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| **Community Organisations for Families** | | **C:\Users\matt\Documents\family child staff symbols\Director.jpg** |
| **NQS** | **6.1.3 Current information is available** |

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| **Links to useful information for individuals and communities.** |

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| **Child Protection** |

| **Name** | **Description** | **Author** |
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| Daniel Morcombe Foundation | The Foundation's vision incorporates a future where all children and young people are provided with education, protection and support to be safe from abuse and risk of harm.  The Foundation provides free resources to children, young people, parents, carers and professionals across Australia. | Daniel Morcombe Foundation  Website: https://www.danielmorcombe.com.au/ |
| Kidsafe | Kidsafe is the ‘Child Accident Prevention Foundation of Australia’ and they provide safety publications covering resources, equipment, playgrounds, homes and etc for families. | Kidsafe ACT  Website: http://www.kidsafeact.com.au/  Kidsafe NSW  Website: http://www.kidsafensw.org/  Kidsafe NT  Website: https://www.kidsafent.com.au/  Kidsafe QLD  Website: https://www.kidsafeqld.com.au/  Kidsafe SA  Website: http://www.kidsafesa.com.au/  Kidsafe TAS  Website: http://www.kidsafetas.com.au/  Kidsafe VIC  Website: https://www.kidsafevic.com.au/  Kidsafe WA  Website: http://www.kidsafewa.com.au/ |
| NAPCAN | NAPCAN focuses on the safety and wellbeing of children by raising awareness of child abuse and neglect. They develop and promote effective prevention strategies and programs, and have an extensive network of professionals, practitioners and individuals who donate their time to support the prevention strategies. | National Association for Prevention of Child Abuse and Neglect Website: http://napcan.org.au/ |
| Queensland Family and Child Commission | The Commission provides strategic oversight of the Queensland child protection system and helps to promote the safety, wellbeing and best interests of families, children and young people. They have resources and fact sheets about child related issues for children, families and professionals. | QLD Government Family and Child Commission  Website: https://www.qfcc.qld.gov.au/ |
| Child Protection - Resources | | |
| SAFE – Books and Workshops | A series of four books containing protective behaviour messages for children aged 2 to 6 years old. For example, they help children identify the parts of their body that are private, help them understand their feelings, and encourage them to think about people who can help them if they feel scared, sad or upset. | NSW Government Office of the Children’s Guardian  Website: https://www.kidsguardian.nsw.gov.au/child-safe-organisations/safe-series |
| Australian Child Protection Legislation | Each state has legislation for child protection where authorities may intervene because of allegations of harm or significant risk of harm to a child. Make a report by using the way requested by your state. | ACT: Office for Children, Youth and Family Support  Phone: 1300 556 729  NSW: Department of Family and Community Services  Phone: 132 111  NT: Department of Children and Families  Phone: 1800 700 250 QLD: Child Safety Services  Website: https://www.csyw.qld.gov.au/contact-us/department-contacts/child-family-contacts/child-safety-service-centres/regional-intake-services SA: Families SA  Phone: 131 478 TAS: Department of Health and Human Services  Phone: 1300 737 639 VIC: Department of Human Services  Phone: 131 278 WA: Department of Child Protection and Family Support  Phone: 1800 622 258 or (after business hours) 1800 199 008 |
| Emergencies | | |
| ABC Emergency | This page has contact details for all States’ emergency services and details of emergencies communicated by those agencies. | Australian Broadcasting Commission  Website: <https://www.abc.net.au/news/emergency/> |
| Online Safety | | |
| ACMA | ACMA provide information about protecting your family from spam and a complaint line for TV, radio and internet. There is a guide with links to make a complaint about TV, radio, internet, email spam, mobile content, telephone carrier or internet service provider and a lot more. | Australian Government Communications and Media Authority  Website: https://www.acma.gov.au/  Making a complaint  https://www.acma.gov.au/theACMA/how-to-make-a-report-or-complaint |
| AMTA | AMTA provides Information and resources about the use of mobile communication and health. There are practical tips and answers to everyday questions about mobile telecommunications. | Australian Mobile Telecommunications Association  Website: http://www.amta.org.au/  Tips: http://www.mobiletips.org.au/ |
| Bullying. No Way! | Part of the Safe and Supportive School Communities group where members work together to help schools create learning environments where every student and school community member is safe, supported, respected and valued. | Federal Government Department of Education  Managed by the QLD Government  Website: https://bullyingnoway.gov.au/ |
| Childnet | Information and resources on protecting children online and limiting cyber bullying. | Childnet International UK  Website: https://www.childnet.com/ |
| Communications Alliance LTD | Ensures the safe operation of online networks and the enhancement of consumer outcomes. Includes information on topics like family friendly filters. | Communications Alliance LTD  Website: http://www.commsalliance.com.au/ |
