



Growing Up Strong Booris

South East NSW





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





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Acknowledgements

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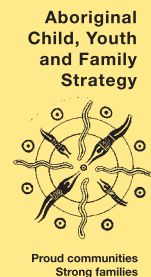
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Introduction

This book is a resource for Aboriginal parents and family workers in South East NSW.

Between the ages of 0 and 5 our booris' brains and bodies are developing and growing fast. The first stage of life is the most important time for parents to spend time with their buray and make sure they get a good start in life. 'Buray' means baby/child in the Dhurga language and is pronounced boori. For the purposes of this book we will use the word boori for baby and child as this spelling is more commonly understood and accepted by the coastal Aboriginal communities.

Our booris need us to love them and to make them feel safe and secure. This book talks about how we can help booris to grow up strong by spending time with them—cuddling, playing, singing, reading, listening, telling stories and talking.

This book includes:

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

Booris are important to the whole community. We need to make sure that our booris 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 at the back of the book.

Where possible we've used Dhurga language. Dhurga is one of the four dialects used by the Djuwin (Yuin) people. Djuwin country extends from the Shoalhaven River to the Victorian Border. The decision was made to use Dhurga language based on the fact that the highest population of Aboriginal people living in South East NSW reside within the Eurobodalla and Bega Valley Local Government Areas.

This book was developed as part of the Aboriginal Child, Youth and Family Strategy (ACYFS) which is a NSW Government Initiative. Eurobodalla and Bega Valley LGAs have been the focus for ACYFS projects in South East NSW.



Newborn boori 0-3 months

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

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

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

Newborn booris like to feel secure. Boori 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 boori.

Newborn booris 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 boori by giving it too much attention.

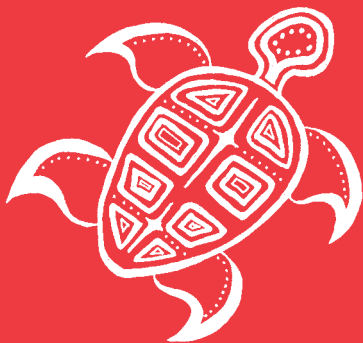
Boori will be upset by loud noises, sudden movement and angry voices.



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

Between 0 and 3 months
boori 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 boori lots of attention. Cuddle your boori.

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

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

Carry boori in a sling close to your body.

A quiet time before sleep helps boori settle.

To protect boori from harm, sleep boori on their back.

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

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

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



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



Your boori 3-9 months


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

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

Boori will start to move around more. Playing and moving will help boori grow stronger.

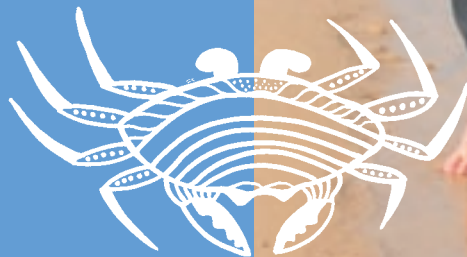
Boori loves to smile and feels safe and happy when the people around are happy.

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

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

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

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

Make faces and blow raspberries on boori's belly.


Sing and play music.

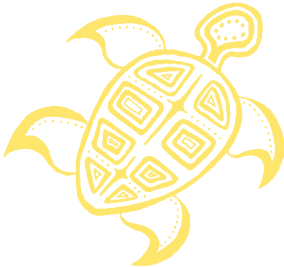
Give boori lots of cuddles and hold boori close.

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

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

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

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



Games for you and boori 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”. Booris are happy to do this over and over again.

Mirror game

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

Lost & found

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



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



Games for you and boori 6-9 months



Hide and seek

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

Imitation games

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

Round and round the garden

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

Round and round the garden, like a teddy bear,

One step, ... two steps ...

(walk your fingers up boori's arm)

Tickle under there.

(and tickle boori's armpit)



Older booris 9-18 months

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

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

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

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

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

Between 9 and 18 months
boori 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.



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



What you can do:

Boori always needs lots of cuddles and attention.

Play, talk, laugh and sing with boori.

Give boori pots and spoons to bang.

Cuddle and roll on the floor together.

