
- Do not give raw apple or carrots as these can make your baby choke.
- Remember to start with rice cereal, pureed or mashed vegetables and fruit.





At 7-8 months

You can now offer solids before a breast feed or formula feed.

You can now offer some different foods. For example:

- Plain yoghurt with mashed or pureed fruit.
- Mixed cereals such as, weetbix or vita-brits, which have been softened with cool boiled water and then add expressed breast milk or formula.
- White meat such as poached chicken or de-boned fish.
- Cottage cheese mixed with fruit or avocado.
- Tender, lean, well-cooked red meat.
- Rice and pasta.

At 8-9 months

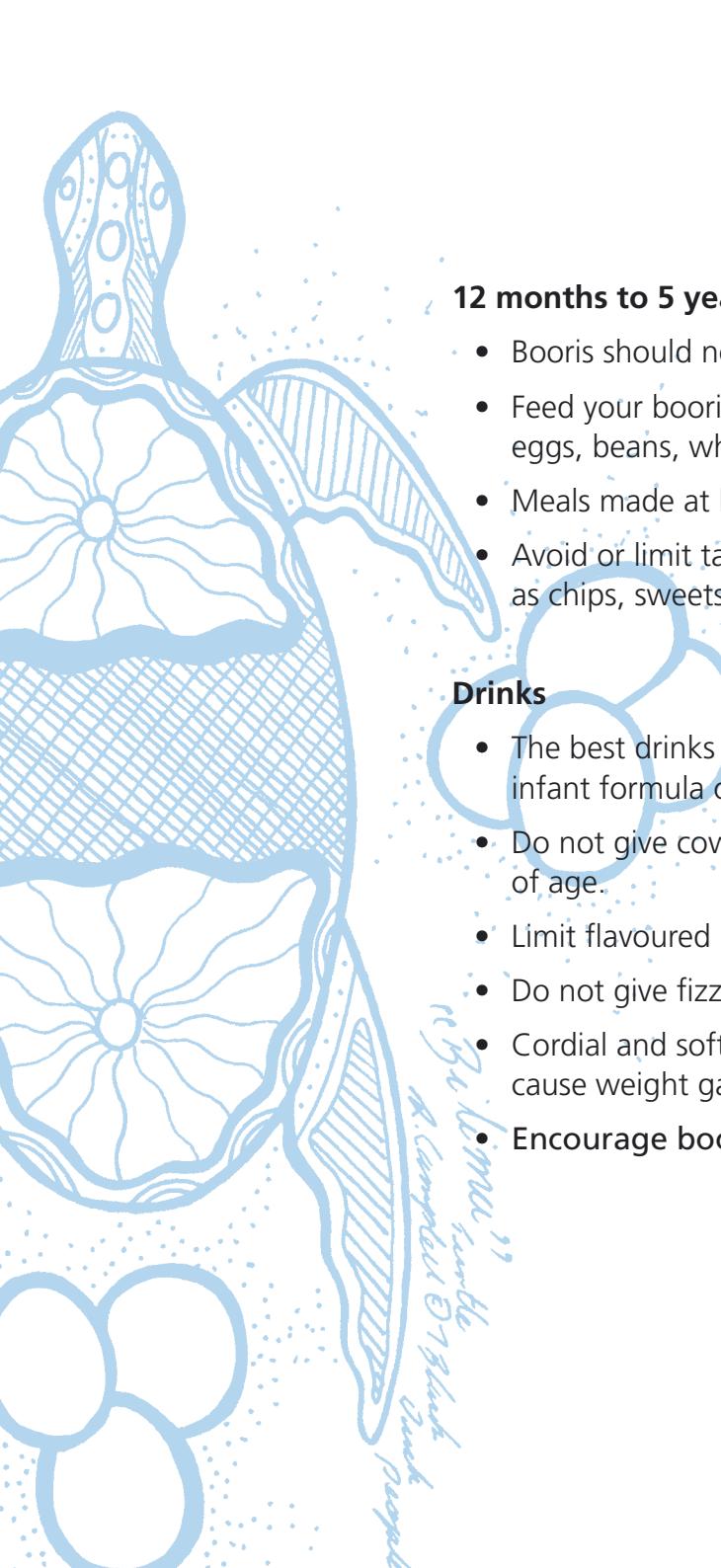
You can now offer finger foods. For example:

- Toast thinly sliced, rusks, sliced tender steak or cheese sticks.
- REMEMBER never to leave baby alone with finger foods as they can choke.
- IMPORTANT: Make sure your baby's food is not too hot; test it on your lips first.