| eSafety Commissioner Office | The Office is committed to helping all Australians have safe, positive experiences online by posting reports and resources and providing a complaint line for reports about inappropriate online content. It provides information and resources about online safety issues eg cyberbullying, social networking, video conferencing and online safeguards. Different translations are available. | Australian Government Office  Website: https://www.esafety.gov.au/  Resources: https://www.esafety.gov.au/about-the-office/resource-centre/brochure-parents-guide-to-online-safety |
| Family Online Safety Institute | International organisation which works to make the on-line world safer for families and children. | Family Online Safety Institute UK  Website: https://www.fosi.org/ |
| NSW Department of Education | Contains anti-bullying resources and information including strategies to address cyberbullying | NSW Department of Education  Website: <https://antibullying.nsw.gov.au/> |
| Playing It Safe | Site helps parents, carers and educators teach young children how to stay safe online and provides helpful resources and activities. | Aus Federal Police, eSafety Commissioner and Alannah & Madeline Foundation  Website: <https://playingitsafe.org.au/> |
| Safer Internet Day | From cyberbullying to social networking, each year Safer Internet Day aims to raise awareness of emerging online issues and chooses a topic reflecting current concerns. | European Commission  Website: https://www.saferinternetday.org/ |
| Stay Smart Online | Stay Smart Online provides information on how home internet users and small businesses can protect themselves from, and reduce the risk of, cyber security threats such as software vulnerabilities, online scams, malicious activities, and risky online behaviours. | Australian Government Stay Smart Online  Website: https://www.staysmartonline.gov.au/ |
| Student Wellbeing Hub | Information and advice about bullying, online safety communicating with your child and the school, and more. | Federal Department of Education  Website: <https://studentwellbeinghub.edu.au/> |
| Telecommunications Industry Ombudsman | If you have made a complaint to your telecommunications service provider and it was left unresolved, you can lodge a complaint with ombudsman online. | Telecommunications Industry Ombudsman  Website: https://www.tio.com.au/ |
| **Emergency Responses** | | |
| Community Information ACT | The page provides information about emergencies and links to alerts and warnings. | ACT Government and Emergency Services Agency  Website: http://esa.act.gov.au/community-information/ |
| Emergency Preparedness NSW | They provide useful information on how to prepare for infectious diseases and food safety threats, natural disasters, chemical and radiation emergencies, mental health impacts including locations of evacuation centres | NSW Health  Website: http://www.health.nsw.gov.au/emergency\_preparedness/Pages/default.aspx |
| SecureNT | They provide information on creating an emergency plan and kit, how to find shelter and prepare your business, and what to do with your pets for a broad range of emergencies. | NT Government  Website: https://securent.nt.gov.au/prepare-for-an-emergency |
| Get Ready Queensland | The website has useful information on how you and your family should prepare in the event of an emergency and what to include in emergency and evacuation kits. Suitable for any state/territory. | QLD Government Reconstruction Authority  Website: https://getready.qld.gov.au/homepage/ |
| Emergencies and Safety SA | Provided is emergency preparation, what to do during an emergency, disaster recovery and crisis helplines for a broad range of emergencies. | SA Government  Website: https://www.sa.gov.au/topics/emergencies-and-safety |
| Emergency Management TAS | Information on what to do during an emergency and how to prepare. Includes emergency contacts, evacuation centres, recovery, floods and bushfires. | City of Launceston  Website: https://www.launceston.tas.gov.au/Emergency-Management  Hobart  Website: https://www.hobartcity.com.au/files/assets/public/parks-gardens-and-sportsgrounds/emergency-management-booklet.pdf |
| SES TAS | The website provides information about emergency management plans and risk management. | TAS State Emergency Service  Website: http://www.ses.tas.gov.au/ |
| TasALERT | Provides alerts for emergencies throughout Tasmania. | TAS Government  Website: http://alert.tas.gov.au/Pages/Home.aspx |
| Prepare and Get Ready VIC | They have a map with legend of different warning levels including information on how to prepare and handle different emergencies. | VIC Government Emergency  Website: https://emergency.vic.gov.au/prepare/#understanding-warnings |
| Emergency WA | They provide information and guides on preparing for a range of emergencies, including a map displaying warnings and incidents. | WA Government  Website:  https://www.emergency.wa.gov.au/prepare |
| **Families and Parenting** | | |
| Australian Institute of Family Studies | Research body that investigates how Australian families function and has useful resources and fact sheets. | Australian Institute of Family Studies  Website: https://aifs.gov.au/ |
| Baby Lab | Science podcast series produced in collaboration with Western Sydney University about the science behind how babies learn to communicate. | Babyology is an Australian parenting site  Website: https://babyology.com.au/podcasts/babylab-a-fascinating-science-podcast-that-gets-behind-the-baby-talk.html |
| Best for Kids – Legal Aid NSW | Videos and information for children, young people and adults on legal topics and family law issues. | NSW Government Legal Aid  Website: http://www.bestforkids.org.au/index.html |
