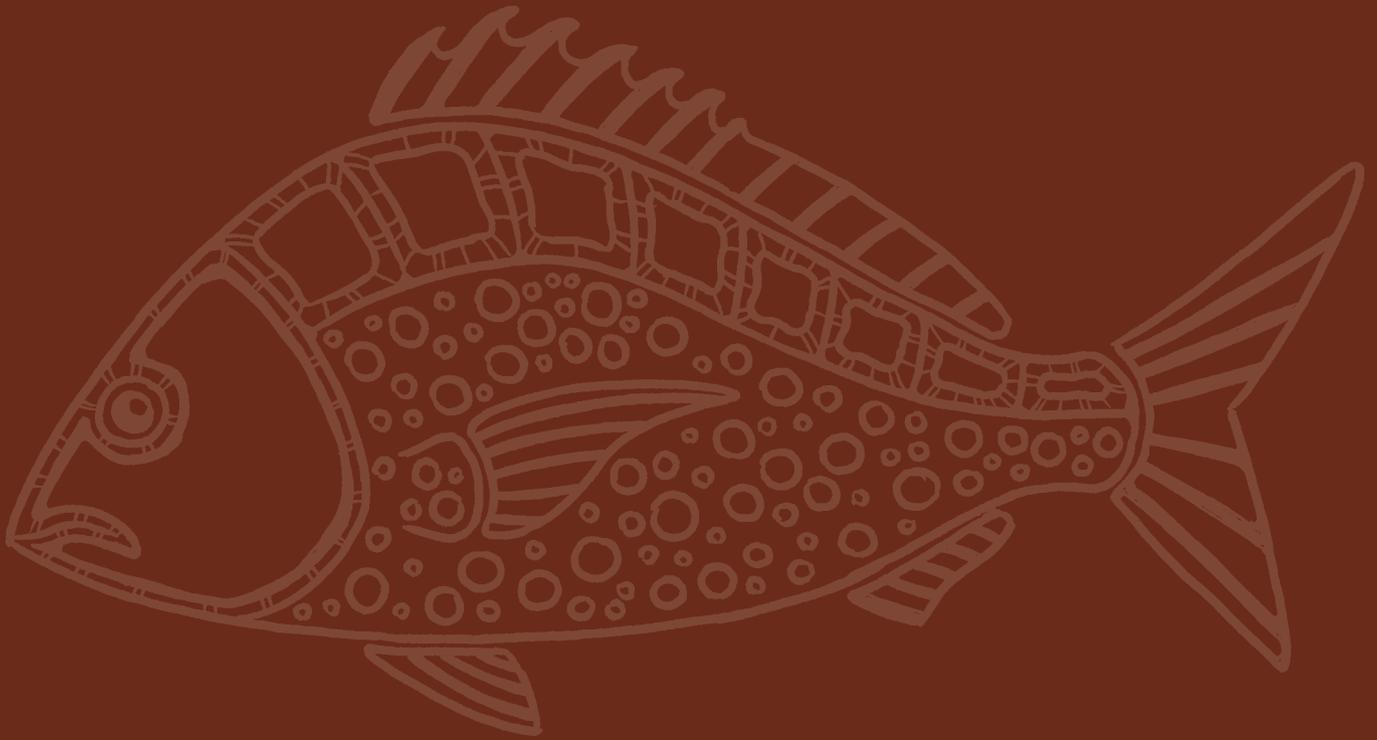




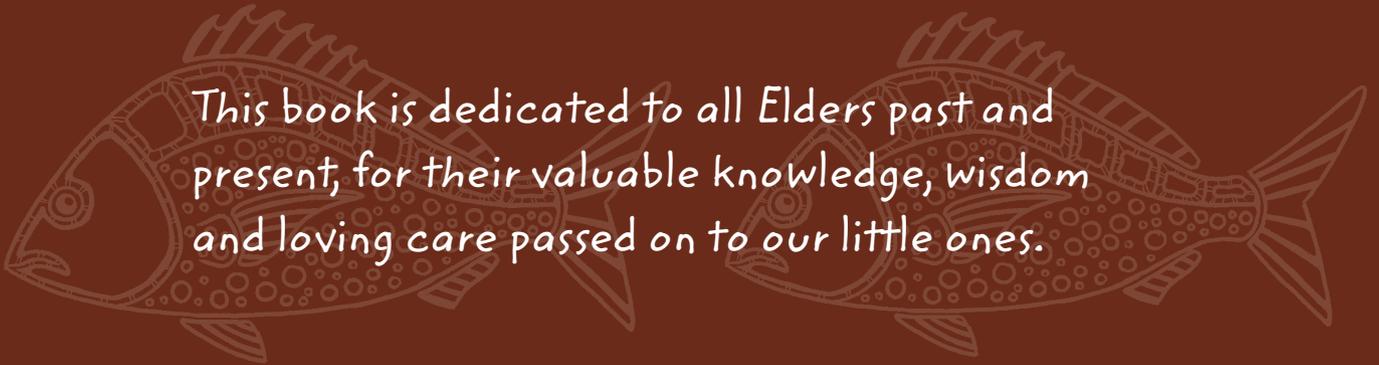
Happy Gamambi  
Healthy Dhalayi  
Strong Burray

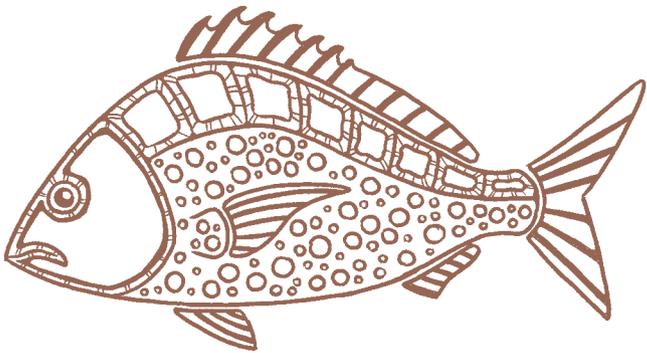


Mid North Coast



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





Happy Gamambi  
Healthy Dhalayi  
Strong Burray

Mid North Coast

## Acknowledgements

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**Aboriginal  
Child, Youth  
and Family  
Strategy**



Proud communities  
Strong families

# Introduction

This book is a resource for Aboriginal parents, families and community workers on the Mid North Coast, NSW.

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 babies and make sure that they get a good start in life.

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

This book talks about how we can help babies 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 babies
- games and activities
- contacts to help with parenting.

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

Being a parent can be hard at times. Be brave, ask for help from family, friends, services or ring a helpline. There is a list of contacts in the back of the book.

This book covers the Aboriginal Nations of Gumbaynggirr (South Grafton to Nambucca Valley), Dhanggati, also known as Dunghutti or Thungatti (Macleay Valley), Birrbay, also known as Biripi or Birpai (Telegraph Point to Tuncurry), Warrimay, also known as Worrimi (Forster to Port Stephens) and Guringay (Gloucester area). Throughout this book we have used three local languages, Gumbaynggirr, Dhanggati and Gathang (also known as Birrbay, Warrimay and Guringay). We have used the language of the family whose photos appear in that section of the book.