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

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

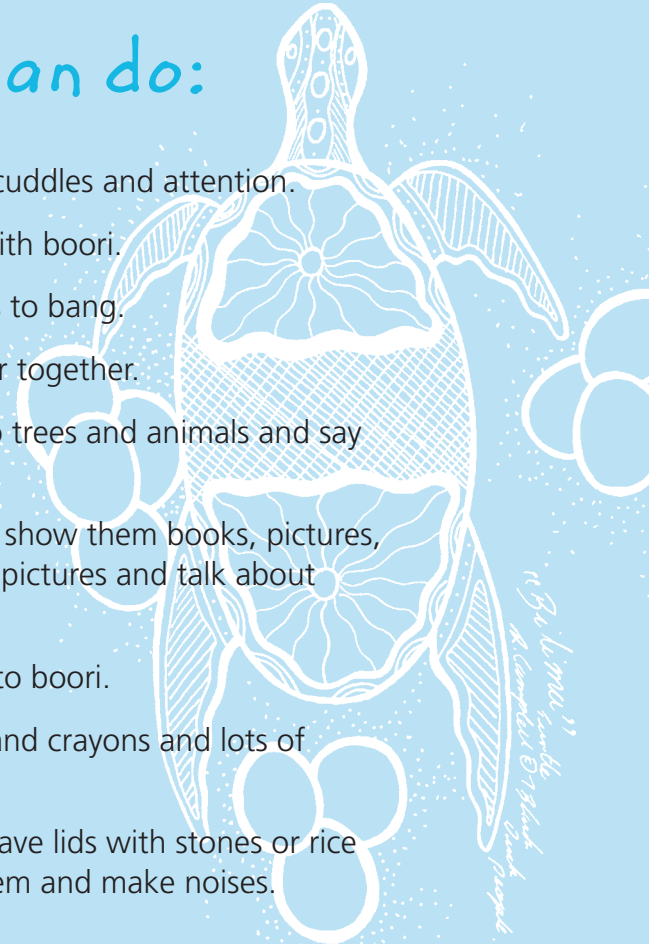
Read simple picture books to boori.

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

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



Booris 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 boori 9-18 months

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 boori to crawl through the tunnel to you.

Fill it up

Put objects like pegs, balls or blocks into a box or saucepan. Show boori 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 boori how to take them off.

Chasing

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

Singing

You might have a favourite song you like to sing to boori. Here is a popular song *Head, Shoulders, Knees and Toes* in Dhurga.

Gabaanu, guga, ngumung, gubidjayanga
Head, shoulders, knees, toes

Ngumung, gubidjayanga
Knees, toes

Gabaanu, guga, ngumung, gubidjayanga
Head, shoulders, knees, toes

Ngumung, gubidjayanga
Knees, toes

Mabura, guri, dhaaga, nugurr
Eyes, ears, mouths, nose

Gabaanu, guga, ngumung, gubidjayanga
Head, shoulders, knees, toes

Ngumung, gubidjayanga
Knees, toes





Booris 1¹/₂-2¹/₂ years

At this age, booris 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.

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

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

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

Start encouraging booris to use a potty or big toilet.



Between 18 months and 2½ years booris 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:

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

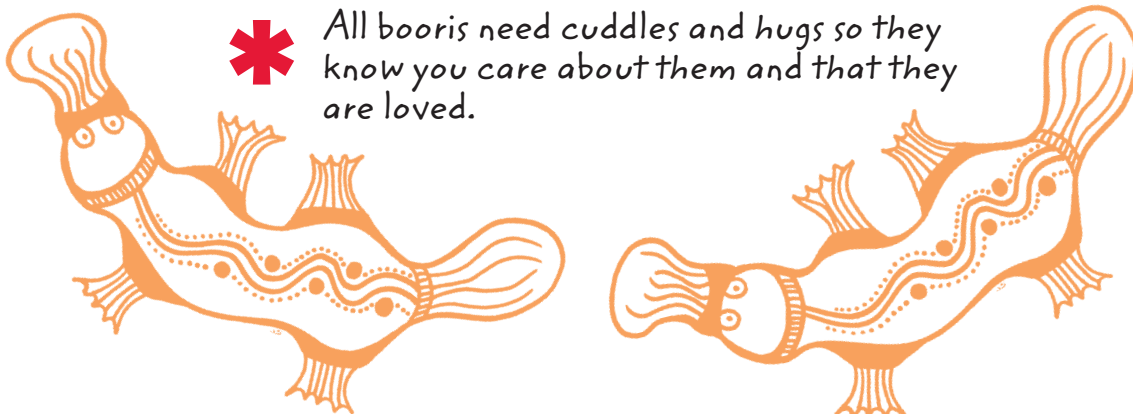
Take booris exploring—a garden or a park can be an exciting place.