| Early Years Connect | Early Years Connect provides easy to access, relevant information for parents and families to support them in their role as their child’s first teachers, to enhance learning at home while promoting the benefits of early childhood education, and to understand brain development. | QLD Government Department of Education  Website: https://qed.qld.gov.au/earlychildhood/service-providers/inclusion-of-children-with-disability/early-years-connect |
| Early Years Learning Framework for Australia – Information for Families | Approved learning framework for children aged birth to 5 years. The framework has been translated into various languages for families. | Government Department of Education and Training  Website: https://docs.education.gov.au/collections/translations-belonging-being-and-becoming-early-years-learning-framework-australia-0 |
| Family Referral Service | Helps bring together NSW families, support services and community resources so that children and young people can feel safe and well. They work with all services to find out what best supports young people, families and children, and what can be done to improve community resources. | NSW Government Family Referral Service  Website: http://www.familyreferralservice.com.au/ |
| Family Relationships Online | Information for all families – whether together or separated – about family relationship issues.  Find out about a range of services to assist families manage relationship issues, including helping families agree on arrangements for children after parents separate. | Australian Government  Website: https://www.familyrelationships.gov.au/ |
| For Parents | A parenting website that improves access to reliable, evidence based information and advice on raising young children. | VIC Department of Education and Training  Website: https://www.education.vic.gov.au/parents/Pages/default.aspx?Redirect=1 |
| HSNet | HSNet is a comprehensive directory of human and justice services across New South Wales. | NSW Government Human Services Network  Website: https://www.hsnet.nsw.gov.au/ |
| Level Playground | Provides ideas and activities for parents, carers and educators which are free from gender stereotypes | Level Playground is a project of [EDVOS](http://edvos.org.au/), a specialist family violence service in Melbourne. The project aims to breakdown rigid gender stereotypes and gender inequalities.  Website: https://www.levelplayground.org.au/ |
| Mychild.gov.au | Provides information to families about Australian Government early learning and care initiatives and other issues that affect children. Includes information on different types of child care, how to access help with the cost of child care, as well as a searchable database of local child care services. There are also links to other useful websites about children's health, development and wellbeing, parenting and family support services. | Government Department of Education and Training  Website: https://www.mychild.gov.au/ |
| My Time, Our Place | Approved learning framework for school aged care of children up to 13 years (ie before and after school care).  The framework has been translated into various languages for families. | Government Department of Education and Training  Website: https://www.education.gov.au/my-time-our-place |
| NPS MedicineWise | Provides practical tools like medicine lists, health trackers and evidence based information to help professionals and consumers make informed health decisions. | NPS MedicineWise  Website: http://www.nps.org.au/ |
| One Place Community Services Directory QLD only | oneplace lists more than 58,000 community services across Queensland, with information on where to find services for parenting, domestic violence, legal issues, mental health and counselling, housing, financial issues and food assistance. | Qld Government  Website: <https://www.qfcc.qld.gov.au/> |
| Parenting Research Centre | This organisation recognises the importance of parenting in improving outcomes for children. The website has links to professional networks which can support families with children who have learning difficulties (HealthyStart) and disabilities (My Time). | Parenting Research Centre  Website: https://www.parentingrc.org.au/ |
| Product Safety Australia | Provides information about consumer product safety standards and product recalls. It covers a range of child products including baby and child furniture and products. | Government - Australian Competition and Consumer Commission (ACCC)  Website: https://www.productsafety.gov.au/ |
| Raising Children Network | The Raising Children Network contains information about raising children and parenting on a wide range of topics which is vetted by an extensive panel of independent national experts including the Australian Government. | Raising Children Network (Australia) Limited  Website: http://www.raisingchildren.net.au/ |
| Smalltalk (VIC) | *Smalltalk*  aims to improve the learning outcomes of children living in families that can benefit from additional support. There are online videos and information about eligibility criteria for funded/supported playgroups | Victorian Department of Health and Human Services  Website: <https://www.smalltalk.net.au/> |
| Smalltalk Big Yarns | This website has resources including short video clips on various topics to support Aboriginal families to be strong first educators of their boorai. | The Victorian Aboriginal Childcare Agency (VACCA), Department of Health and Human Services, the Parenting Research Centre and Youthworx  Website: <https://www.vacca.org/page/stories/news/news/release-of-smalltalk-big-yarns-early-years-resources> |
| Starting Blocks | Starting Blocks provides parents with information about early childhood education and care eg:   * children’s development milestones * what to expect from a centre * help with finding a children’s service | Government - Australian Children’s Education and Care Quality Authority (ACECQA)  Website: https://www.startingblocks.gov.au/ |