The name for this book uses a mix of English, Gumbaynggirr, Dhanggati and Gathang language to reflect the areas covered by the book.

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



# Newborn burray 0-3 months

In the first few weeks of life burray will spend a lot of time sleeping and feeding. Burray is the Gathang word for baby.

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 could be hungry, wet, need a cuddle or need to sleep. Talk to someone who can help if you are worried there is something wrong. Yarn with the Aboriginal Maternal Health Worker, Child and Family Health Nurse or your Doctor.

You can't spoil burray by giving them 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 the head when lying on belly
- kick legs by 2 months
- laugh by 3 months.



# What you can do:

Give burray lots of attention and reassurance by cuddles and talking softly.

Sing and hum to your burray. A good time to do this is when you change their nappy.

Play music to burray. Clap hands or gently move their legs to the music.

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 bed helps burray settle.

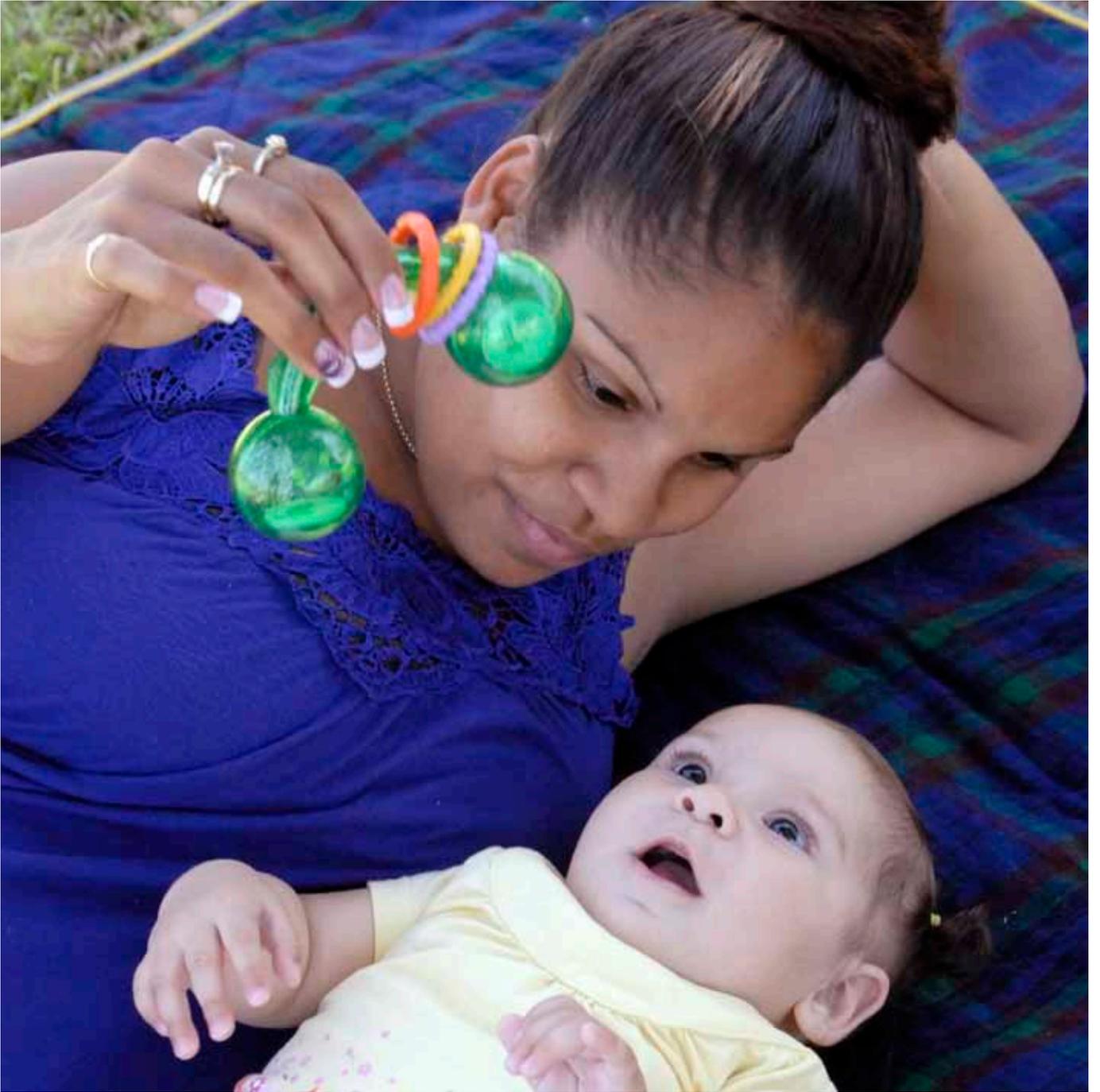
To protect burray from harm, sleep burray on their back in a cot or bassinet next to your bed.

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 burray needs to raise their head to see the toy.



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



# Best start for burray

Breast milk is the best tucker for burray. Breast milk or formula is all they need until they are 6 months old.

## When should I start feeding my burray solids?

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

Burray need good food to grow healthy and strong.

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

Breast milk or formula is an important food for burray until they are at least 12 months.

## 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.





# 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.

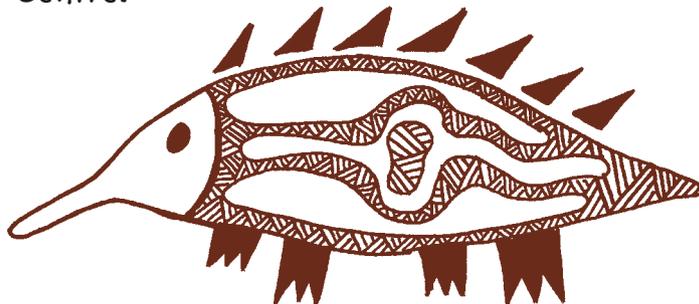
Burray will start to move around more. Playing and moving will help burray grow stronger.

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 “mum”, “dad”, “nan” and “pop”.

Make faces and blow raspberries on burray’s belly.

Sing and play music.

Give burray lots of cuddles and hold them close.

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

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

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

Burray may start to get some teeth. Give them a teething ring or a cold toy to chew on.

Start reading to burray. Talk about the pictures and tell them what they are.



*Babies 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.

## 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)*

## Reach and grab

Put a toy just out of burray's reach so they need to stretch to get it.



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

# Games for you and burray 6-9 months

## **Body parts**

Point to parts of your body and name them. Point to parts of burray's body and name them – nose, eyes, ears.

## **Lost & found**

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

## **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.



## What solids should I feed my burray?

Burray needs well mashed food.