Sit booris on your lap to look at books. Help booris to point at the pictures and name things: “look—a big brown dog”. Let booris turn the pages.

At this age, booris 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?”

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



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

Games for booris 1¹/₂-2¹/₂ years

Cardboard boxes

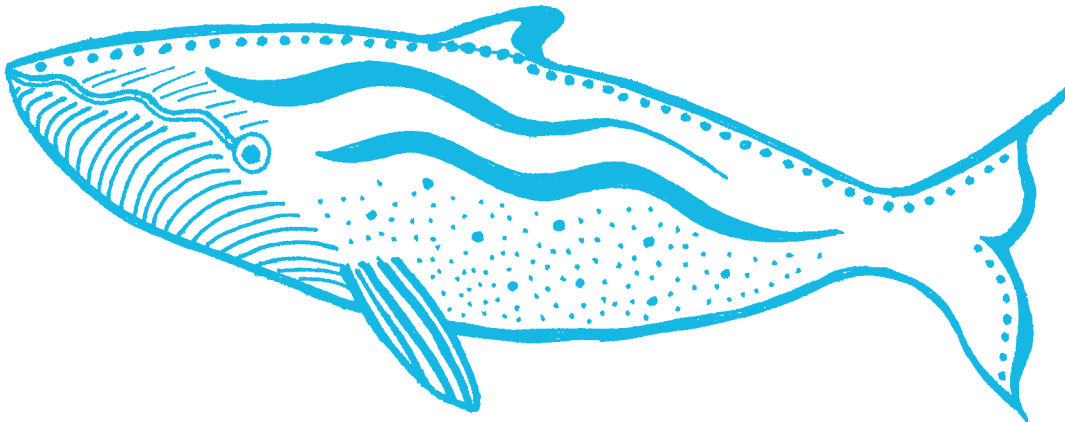
Cardboard boxes are great toys. They can be taped together, painted and decorated to become cars, towers and tunnels. Cut windows and a door into a large box and you have a house.

Chase me

Booris 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

Booris 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.



Games for booris 1¹/₂-2¹/₂ years

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

Playgroup

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

*By Campbell 014
Black Jack people*



Growing up fast 2¹/₂-3¹/₂ years

Your boori is growing up fast, learning new things every day. They can say more words, ask more questions, follow simple directions and do more things for themselves.

Booris 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 booris.

They can be bossy and start giving orders like “go away”.





Between 2½ and 3½ your boori 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 your boori's stories. They are learning about you and the world around them.

Learning skills

Booris 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 booris 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 booris safe. Make sure you know where they are and that there is always someone looking after them.*

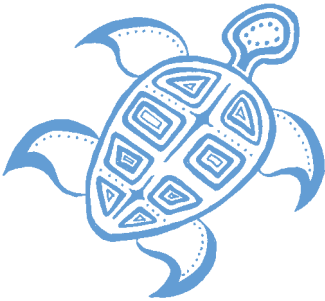
Learning about feelings

If your boori is upset, angry or fighting with another boori 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 boori when they are having a tantrum.
- Never use ‘put-downs’, bad names or swear at booris.
- If you start to feel angry, WALK AWAY until you calm down.





Games for booris 2¹/₂-3¹/₂ years

Making music

Booris 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. Booris 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 3¹/₂-5 years

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

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

Booris 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 boori to attend pre-school as it helps them get ready for school.





Between 3½ and 5
your boori 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 booris
- enjoy jokes and rhymes.



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

What you can do:

Proud booris

Booris 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 booris 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!

Booris 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, booris 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 booris can learn skills by helping you—get them to help you with cooking, bringing in the washing or sweeping the floor.



Encourage booris to help you and make it fun.

Games for booris 3¹/₂-5 years

Masks

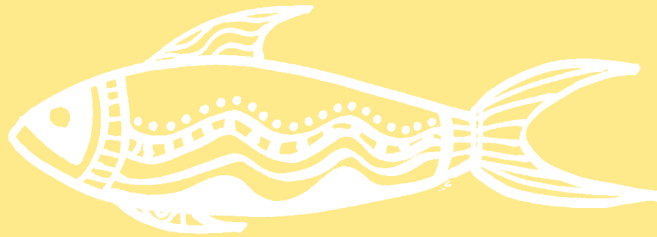
Paper bags or paper plates make great masks. Booris can cut out the shapes for eyes, nose and mouth and decorate the mask with crayons or paint. Make masks for different characters or animals.

Gamin'

Booris 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.