| Talking Families | Talking families is an online parenting community with resources and tips. | Qld Government  Website: <https://talkingfamilies.qld.gov.au/> |
| What Were We Thinking | This website contains information about common experiences in the early months of parenthood and some effective ways of thinking about and managing them. | Monash University  Website: <http://www.whatwerewethinking.org.au/> |
| **Financial Support** | | |
| Child Care Subsidy | Child Care Subsidy is available to all families who are Australian Residents if the child meets immunisation requirements and parents meet eligibility requirements. Entitlement is determined by an activity test which determines the number of hours of subsidised care to which families are entitled. | Government Centrelink  Wesbite: https://www.humanservices.gov.au/individuals/services/centrelink/child-care-subsidy |
| NDIS (National Disability Insurance Scheme) | The National Disability Insurance Agency implements the NDIS which aims to support a better life for many Australians with a significant and permanent disability, their families and carers. | Government Department of Human Services  Website: https://ndis.gov.au/ |
| Payments while a child is ill, injured or has a disability | Payments comprise:   * Carer Allowance - for people who care for a child with a disability at home. * Disability Support Pension (once your child is 16 years of age) - for people unable to work within next 2 years due to illness, injury or disability; * Assistance for Isolated Children - if your child cannot attend school locally because you live in a remote area or your child has special needs; * Pension Education Supplement (once your child is 16 years of age) - provides additional help for Disability Support Pension recipients who undertake study. | Government Centrelink  Wesbite: https://www.humanservices.gov.au/individuals/centrelink |
| **Health and Wellbeing** | | |
| Allergy Aware | Resource hub which includes information to help parents understand and manage allergies. | Australasian Society of Clinical Immunology and Allergy (ASCIA) and Allergy & Anaphylaxis Australia (A&AA)  Website: <https://www.allergyaware.org.au/> |
| Australian Centre for Education in Sleep | The centre explains the health benefits of sleep and what happens to the body if you don’t have enough. They produce high quality resources and services for all ages. | Australian Centre of Education in Sleep  Website: http://www.sleepeducation.net.au/ |
| Better Health Channel | Quality consumer health and wellbeing information. | VIC Government Department of Health  Website: http://www.betterhealth.vic.gov.au/ |
| Bringing Up Great Kids | Provides information and resources for parents/caregivers on raising children. The site language can change to help all nationalities. | Australian Childhood Foundation  Website: http://kidscount.com.au/en |
| Camp Quality | Camp Quality is a children's charity committed to bringing fun therapy into the lives of children with cancer and their families. | Camp Quality Ltd  Website: https://www.campquality.org.au/ |
| CanTeen | CanTeen, The Australian Organisation for Young People Living with Cancer, is a national support organisation for young people (aged 12-24) living with cancer (including patients, siblings, bereaved siblings and offspring.) | Canteen  Website: https://www.canteen.org.au/ |
| Centre for Community Child Health | The Centre for Community Child Health is an internationally recognised centre of excellence supporting and empowering communities to continually improve the health, wellbeing and quality of life of children and their families, now and for the future. It provides clinical services, education, research and public health and has an Early Childhood Unit. | Centre for Community Child Health – Royal Children’s Hopsital Melbourne  Website: https://www.rch.org.au/ccch/ |
| Child and Youth Health | Provides information and resources on pregnancy, parenting, child and youth health. | SA Government  Website: http://www.cyh.sa.gov.au/Default.aspx?p=1 |
| Child and Youth Health – Kids Site | This is a ‘Kids Only’ website providing health information or resources to 6-12 year olds. | SA Government  Website: http://www.kids.cyh.com/ |
| ChIPS | ChIPS is a Chronic Illness Peer Support program for young people living with any type of chronic illness or medical condition. The program is based in Melbourne at the Centre for Adolescent Health, Royal Children's Hospital and is also run from a number of locations, both metropolitan and regional, across Victoria. It also has a program established in New South Wales. | Centre for Adolescent Health, Royal Children’s Hospital  Website: https://www.rch.org.au/chips/ |
| Clown Doctors | The Humour Foundation is a national charity promoting the health benefits of humour. Clown Doctor programs are established in all major children's hospitals around Australia and some general hospitals and hospices. | Humour Foundation  Website: http://www.humourfoundation.org.au/ |
| Continence Foundation of Australia | The Continence Foundation is the national peak body promoting bladder and bowel health. The foundation provides resources and information about bladder and bowel control issues for children and adults. | Continence Foundation of Australia  Website: https://www.continence.org.au/ |
| CSIRO | CSIRO is Australia's national science research agency. Of particular interest to families is the information resources it provides on food safety including how to safely store and prepare food. | Federal Government corporate entity  Website <https://www.csiro.au/> |