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

Then try mashed vegies—potato, pumpkin, carrots, avocado, 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.***

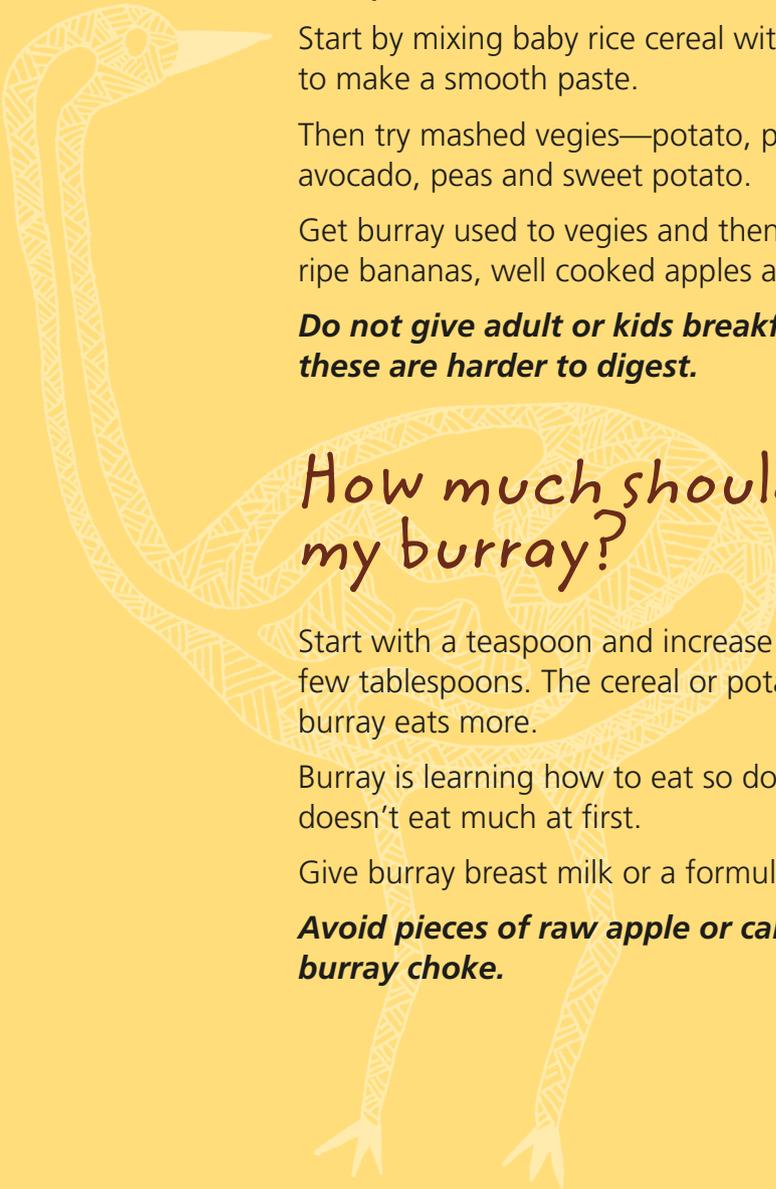
## How much should I feed my burray?

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 breast milk or a formula feed before solids.

***Avoid pieces of raw apple or carrot 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 finely chopped or minced meat
- fish without bones
- well cooked egg yolk.

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.

## Storing food

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

Mashed burray 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.



# Older buwaarr 9-18 months

Buwaarr is the Gumbaynggirr word for baby. Buwaarr will be curious about everything—sounds, music, books, household objects. Gamambi is the Gumbaynggirr word for children and junuy is the Gumbaynggirr word for child.

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

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

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

Buwaarr are becoming their own little person. They can get frustrated when telling you what they want and need. So show them how through play and words.

Buwaarr start to get teeth. Use a clean wet soft cloth or washer to gently clean their teeth.

Between 9 and 18 months  
buwaarr 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.



*Buwaarr will practise  
these new skills over and  
over.*



## What you can do:

Buwaarr always needs lots of cuddles and attention.

Play, talk, laugh and sing with buwaarr.

Give buwaarr pots and spoons to bang.

Cuddle and roll on the floor together.

Take buwaarr outside to the beach, bush or park. Build sandcastles, point to trees, animals and say their names.

Hold buwaarr 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 buwaarr.

Give buwaarr non-toxic pencils and crayons and lots of paper to scribble on.

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

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

# Games for you and buwaarr 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 buwaarr to crawl through the tunnel to you.

## Fill it up

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

## Peg play

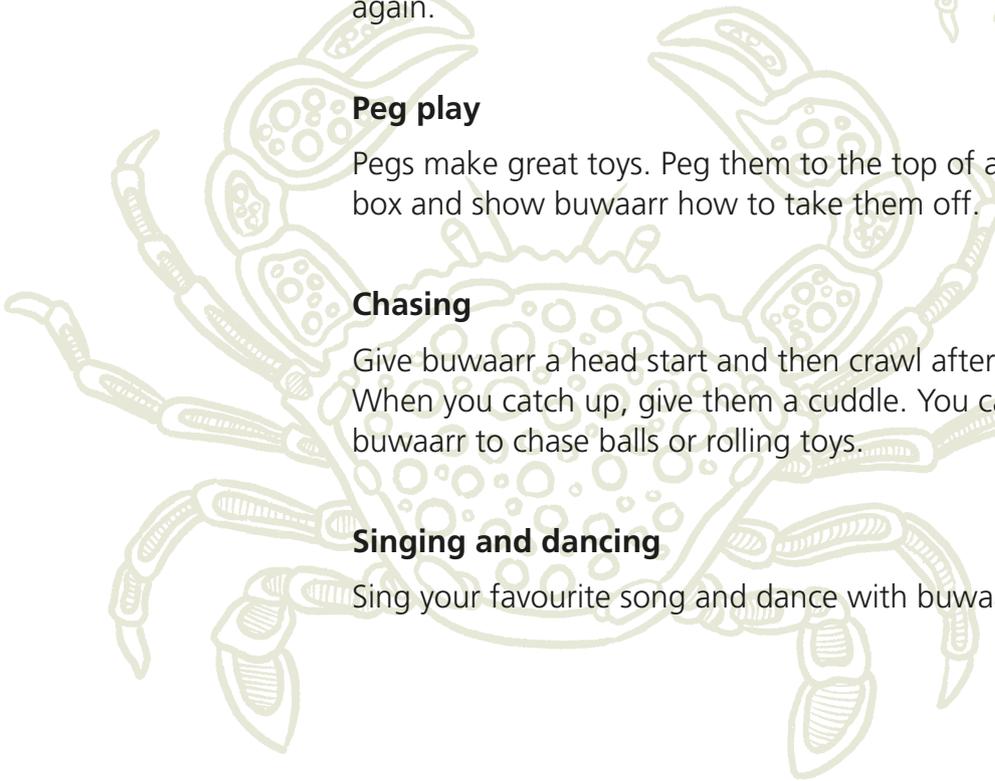
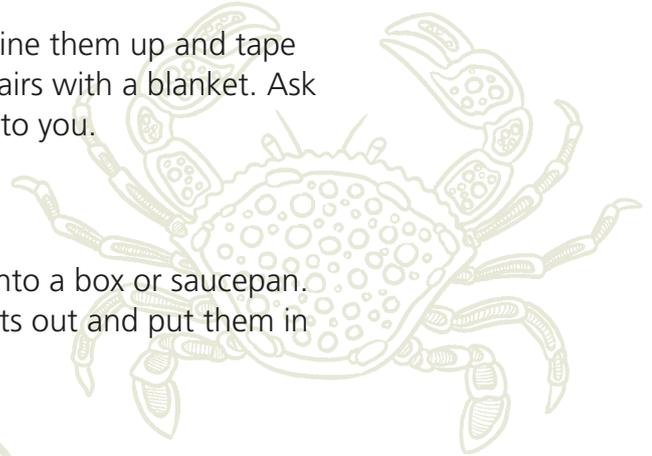
Pegs make great toys. Peg them to the top of a saucepan or box and show buwaarr how to take them off.