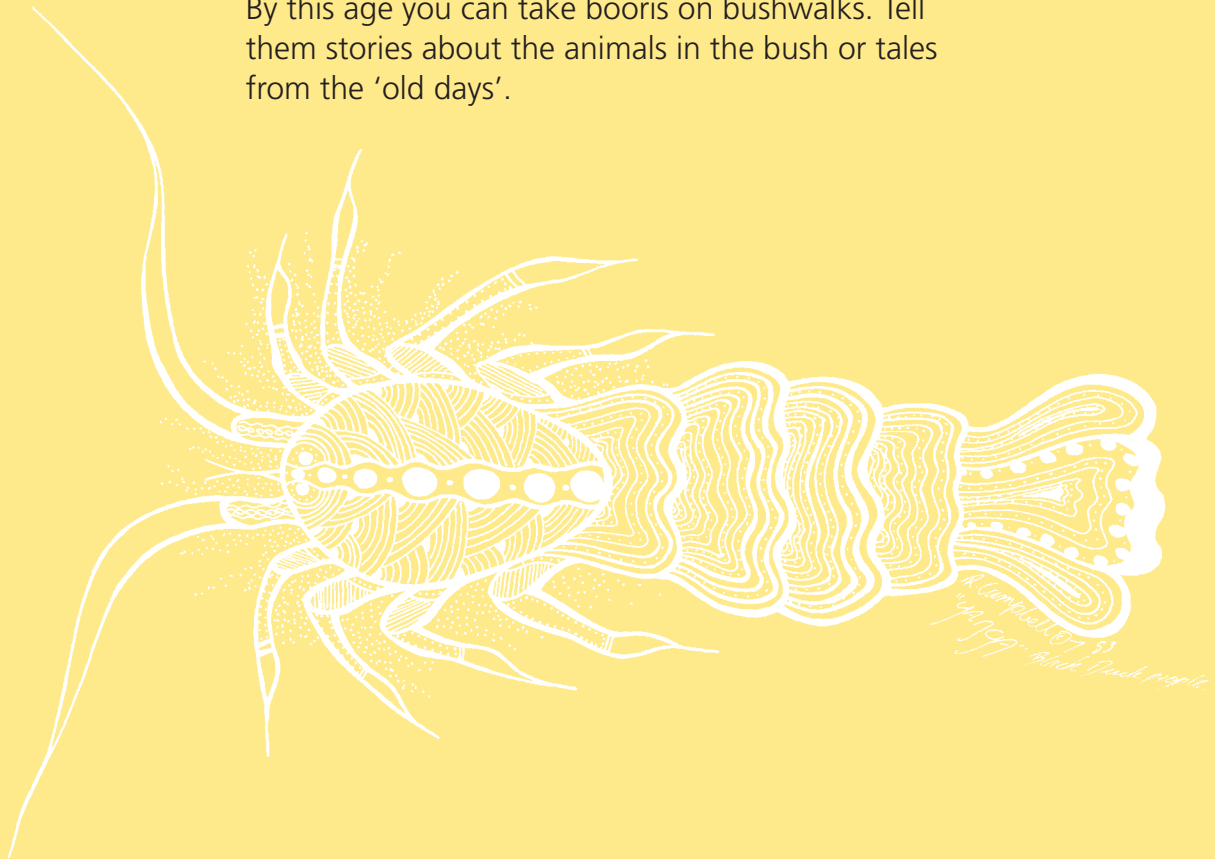
Games for booris 3¹/₂-5 years

Sorting

Booris 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 booris on bushwalks. Tell them stories about the animals in the bush or tales from the 'old days'.





Good food for booris

Booris need good food to grow healthy and strong.
Breast milk or formula is the most important food for boori until they are 12 months.

When should I start feeding my boori solids?

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

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





What solids should I feed my boori?

Boori needs well mashed food.

Start by mixing baby 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 boori used to vegies and then try mashed fruit—ripe bananas, well cooked apples and pears.

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

How much should I feed my boori?

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

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

Give boori a formula or breast milk feed before solids.

Avoid pieces of raw apple or carrot as these can make boori choke.

Feeding boori 6-9 months

Start with rice cereal, mashed vegies and fruit.