| Early Years Health and Development | Helps parents and educators with resources and information on social and emotion wellbeing, development and communication, healthy eating and physical activity, health, safety and hygiene practices, ear health and complex and additional needs. | QLD Government Department of Education  Website: https://learningplace.eq.edu.au/cx/resources/file/d1fe14fb-4339-4210-80e7-27637e4e6411/1/portal/index.html |
| HealthDirect | A government-funded service that provides information about health topics, medicines and symptoms, and help locate relevant health services. | Government Department of Health  Website: https://www.healthdirect.gov.au/ |
| Heartkids | Victorian support group for parents, relatives and professionals caring for children with heart disease. | Heartkids Vic Inc.  Website: https://www.heartkids.org.au/ |
| Kuekids Australia | Kuekids Australia provides information and links to support networks, especially for parents of children with uncontrolled epilepsy. Includes the Kuekids Australia mailing list to help parents, families and friends of children using the ketogenic diet who may also have food intolerance problems. | Kuekids Australia  Website: http://home.iprimus.com.au/kuekids/home/ |
| Make Healthy Normal | Website that provides information about everyday healthy living including portals:   * Healthy Kids – information to support healthy eating and activity * Go4Fun – free healthy lifestyle program for 7-13 year olds * Get Healthy Info and Coaching – free telephone-based coaching helping people make lifestyle changes * 8700 – help people understand kilojoule information * Get Healthy At Work – tools and resources to help create an effective workplace health program * Active and Healthy over 50s – exercise program in your local area * Finish with the Right Stuff – promotion of healthy food and drinks at the canteen and water * Knockout Health Challenge – aim to reduce the rates of chronic disease in Aboriginal communities | NSW Government Department of Health  Website: http://www.makehealthynormal.nsw.gov.au/  Healthy Kids: http://www.healthykids.nsw.gov.au/  Go4Fun: https://go4fun.com.au/  Get Healthy Info and Coaching: http://www.gethealthynsw.com.au/  8700: https://www.8700.com.au/  Get Healthy At Work: http://www.gethealthyatwork.com.au/  Active and Healthy over 50s: http://www.activeandhealthy.nsw.gov.au/  Finish with the Right Stuff: http://www.rightstuff.health.nsw.gov.au/  Knockout Health Challenge: http://www.nswknockouthealthchallenge.com.au/ |
| Maternal and Child Health | The Maternal and Child Health Service, a free universal service for Victorian families with children from birth to school age, aims to promote healthy outcomes for all children and families. | VIC Government Department of Human Services  Website: http://www.education.vic.gov.au/earlychildhood/mch/default.htm |
| Murdoch Children’s Research Institute | The largest research institute in Australia specialising in child health. Various Parent Fact Sheets on Health and Wellbeing issues can be downloaded. Many of their child health research projects also improve and benefit the health of adults eg. cerebral palsy, cancer, muscular dystrophy, diabetes, asthma, allergies, deafness, infectious diseases, genetic conditions, depression and behavioural problems. | Murdoch’s Children’s Research Institute  Website: https://www.mcri.edu.au/ |
| NHMRC | Australia’s leading expert body promoting the development and maintenance of public and individual health standards and the author of ‘Staying Healthy’ publications. | National Health and Medical Research Council  Websites: http://www.nhmrc.gov.au/ |
| National Premmie Foundation (NPF) | The NPF is the peak body that provides support to families who experience premature birth or neonatal loss. | National Premmie Foundation  Website: http://www.prembaby.org.au/ |
| Nip Allergies in the Bud | This online site supported by ASCIA and Allergy & Anaphylaxis Australia contains advice about identifying allergic reactions and introducing solid food. | National Allergy Strategy  <https://preventallergies.org.au/> |
| Poisons Information Centre | The National Poisons Information Centre has offices in each State and Territory which provide poison information/first aid fact sheets and resources. | State governments  Website:  <https://www.poisonsinfo.nsw.gov.au/>  <https://www.childrens.health.qld.gov.au/chq/our-services/queensland-poisons-information-centre/>  <http://www.austin.org.au/poisons>  <https://knowinjury.org.au/directory/wa-poisons-information-centre/> |
| QEC, Victoria | QEC offers specialised parenting programs and advice to families with children under 4 years old. | QEC  Website: http://www.qec.org.au/ |
| QLD Health Happy Teeth Program | The Program was developed by early childhood specialists and oral health professionals especially for the early childhood setting. | QLD Health  Website: https://www.health.qld.gov.au/public-health/topics/oral-health/resources/happy-teeth-program |
| Raising Children Network | The Raising Children Network contains information that is about raising children and parenting that is vetted by an extensive panel of independent national experts including the Australian Government. | Raising Children Network (Australia) Limited  Website: http://www.raisingchildren.net.au/ |
| Red Nose | Red Nose contains information and publications on SIDS (sudden infant death), grief/bereavement issues and safe sleeping for use by parents, health professionals, researchers, school teachers and children. The website also links to:   * the home pages of State/Territory SIDS and Kids organisations, which provide grief/bereavement counselling services to families who have experienced the sudden and unexpected death of a child up to six years of age * a list of events and activities | Red Nose  Website: https://rednose.com.au/ |