## Chasing

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

## Singing and dancing

Sing your favourite song and dance with buwaarr.



# Feeding buwaarr 9-12 months

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

Finger food will help buwaarr 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 buwaarr's food.

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

***Try to cook one meal for buwaarr every day.***

***Take-away is not a healthy food for buwaarr.***





# Junuy

## 1<sup>1</sup>/<sub>2</sub>-2<sup>1</sup>/<sub>2</sub> years

Buwaarr is growing into a junuy now. Junuy 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.

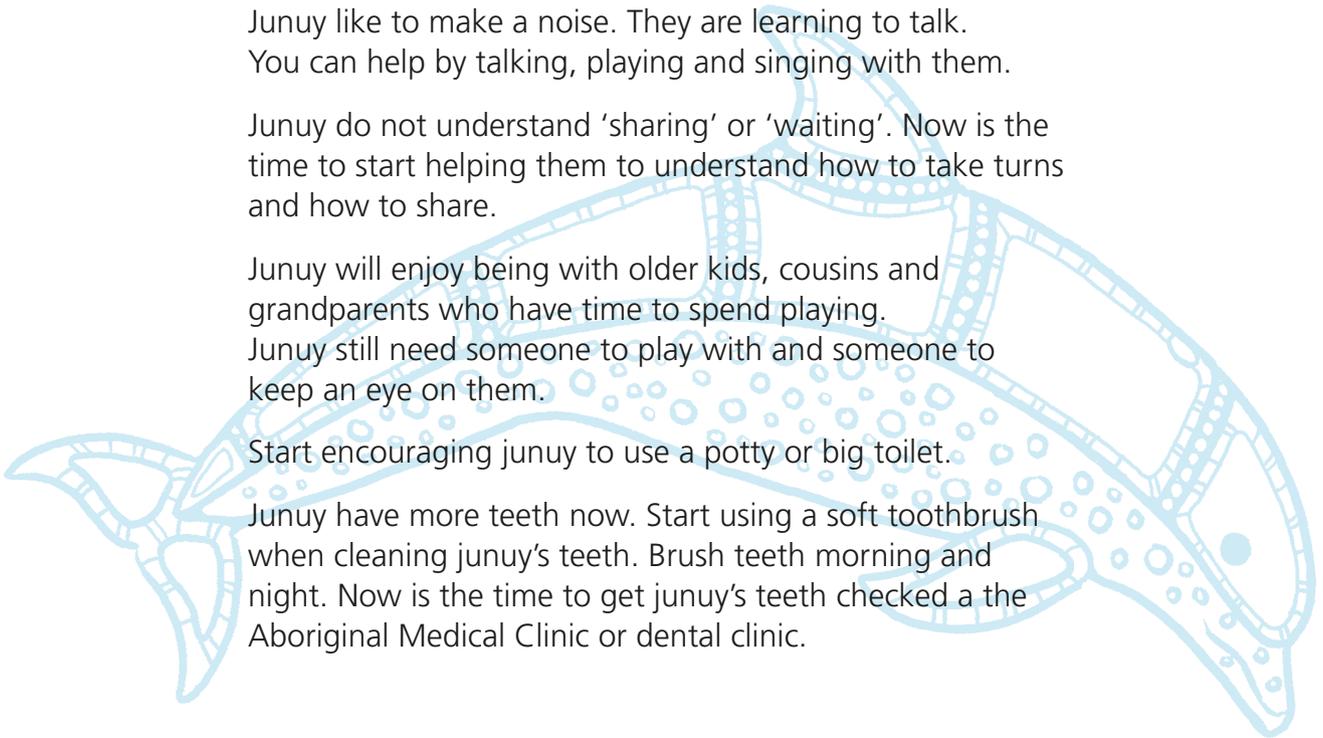
Junuy like to make a noise. They are learning to talk. You can help by talking, playing and singing with them.

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

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

Start encouraging junuy to use a potty or big toilet.

Junuy have more teeth now. Start using a soft toothbrush when cleaning junuy's teeth. Brush teeth morning and night. Now is the time to get junuy's teeth checked at the Aboriginal Medical Clinic or dental clinic.





Between 18 months and 2½ years junuy 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
- repeat games and words
- feed themselves
- turn knobs and push buttons.

## What you can do:

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

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

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

At this age, junuy 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?”.

Junuy love to help—involve them in daily routines like hanging out the washing, washing the floor or helping outside with the gardening.



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



# Games for junuy 1<sup>1</sup>/<sub>2</sub>-2<sup>1</sup>/<sub>2</sub> years

It is great fun for parents to sit with their junuy.