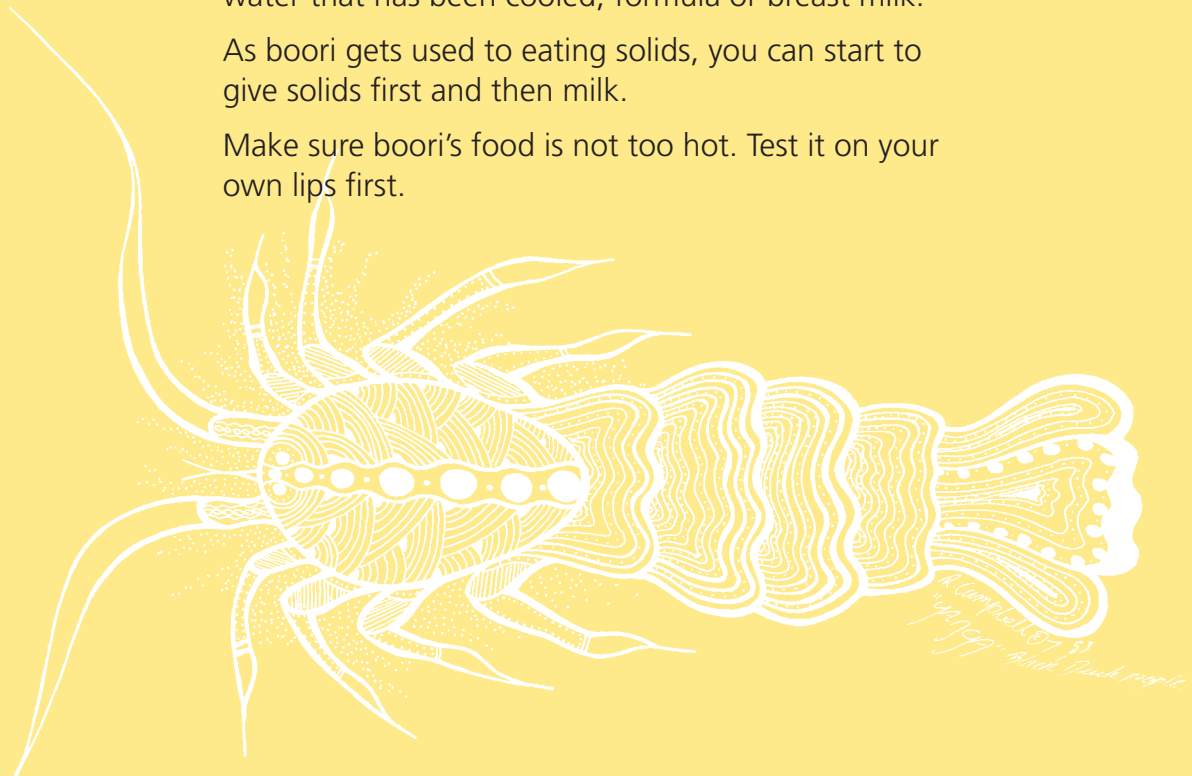
Then try small servings of:

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

Boori can start to drink from a cup with a lid. Try boiled water that has been cooled, formula or breast milk.

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

Make sure boori's food is not too hot. Test it on your own lips first.



Feeding boori 9-12 months

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

Finger food will help booris 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 boori's food.

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

Try to cook one meal for boori every day.

Take-away is not a healthy food for boori.

12 months to 5 years

Booris need a good mix of healthy fresh food.

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

Meals made at home are cheaper and healthier.

Avoid all take-away meals and junk food like sweets, chips and soft drinks or limit to one treat a week if necessary.





Drinks

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

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

Do not give fizzy drinks or soft drinks to boori.

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 booris hyper.

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

Storing food

You can save time by cooking up a large amount of food for boori 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 boori, throw out any left in the bowl.

Resources — Words

English — Dhurga

Head — gabaanu
Hair — djawur
Forehead — gundu
Eye — mabura
Ear — guri
Nose — nugurr
Mouth — dhaaga
Tongue — dhaalang
Tooth — yira
Chin — warlu
Skin — waadhu
Shoulder — gugu
Arm — gaygan
Hand — mana
Finger — yulu
Leg — ngari
Thigh — bunda
Knee — ngumung
Foot — dhana
Little toe — gubidjayanga
Big toe — biriga yuludha

English — Dhurga

Mother — minga
Father — baaba
Younger sister — murnunggan
Elder sister — mama
Younger brother — mayaaga
Elder brother — dhadha
Daughter — murnawar
Son — mayawar
Kookaburra — gugunyal
Redgum — yaaladha
Laugh — ngadjilin
You — njindiga
Good — djamaga
Welcome — walawaani
Everyone — njindiwan



Resources — Song

The following song is a Dhurga translation of an old childhood favourite. Owing to the structure of Dhurga language literal translation is not possible.