| St John Ambulance | St John Ambulance helps people in sickness, distress or danger. They have many online resources including first aid fact sheets in different languages. | Charity  Website: <https://stjohn.org.au/> |
| Starlight Foundation of Australia | Dedicated to brightening the lives of critically, chronically, and terminally ill children between the ages of four and eighteen by granting wishes, providing Starlight Express Rooms and Starlight Fun Centres for the latest in bedside entertainment. Site includes kid’s section, parent’s section and links to other sites. | Starlight Foundation of Australia  Website: https://starlight.org.au/ |
| The Early Years Count | The Early Years Count provides resources and information for 0-5 years to support learning and development through play, care, encouragement, numeracy and literacy. 90% of a child’s brain development occurs in this period. | QLD Government Department of Education  Website: http://earlyyearscount.earlychildhood.qld.gov.au/ |
| Very Special Kids | Very Special Kids is a Victorian organisation that improves the quality of life for families who have a child with a progressive life-threatening illness. | Very Special Kids  Website: http://www.vsk.org.au/ |
| Vitamin K for Newborn Babies | Vitamin K for Newborn Babies - Information for Parents provides straight forward information and advice on the importance of all newborn babies receiving vitamin K. | National Health and Medical Research Centre  Website: https://www.nhmrc.gov.au/guidelines-publications/ch38 |
| Health and Wellbeing – Resources | | |
| Australian Dietary Guidelines 2013 | These dietary guidelines highlight the groups of foods and lifestyle patterns that promote good nutrition and health. Each guideline deals with a key health issue and is like a piece of the good health puzzle. | National Health and Medical Research Council  Website: https://www.nhmrc.gov.au/guidelines-publications/n55 |
| Be You | The Be You Program includes a wide range of resources to help early childhood educators, families, community members and professionals understand more about mental health, including how to support children experiencing mental health issues. | Australian Government Department of Health  Website: https://beyou.edu.au/ |
| Infant Feeding Guidelines 2012 Infant | Guidelines provide advice and recommendations on breastfeeding, the introduction of solids, preparing infant formula and other common health related concerns. | National Health and Medical Research Council  Website: http://www.nhmrc.gov.au/guidelines/publications/n56 |
| NSW Police Legacy | There are Police Legacies in most States and Territories which care for members of the police service and their families. The NSW Policy Legacy issues a Child Safety Handbook which includes information about child protection, water and sun safety, bullying and cyberbullying | NSW Police Legacy  Website: <https://www.policelegacynsw.org.au/> |
| Staying Healthy – Preventing infectious diseases in early childhood education and care services 5th edition | Guidelines describe infectious diseases and outlines how services can prevent and control the spread of infection eg lists recommended exclusion periods for various infectious diseases. It also contains information on responding to children who become ill through infection control and hygiene measures. | Website: http://www.nhmrc.gov.au/\_files\_nhmrc/publications/attachments/ch55\_staying\_healthy\_childcare\_5th\_edition.pdf  Exclusion periods See Table 1.1: PAGE 24 – 26 |
| Student Wellbeing Hub | The Hub provides resources for teachers, families and students to promote children’s wellbeing, including Australian Student Wellbeing Framework to help children deal with bullying and cyberbullying. | Education Services Australia for Australian Government Department of Education and Training  Website: https://www.studentwellbeinghub.edu.au/ |
| Healthy Eating and Physical Activity | | |
| Achievement Program | Victorian initiative focusing on improving children’s health and wellbeing. Resources and strategies integrate the National Quality Standard (NQS). | Government Achievement Program  Website: http://www.achievementprogram.health.vic.gov.au/early-childhood-services |
| Advisory Panel on the Marketing in Australia of Infant Formula (APMAIF) | APMAIF monitors compliance with and advises the Government on the Marketing in Australia of Infant Formula: Manufacturers and Importers (MAIF) Agreement. The MAIF agreement aims to ensure safe and adequate nutrition for infants eg. through appropriate marketing and promotion of breast milk. | Government Department of Health and Ageing  Website: http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-foodpolicy-apmaif.htm |
| Choice – Food for Kids | Interactive database which provides information on the nutritional content of popular foods. Site uses traffic light system and is backed by independent dieticians. | Choice  Website: https://www.choice.com.au/babies-and-kids/feeding-children |
| Diabetes Australia | Diabetes Australia is committed to reducing the impact of diabetes through leadership, prevention, management and research. There are online resources to support healthy eating and lifestyles. | National body  Website: <https://www.diabetesaustralia.com.au/> |
| Early Years Health and Development | Helps parents and educators with resources and information on social and emotion wellbeing, development and communication, healthy eating and physical activity, health, safety and hygiene practices, ear health and complex and additional needs. | QLD Government Department of Education  Website: https://learningplace.eq.edu.au/cx/resources/file/d1fe14fb-4339-4210-80e7-27637e4e6411/1/portal/index.html |