## **Paint and play**

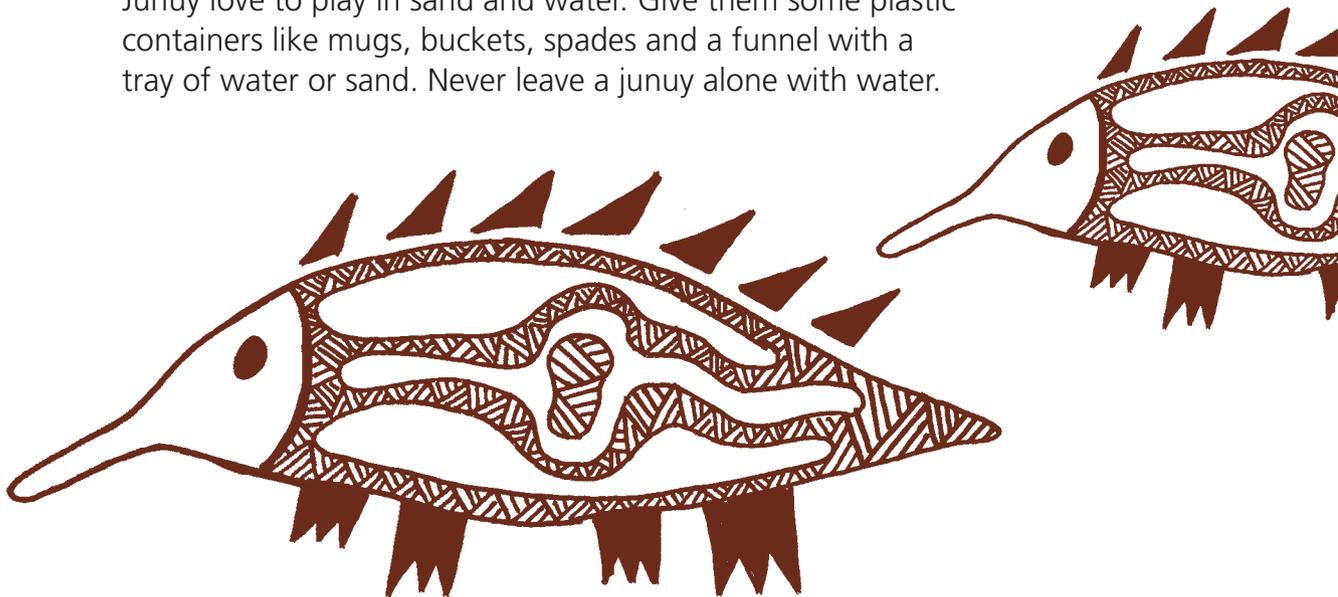
Paint on bark or cardboard tubes using paint or earth colours. This develops concentration and creativity.

## **Simple counting**

Get junuy involved by counting steps, fruit at the supermarket or wheels on the car.

## **Sand or water play**

Junuy 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 junuy alone with water.



# Games for junuy 1<sup>1</sup>/<sub>2</sub>-2<sup>1</sup>/<sub>2</sub> years

## Word games

Ask junuy questions. "Where are your shoes?" "What's Daddy doing?" "What noise does a dog make?"

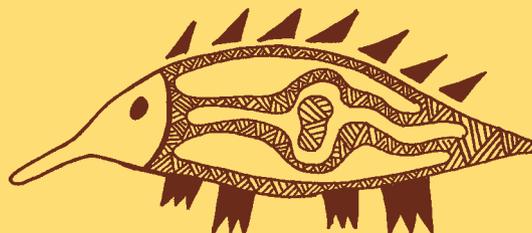
Show junuy family photos and ask "Who's that?".

## Toy libraries

Most libraries have toy libraries where you can borrow toys. Junuy 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.

## Playgroup

Playgroups are a great place for little Kooris 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.





## 12 months to 5 years

Junuy need a good mix of healthy fresh food.

Let junuy start to feed themselves with a children's spoon.

If your junuy spits their food out it does not mean they don't like it. They are learning about taste and texture. Make food a positive experience.

Feed your junuy 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 junuy are breast milk or water.***

***Do not give fizzy drinks or soft drinks to junuy.***

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 junuy hyper.

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

Encourage junuy to drink from a cup.



# Growing up fast

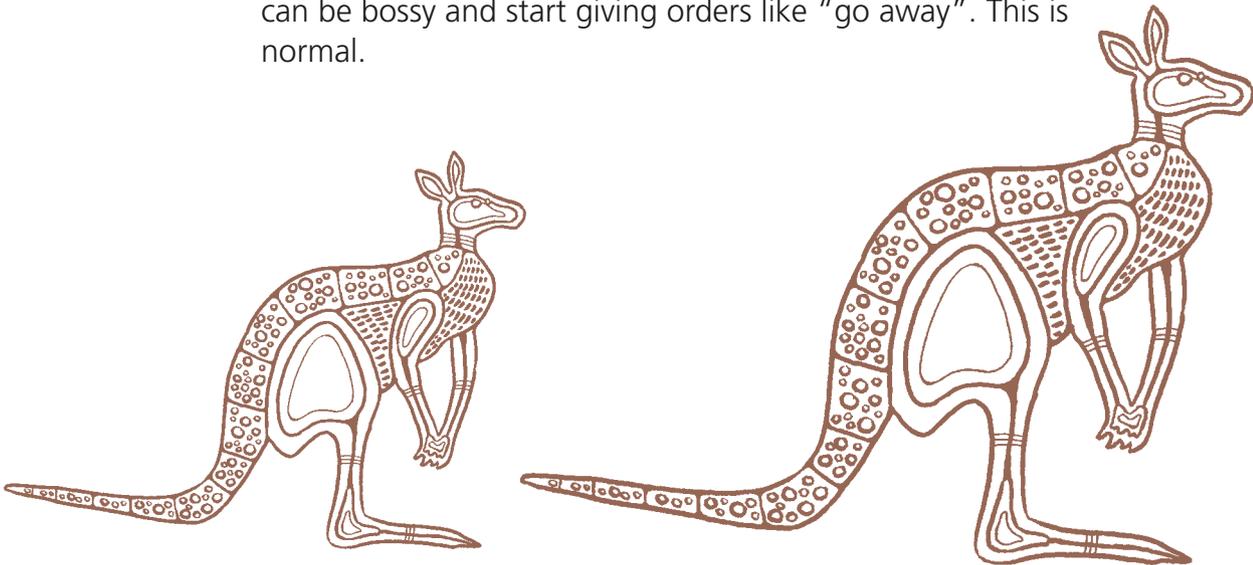
## 2<sup>1</sup>/<sub>2</sub>-3<sup>1</sup>/<sub>2</sub> years

Your dhalayi is growing up fast, learning new things everyday. Dhalayi is the Dunghutti word for child.

They can say more words, ask more questions, follow simple directions and do more things by themselves.

Dhalayi 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.

Sometimes learning to be independent can mean tantrums, not wanting to share and fighting with other children. They can be bossy and start giving orders like "go away". This is normal.





Between 2½ and 3½ your dhalayi will:

- use more than one word together.
- 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 dhalayi—play and talk with them.

## **Yarnin' up (telling stories)**

Tell your stories and listen to dhalayi's stories. Make up stories to tell dhalayi. Told stories are important. They are learning about you and the world around them.

## **Learning skills**

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

# Learning about feelings

If your dhalayi 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”.

## Tantrums

Little tantrums are best ignored. Make sure you notice and talk to your dhalayi 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 dhalayi, 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 dhalayi.
- Using bribes or ‘conning up’ your dhalayi will not work for very long. Your dhalayi will do it again.
- If you start to feel angry, WALK AWAY until you calm down.

# Games for dhalayi 2<sup>1</sup>/<sub>2</sub>-3<sup>1</sup>/<sub>2</sub> years

## **Nature play**

Thread leaves, berries and bark onto a string or stick.  
Constant practice steadies hands and eyes.

## **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. Dhalayi also love to paint with water—give them a brush and let them paint the outside doors, windows and walls.