At 12 months

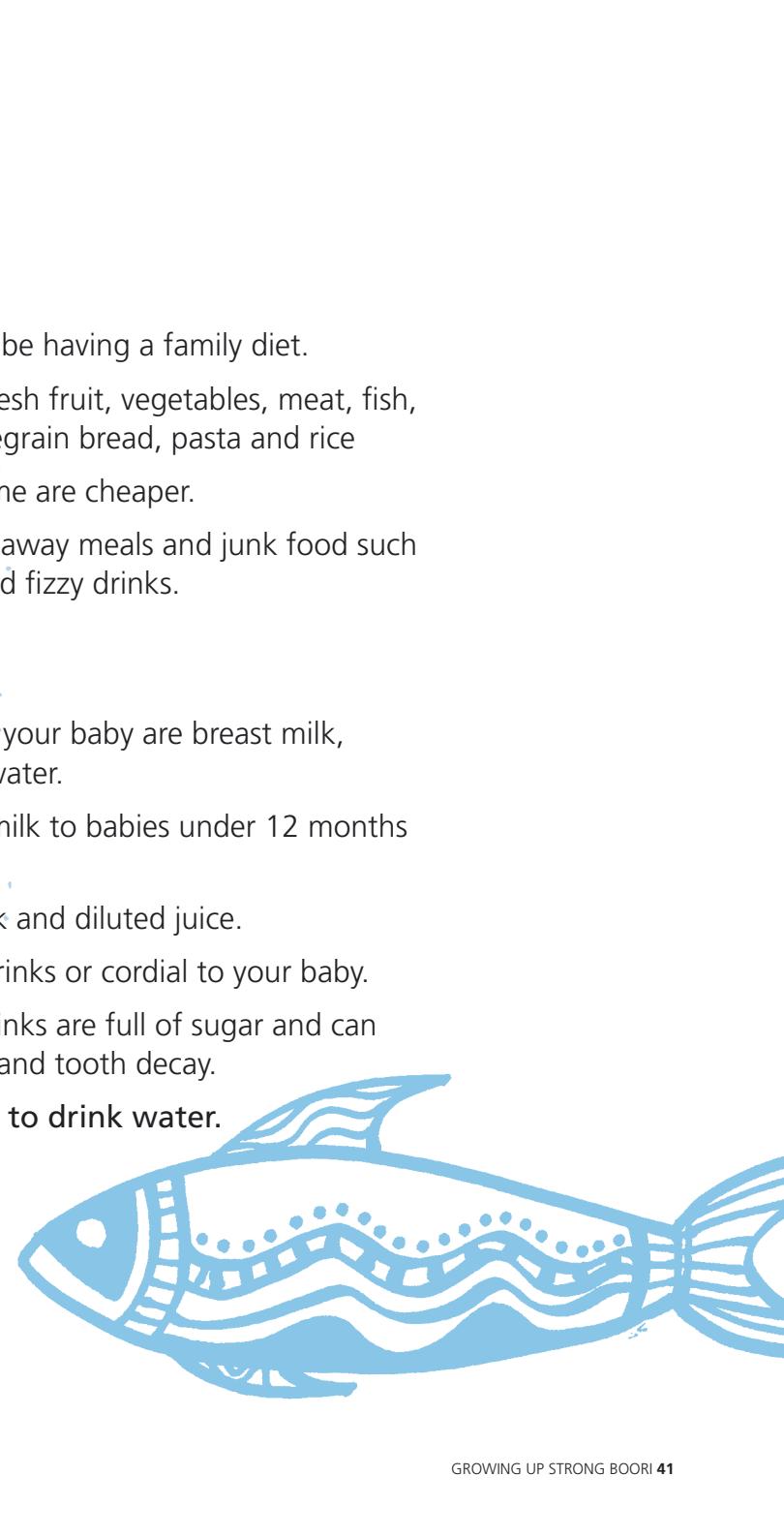
Your baby should be having the same food as the rest of the family. But remember:

- Avoid take-away meals; these are not healthy for your baby or the rest of the family.
- Don't add sugar or salt to food.
- Avoid putting your baby to bed with a bottle, as this can cause tooth decay.
- Home made meals are cheaper and healthier.



12 months to 5 years

- Booris should now be having a family diet.
- Feed your booris fresh fruit, vegetables, meat, fish, eggs, beans, wholegrain bread, pasta and rice
- Meals made at home are cheaper.
- Avoid or limit take-away meals and junk food such as chips, sweets and fizzy drinks.



Drinks

- The best drinks for your baby are breast milk, infant formula or water.
- Do not give cows milk to babies under 12 months of age.
- Limit flavoured milk and diluted juice.
- Do not give fizzy drinks or cordial to your baby.
- Cordial and soft drinks are full of sugar and can cause weight gain and tooth decay.
- Encourage booris to drink water.

Storing and cooking food

Choose fresh vegetables; peel if needed, steam or microwave until tender. Do not add salt or sugar. Puree, mash or slice to suit the age of the child.

HINT: Cooked vegetables can be frozen in clean ice cube trays and sealed in a clean plastic bag. Do not keep for more than 30 days in the freezer.

Reheat portions as needed.

Once food has been warmed and given to your baby, throw out what is left over and do not reheat.