| Eat for Health | Website contains information and resources related to the Australian Dietary Guidelines, advice and tips on eating well and calculators to help estimate energy needs and the number of serves needed from the five food groups. | National Health and Medical Research Council  Website: https://www.eatforhealth.gov.au/ |
| Food Allergy Education – National Allergy Strategy | The National Allergy Strategy aims to improve the health and quality of life of Australians with allergic diseases. There are free online courses and resources to help manage allergies, including some specifically for people in food service jobs. | Australasian Society of Clinical Immunology and Allergy (ASCIA) and Allergy & Anaphylaxis Australia (A&AA)  National Allergy Strategy [www.nationalallergystrategy.org.au](https://www.nationalallergystrategy.org.au/)  Website: https://www.foodallergyeducation.org.au/  Website: https://foodallergytraining.org.au/ |
| Food Standards Australia & New Zealand | Food Standards Australia & New Zealand develop standards that regulate the use of ingredients, processing aids, colourings, additives, vitamins and minerals. Website includes a food allergen portal with links to best practice food allergen resources. | Food Standards Australia New Zealand  Website: http://www.foodstandards.gov.au/Pages/default.aspx |
| Fresh for Kids Program | Fresh for kids has recipes and activities to encourage increased consumption of fruit and vegetables by school aged children. | Sydney Markets Limited  Website: http://www.freshforkids.com.au/ |
| Get Up and Grow | Website provides resources and guidelines for children and adults on nutrition and physical activity. | Government Department of Health and Ageing  Website: http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources |
| Good for Kids, Good for Life | Program designed to support NSW ECEC services and schools in promoting healthy eating and physical activity. Program supports the NSW Ministry of Health’s Live Life Well @ School and Munch & Move programs. | NSW Government Local Health District  Website: http://www.goodforkids.nsw.gov.au/  https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx |
| Grow Me Safely | This interactive website contains information about gardening with children, including safe plants to grow and toxic plants which should be avoided. | Kidsafe  Website: http://www.kidsafensw.org/growmesafely/ |
| Heart Foundation | As well as research, advocacy and support for people living with heart conditions, the Heart Foundation also educates helps people make healthy choices. There are a range of resources including healthy recipes online. | Charity  Website: <https://www.heartfoundation.org.au/> |
| Kids at Play | ACT government initiative to promote healthy habits from birth to 5 years old. Website provides information, tips and resources to families and educators about physical activity, healthy eating, screen time and drinking tap water. | ACT Government Health  Website: https://goodhabitsforlife.act.gov.au/kids-at-play/ |
| Move Well Eat Well | Tasmanian government initiative supporting the healthy development of children and young people through promoting physical activity and healthy eating as a normal positive part of every day. | TAS Government Department of Health and Human Services  Website: http://www.movewelleatwell.tas.gov.au/ |
| Munch & Move | NSW government initiative to support the healthy development of children from birth to 5 years by promoting physical activity, healthy eating and reduced screen time. Training and resources for educators in NSW are offered. | NSW Government Ministry of Health, Department of Education, Office of Sport and the Heart Foundation  HealthyKids  Website: https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx |
| Natures Play QLD | Nature Play is a collaborative organisation working with partner groups to encourage the community to value unstructured outdoor play and supports families to priorities it in children’s lives. It is aimed at Queensland communities but contains relevant information for all communities. | Queensland Outdoor Recreation Foundation, QLD Government Department of National Parks, Sport and Racing.  Website: https://www.natureplayqld.org.au/ |
| Neat Eats Initiative | Promotes nutritious food and provides access to healthy recipes. You can also submit your own recipes | Children’s Week Association of Queensland  Website: <https://neateats.com.au/> |
| Nutrition Australia | Provides resources including recipes which promote healthy eating | Non-profit community based organisation  Website: <http://www.nutritionaustralia.org/> |
| Parents’ Voice | The Parents’ Voice is an on-line forum for parents to voice their views on children's food and physical activity issues, and to collectively advocate for the improvement of children's food and physical activity environments eg reduced marketing targeted at young children, and making neighbourhoods safer and more child-friendly. | Parents’ Voice  Website: https://parentsvoice.org.au/ |
| Right Bite Policy for Schools and Preschools | The ‘Right Bite Policy’ classifies food and drink into three categories – red, amber and green – according to their nutritional or ‘healthy eating’ value. Schools and preschools can use the policy to encourage healthier eating. | SA Government Department of Education  Website: https://www.education.sa.gov.au/teaching/projects-and-programs/eat-well-sa/developing-healthy-food-policies-schools-and-preschools |
| Healthy Eating and Physical Activity – Resources | | |