Gugunyal Yaaladha Djin Mayin

Kookaburra Sits in the Old Gum Tree

Gugunyal Yaaladha Djin Mayin

Kookaburru redgum in there sits he

Baaba gabun yaalawaraganu

Father very good many redgums he

Gugunyal ngadjilin Gugunyal ngadjilin

Kookaburra laugh Kookaburra laugh

Njindiga djamaga

You good

Contacts and supports

COMMUNITY HEALTH CENTRES

Child and Family Health Nurses and Aboriginal Health Education officers are available at:

Batemans Bay Community and Mental Health Service

Phone: (02) 4475 1620

Bega Community Health Centre

Phone: (02) 6492 9620

Cooma Community Health Centre

Phone: (02) 6455 3201

Crookwell Community Health Centre

Phone: (02) 4832 1300

Eden Community Health Centre

Phone: (02) 6496 1436

Goulburn Community Health Centre

Phone: (02) 4827 3913

Jindabyne Community Health Centre

Phone: (02) 6457 2074

Karabar Community Health Centre

Phone: (02) 6299 7299

Murrumburrah-Harden Community Health Centre

Phone: (02) 6386 2200

Moruya Community Health Centre

Phone: (02) 4474 1561

Narooma Community and Mental Health Service

Phone: (02) 4476 2344

Pambula Community Health Centre

Phone: (02) 6495 8350

Queanbeyan Community Health Centre

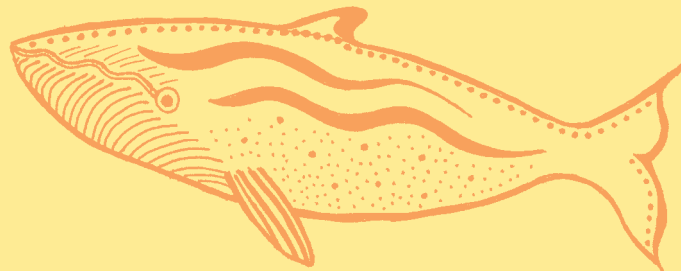
Phone: (02) 6298 9233

Yass Community Health Centre

Phone: (02) 6220 2111

Young Community and Mental Health Service

Phone: (02) 6382 8700



ABORIGINAL MEDICAL SERVICE

Katungul

Phone: (02) 4476 2155 (Narooma)

Phone: (02) 4474 2485 (Moruya)

Phone: (02) 6492 0532 (Bega)

ABORIGINAL MATERNAL HEALTH

Koori Maternal Access Program (KMAP)

Phone: (02) 4474 1521 (Moruya)

Phone: (02) 6492 0532 (Bega)

ABORIGINAL HEALTH SERVICES

Healthy For Life

Southern General Practice Network

Phone: (02) 4474 5100 (Moruya)

Phone: 0427 286 450 (Bega)

Munjawa Queanbeyan Aboriginal Corporation

Phone: (02) 6297 3578

ABORIGINAL PRESCHOOLS

Queanbeyan Aboriginal and Torres Strait Islander Playschool

Phone: (02) 6298 4522

Gudga-Ga-Nura Preschool (Mogo)

Phone: (02) 44745299

Little Yuin Aboriginal Preschool (Wallaga Lake)

Phone: (02) 4473 7396

ABORIGINAL SUPPORTED PLAYGROUPS

Leap Frog

Phone: (02) 4474 2907 (Moruya)

Phone: (02) 6496 1918 (Eden)

ABORIGINAL FAMILY WORKERS

Phone: (02) 4474 2907 (Moruya)

Phone: (02) 6496 1918 (Eden)

Phone: (02) 4822 2200 (Goulburn)

FAMILY SUPPORT SERVICES

Eurobodalla Family Support Service (Moruya)

Phone: (02) 4474 2907

Far South Coast Family Support Service (Bega)

Phone: (02) 6492 3411

Goulburn Family Support Service

Phone: (02) 4822 2200

Monaro Family Support Service (Cooma)

Phone: (02) 6452 3450

Queanbeyan Family Support Service

Phone: (02) 6298 0261

Young Family Support Service

Phone: (02) 6382 5737

ABORIGINAL DISABILITY SERVICES

NSW Department of Human Services Ageing, Disability and Homecare

Phone: 1300 841 566

General

HELP, ADVICE AND SUPPORT – CALL CENTRES

Emergency 24 hours (Ambulance, Fire, Police)	000
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
healthdirect Australia	1800 022 222
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