Resources

Words



English	Wandanian
Hair	Jirra
Teeth	Yirra
Hand	Murrimaal
Feet	Dthunna
Knees	Ngoomu
Shoulder	Gerloong
Head	Wollarnoo
Ear	Guuri
Eye	Mubbera
Mouth	Willing
Women	Mega
Kangaroo	Booroo
Pelican	Currelobah
Spear	Gooraara
Fish	Dthung
Dillybag	Gunyii
Stone	Goorabung

English	Dharawal
Head	Wolar or Wollarnoong
Shoulders	Geerloong
Knees	Ngumu

English	Dharawal
Toes	Niyaan
Ears	Guri
Eyes	Mabrra
Mouth	Gami
Nose	Nugur
Hair	Djirar
Teeth	Yira
Foot	Dthaana
Hands	Maramal
Fingers	Marang
Mother	Minga
Father	Babang
Grandmother	Bidinga
Grandfather	Bulldyn
Children	Booris
Footprint	Djinun
Look	Nandiri
Listen	Ngarla
Lunch	Jadjerijahn
Beach	Wujid
Ocean	Gadhu
Mountains	Noonimura

contacts and supports illawarra

Illawarra Aboriginal Cultural Centre & Keeping Place
4228 1585

HOSPITALS

Wollongong Hospital
4222 5000

PRE SCHOOLS

Noogaleek
4271 8468

Winnanggay
4271 4098

SUPPORTED PLAYGROUPS

Kemblawarra Public School
42 742024

**Koonawarra,
Barrack Heights,
Albion Park Rail**
4275 8575

FAMILY WORKERS

Illawarra Aboriginal Medical Service
Wollongong—Family Worker
4229 9495
Dapto—Family Worker (Fathers)
4262 8777

Myimbarr
4226 3358

HEALTH CENTRES

Illawarra Aboriginal Medical Service
Wollongong
4229 9495
Dapto
4262 8777

CHILD DEVELOPMENT CENTRES

Illawarra Child Development Centre
Porter Street
4228 4177
Kids Cottage Warilla
4297 1022

EARLY CHILDHOOD HEALTH CENTRES

Aboriginal Child & Family
4275 8504

Albion Park
4256 2195

Berkeley
4275 8515

Bulli
4284 0355

Corrimal
4284 3623

Cringila
4275 8515

Dapto
4261 1466

Fairy Meadow
4284 5359

Figtree
4261 1466

Flinders
4296 4200

Gerringong
4233 1033

Shoalhaven

Helensburgh

4294 4568

Kiama

4233 1033

Thirroul

4267 1538

Oak Flats

4256 1163

Warilla

4296 4200

Warrawong

4275 8515

Wollongong

4253 0329

Woonona Family

Care Cottage

4285 2437

HEARING CLINICS

North Illawarra

4228 4177

South Illawarra

4297 1022

Shoalhaven

4422 6111



HOSPITALS

Shoalhaven Hospital

4421 3111

Aboriginal Liaison Officer/ Welfare Social Worker

4423 9701

PRE SCHOOLS

Boori Aboriginal Pre-School

(Murragang)

4421 8855

Shoalhaven Aboriginal
Childcare Advisor

4422 8422

Clipper Road Long Day Care

4421 7406

Wayella-Cooinda

4421 8970

SUPPORTED PLAYGROUPS

Jerrinja

4421 8426

East Nowra Public School

4421 3539

FAMILY WORKERS

South Coast Aboriginal Medical Service

4421 8426

HEALTH CENTRES

Waminda South Coast Women's Health & Welfare Aboriginal Corporation

4421 7400

South Coast Medical Service Aboriginal Corporation

4428 6666

CHILD DEVELOPMENT CENTRE

Nowra Community Health Centre

4422 8111

EARLY CHILDHOOD HEALTH CENTRES

Aboriginal Child & Family, Culburra, Nowra, Shoalhaven Heads

4422 8111

St Georges Basin, Sussex Inlet

4443 7646

Family Care Cottage, Nowra

4422 6111

Ulladulla

4455 5366

Sanctuary Point Public School

4443 0520

Illawarra and Shoalhaven

ABORIGINAL DRUG & ALCOHOL

The Oolong Aboriginal Corporation

4422 0644

South/Far South Coast Regional Substance Use Service
4422 3577

ABORIGINAL COMMUNITY RESOURCING SERVICE

Barnardos
4275 8575

South Coast Medical Service Aboriginal Corporation Out Of Home Care Service
4421 8426

FAMILY SUPPORT

Nowra Family Support Service
4421 5499

Ulladulla Family Support Service
4455 5428

Shoalhaven Drug and Alcohol Pregnancy and Parenting Service
4421 5499



General

HELP, ADVICE AND SUPPORT—CALL CENTRES

Emergency 24 hours (Ambulance, Fire, Police)
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Centrelink—family and parenting payments
136 150

Child Abuse Prevention Service
1800 656 463

DoCS Helpline (24 hours)
132 111

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
132 055

Playgroup NSW
1800 171 882

Tresillian Helpline (24 hours)
1800 637 357

Women's Information and Referral
1800 817 227