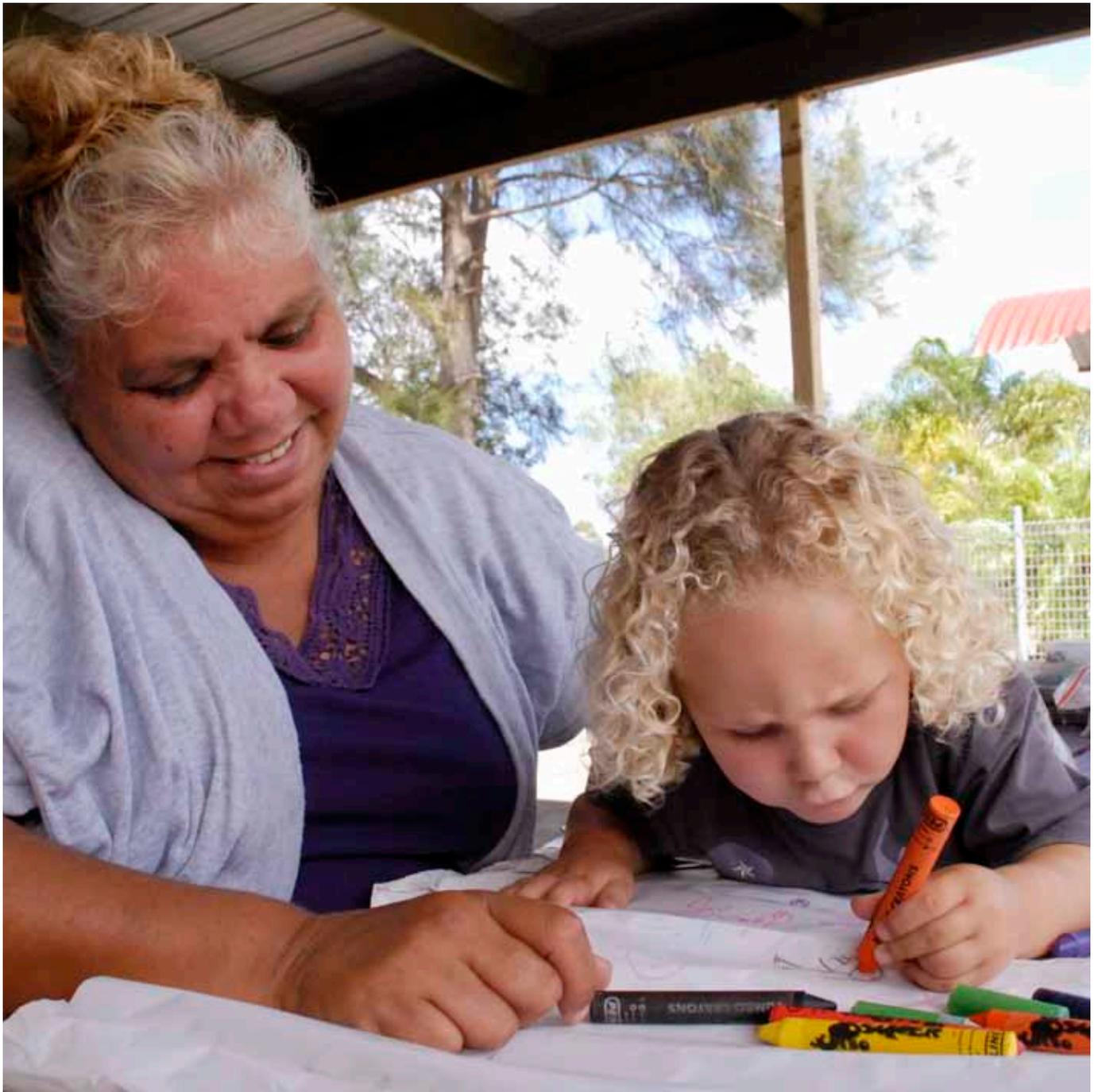
## **Making a feed (cooking)**

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**

Stick leaves, wool, egg shells, small sea shells, straws and coloured paper onto cardboard using glue. See what interesting pictures you can make. Flour and water mixed together makes a good glue.





# Your dhalayi 3<sup>1</sup>/<sub>2</sub>-5 years

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

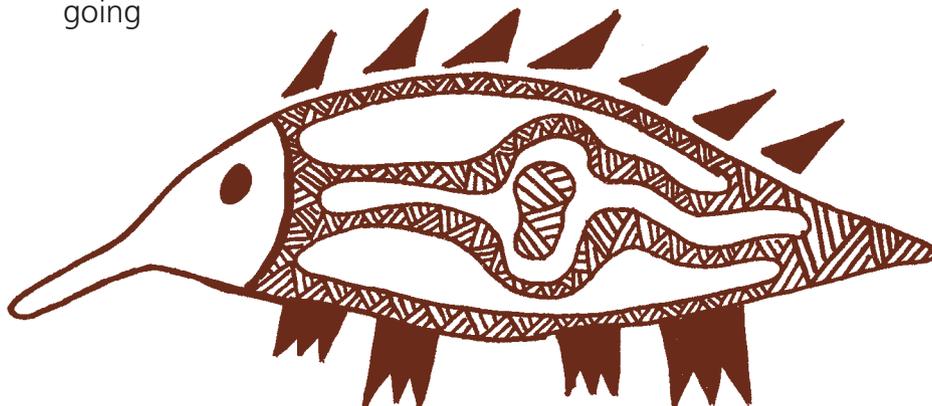
Dhalayi are more independent but they still need an adult around to care for them and keep them safe.

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

## **Preschool**

This is a good age for your dhalayi to attend preschool as it helps them get ready for school.

Visit the preschool. Talk to dhalayi about it before and after going



Between 3½ and 5  
your dhalayi 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 dhalayi are not talking much, they may need their ears 'checked' by a nurse or doctor.*



# What you can do:

## **That's deadly!**

Dhalayi 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.

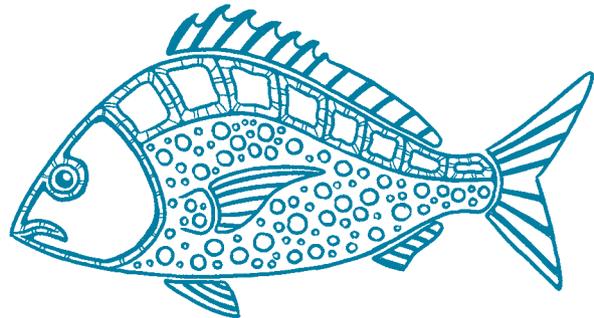
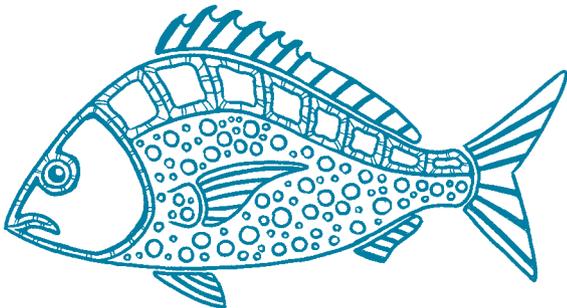
Read books together, tell stories and sing songs. Teach dhalayi how to say or sing the alphabet.

At this age, dhalayi love to tell stories and you can help them to make their own books. Let them draw the pictures and write their story underneath. 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.

Talk to family members about what stage dhalayi is at and what kinds of things dhalayi is doing.

**\*** *Encourage dhalayi to help you and make it fun.*



# Games for dhalayi 3<sup>1</sup>/<sub>2</sub>-5 years

## Masks

Paper bags or paper plates make great masks. Dhalayi 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.

## Gammon

Dhalayi 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 dhalayi. Talk to dhalayi about what is real and what is pretend.

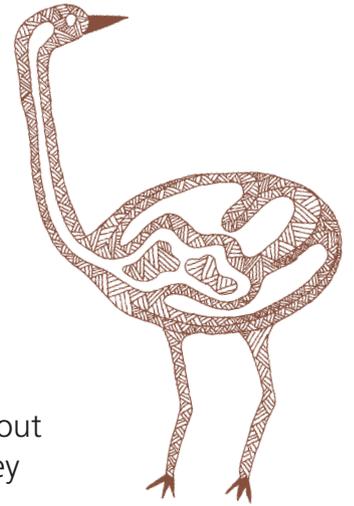
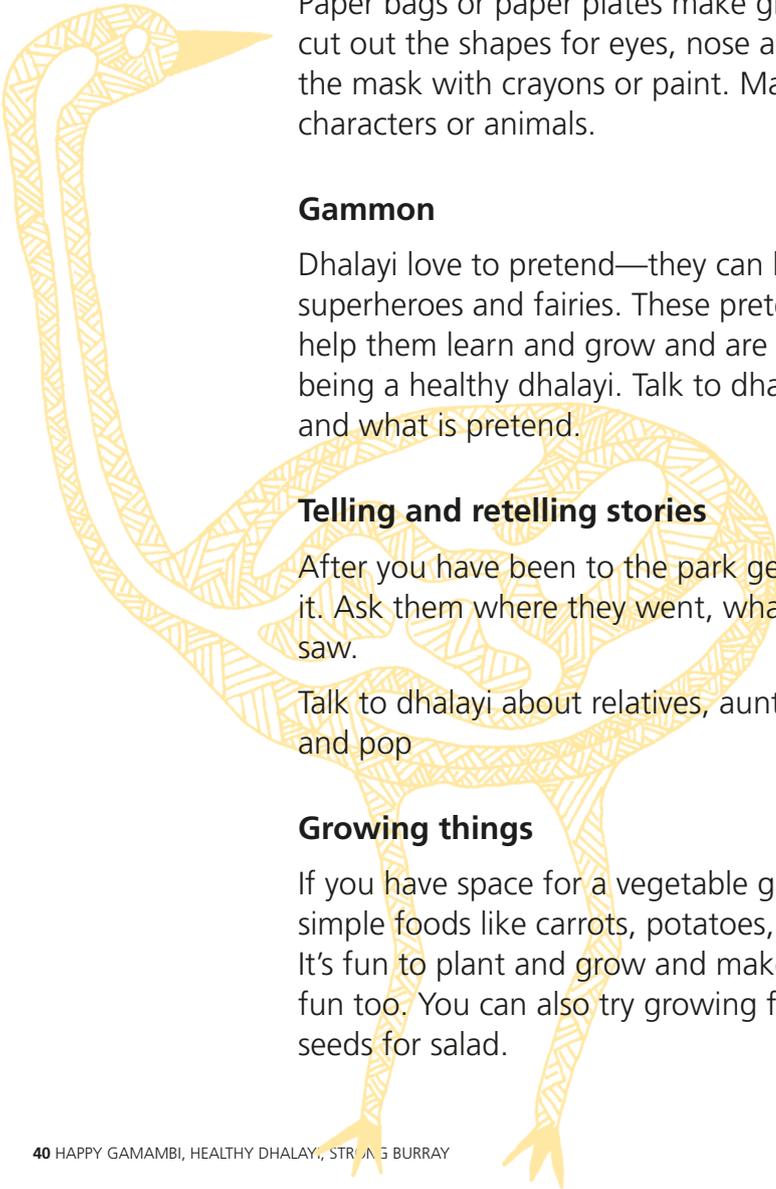
## Telling and retelling stories

After you have been to the park get dhalayi to tell you about it. Ask them where they went, what they did and who they saw.

Talk to dhalayi about relatives, aunties, uncles, cousins, nan and pop

## 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 dhalayi 3<sup>1</sup>/<sub>2</sub>-5 years



## **Sorting and grouping**

Dhalayi 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.

## **Counting**

Teach your dhalayi to say 1, 2, 3, 4, 5. Ask your dhalayi to pick up rocks, leaves, shells or sticks. Ask dhalayi to count how many family members they have.

## **Going bush (bushwalking)**

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

## **Singing**

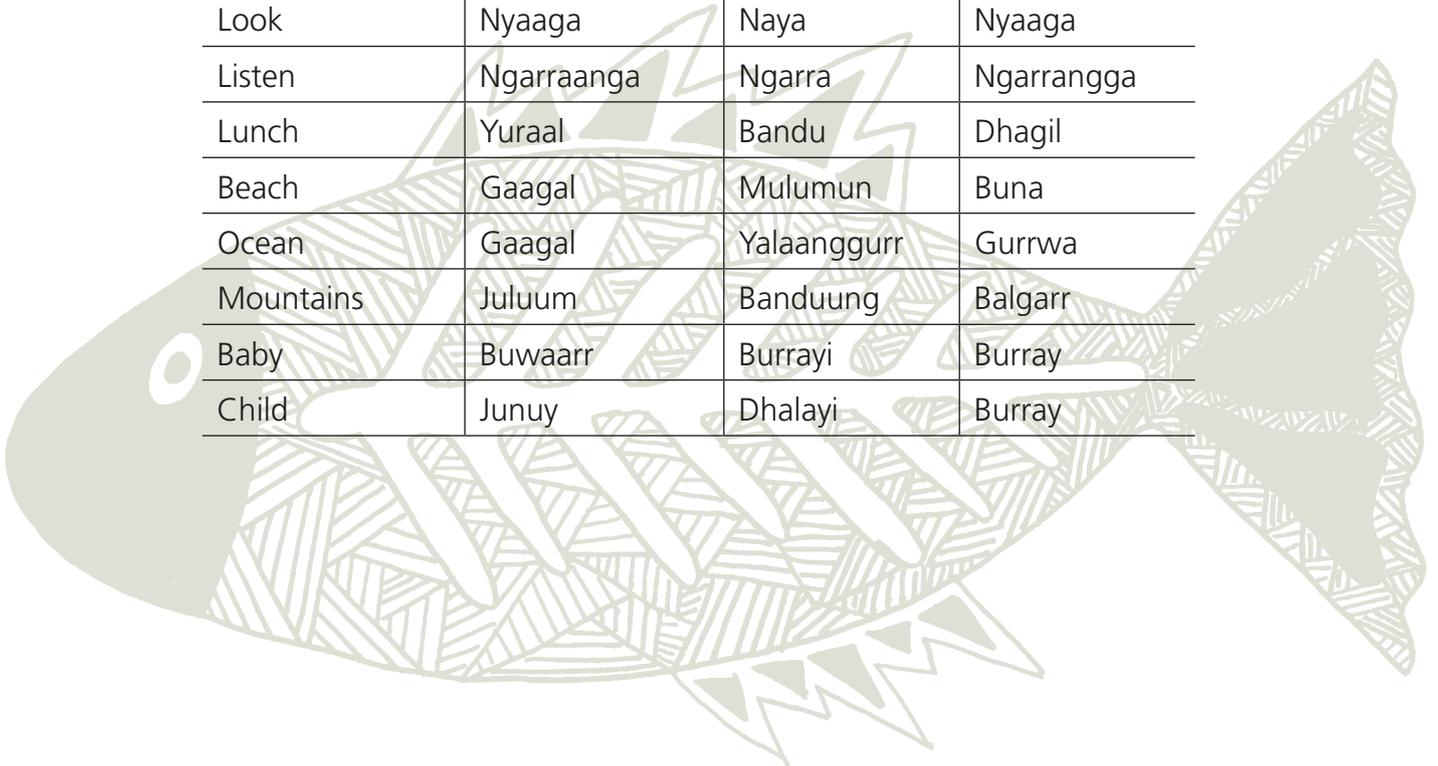
You may have a favourite song you like to sing to dhalayi.

# Language

English	Gumbaynggirr	Dhanggati	Gathang
Head	Gaali	Buu	Gabarr
Shoulders	Ngaama	Giyang	Wilga
Knees	Baga-baga	Gutung	Baka
Toes	Junuybin jiina	Dhina	Djina
Ear	Ngaalgan	Dhigayi	Muku
Eye	Miil	Mii	Migang
Mouth	Jalaany	Dhirra	Galarr
Nose	Jingaam	Ngamburr	Ngaang
Hair	Maara	Marra	Gitjang
Teeth	Diira	Dhirra	Yiru
Foot	Jiina	Dhina	Manduway
Hands	Maarla	Yama	Matjarr
Fingers	Junuybin maarla	Yama	Maa
Mother	Miimi	Naangu	Nyukang
Father	Baaba	Miyanda	Biyang

# Language

English	Gumbaynggirr	Dhanggati	Gathang
Mother's mother	Baabany	Ngabayanda	Ngapigan
Father's mother	Gami	Ngabayanda	Gimbi
Mother's father	Ngaji	Babaa	Gurung
Father's father	Gagu	Babaa	Bapu
Children	Gamambi	Dhalayi	Burray
Footprint	Marruurr	Yapang	Djina
Look	Nyaaga	Naya	Nyaaga
Listen	Ngarraanga	Ngarra	Ngarrangga
Lunch	Yuraal	Bandu	Dhagil
Beach	Gaagal	Mulumun	Buna
Ocean	Gaagal	Yalaanggurr	Gurrwa
Mountains	Juluum	Banduung	Balgarr
Baby	Buwaarr	Burrayi	Burray
Child	Junuy	Dhalayi	Burray



# Contacts and supports

## **COFFS HARBOUR**

Coffs Harbour Aboriginal Family Worker	6648 3680
Coffs Harbour Aboriginal Maternal Infant Health Service	6652 0800 0408 617 391
Coffs Harbour Community Services Agency and Brighter Futures	6659 1555
Galambila Aboriginal Medical Service	6652 0800
Kulai Aboriginal Preschool	6652 4337
UnitingCare Burnside Family Support, Supported Playgroups and Brighter Futures	6659 2800

## **NAMBUCCA/BELLINGEN**

Nambucca Aboriginal Family Worker and Aboriginal Maternal Infant Health Service	6568 0612
Dharimba Marra Aboriginal Medical Centre	6598 6800
Giiguy Gumumbi Aboriginal Preschool	6569 4077
Bowraville Community Preschool	6564 7657
Nambucca Family Support Service and Macksville Supported Playgroup	6568 1474
Mission Australia Brighter Futures Program	6562 1649
Bellingen, Urunga and Dorrigo Supported Playgroups	6655 6993

## **GREAT LAKES & GLOUCESTER**

Great Lakes Aboriginal Family Worker and Tobwabba Aboriginal Medical Centre	6555 6271
Homebase Aboriginal Playgroup Tuncurry	6555 5622
Gloucester Families NSW Mobile Supported Playgroup	6558 1643

# Contacts and supports

## **KEMPSEY**

Durri Aboriginal Medical Service, Family Worker, Maternal, Infant & Child Health Services	6560 2300
Dalaigur Aboriginal Preschool	6562 4758
South Kempsey Preschool	6562 8002
Kempsey Family Support, South Kempsey Supported Playgroup and Young Parents Group	6563 1588
Mission Australia Brighter Futures Program	6562 1649
Kempsey Community Services Agency and Brighter Futures	6561 6500

## **PORT MACQUARIE**

Hastings Aboriginal Family Worker and Aboriginal Maternal Infant Health Service	6588 2882
Werrin Aboriginal Medical Service	6589 4000
UnitingCare Burnside Family Support Service and Supported Playgroups	6581 6600
Mission Australia Brighter Futures	6589 5000
Port Macquarie Community Services Agency and Brighter Futures	6580 3700

# Contacts and supports

## TAREE

Taree Aboriginal Family Worker	6591 2421
Biripi Aboriginal Medical Service and the Aboriginal Maternal Infant Health Service	6552 2154
Aboriginal Playgroup	6552 2154
Girrawong Preschool	6552 3880
Good Beginnings Playgroup	0458 791 294
Manning, Great Lakes Gloucester Family Support Service	6551 5660
Taree Community Services Agency and Brighter Futures	6591 2100
Catholic Care Brighter Futures	6551 0224

## HELP, ADVICE AND SUPPORT—CALL CENTRES

Emergency 24 hours (Ambulance, Fire, Police)	000
Breastfeeding Helpline (24 hours)	1800 686 268
Centrelink – family and parenting payments	13 61 50
Child Abuse Prevention Service	1800 656 463
Child Protection Helpline (24 hours)	13 21 11
Domestic Violence Line (24 hours)	1800 656 463
Early Childhood Intervention Info Line	1300 656 865
Health Direct 24 health advice line	1800 022 222
Karitane Care Line (24 hours)	1300 227 464
Parent Line	1300 1300 52
Playgroup NSW	1800 171 882
Tresillian Helpline (24 hours )	1800 637 357
Women's Information and Referral	1800 817 227