| Nutrition for Children | Includes dietary guidelines for children and adolescents, fact sheets and recipes. | Peak Body – Australian Nutrition Foundation Inc.  Website: http://www.nutritionaustralia.org/national/resources |
| Physical Activity and Sedentary Behaviour Guidelines | Guidelines provide advice and recommendations on the amount and type of physical activity for different ages. Website has a range of publications eg. Brochures and fact sheets. | Government Department of Health  Website: http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines |
| Immunisation | | |
| Australian Childhood Immunisation Register | The Immunisation Register maintains immunisation records for children whom live in Australia up to their 20th birthday, helping Australian parents to ensure that their children grow up healthy and are fully immunised. | Government Health Insurance Commission  Website: https://www.humanservices.gov.au/individuals/services/medicare/australian-immunisation-register?utm\_id=9 |
| Immunisation | State websites provide information about vaccines, their benefits, when you should receive them and what they protect people from. | ACT: Health  Website: http://health.act.gov.au/our-services/immunisation  NSW: Save the Date to Vaccinate  Website: http://www.immunisation.health.nsw.gov.au/ NT: Government  Website: https://nt.gov.au/wellbeing/healthy-living/immunisation QLD: Government  Website: https://www.qld.gov.au/health/conditions/immunisation SA: Health  Website: http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+topics/health+conditions+prevention+and+treatment/immunisation TAS: Department of Health and Human Services  Website: https://www.dhhs.tas.gov.au/publichealth/communicable\_diseases\_prevention\_unit/immunisation VIC: Department of Health and Human Services  Website: https://www2.health.vic.gov.au/public-health/immunisation WA: Department of Health  Website: http://www.healthywa.health.wa.gov.au/Healthy-living/Immunisation |
| Immunise Australia Program | Website provides information on standard childhood immunisation, helping families make informed decisions about immunisation. | Government Population Health Division, Department of Health and Ageing  Website: http://www.immunise.health.gov.au/ |
| Inclusion Support | | |
| AllPlay | This program aims to support inclusivity of children and young people with developmental challenges and disabilities in an education setting through the development of practical online evidence-based resources and training for teachers, families and children. | Deakin University and VIC DET <https://allplaylearn.org.au/> |
| Amaze | Raises awareness and influences positive change for people on the autism spectrum and their families/supporters. They provide independent information and resources to individuals, families, professionals, government and the wider community. Amaze is the peak body for people on the autism spectrum and their supporters in Victoria. | Amaze  Website: http://www.amaze.org.au/ |
| Autism Speaks | Dedicated to promoting solutions, across the spectrum and throughout the lifespan, for the needs of individuals with autism and their families. Through advocacy and support, they help increase the understanding and acceptance of people with autism. They also focus on advancing research into causes and better interventions for autism spectrum disorder and related conditions. | Autism Speaks  Website: https://www.autismspeaks.org/ |
| Cerebral Palsy Alliance | The Alliance aims to help everyone living with neurological and physical disabilities live comfortable, independent and inclusive lives. They also provide fact packs and planners for parents to help plan for their children’s future. | Cerebral Palsy Alliance  Website: https://www.cerebralpalsy.org.au/  Planner for Parents  Website: https://www.cerebralpalsy.org.au/wp-content/uploads/2013/04/Life\_Tools\_Child\_Parent.pdf |
| Disability Gateway | The Disability Gateway has information and services to help people with disability, their family, friends and carers, to find the support they need. | Federal Government  Website: https://www.disabilitygateway.gov.au/ |
| Early Links | Early Links is an inclusion support service that provides early childhood intervention and support for children from birth to 8 years old who have a developmental delay – or at risk of developing one – or a disability. Support is offered in the home, school and community setting by providing clear and accurate information to help understand how to support children’s developing skills. | Early Links Inclusion Support Service  Website: http://www.earlylinks.org.au/ |
| Family Referral Service | Helps bring together NSW families, support services and community resources so that children and young people can feel safe and well. They work with all services to find out what best supports young people, families and children, and what can be done to improve community resources. | NSW Government Family Referral Service  Website: http://www.familyreferralservice.com.au/ |
| HSNet | HSNet is a comprehensive directory of human and justice services across New South Wales. | NSW Government Human Services Network  Website: https://www.hsnet.nsw.gov.au/ |
| Inclusion Works! | Formerly called ‘Noah’s Ark’, Inclusion Works! aims to be the lead organisation in the development and delivery of educational resources and services to enhance learning, development and inclusion for all children. | Inclusion Works!  Website: http://www.inclusionworks.com.au/ |
| NSW Education | ‘Starting early childhood education with additional needs’ – starting, support and getting ready for school | NSW Education  Website: <https://education.nsw.gov.au>  (search Starting early childhood education with additional needs) |
| Oneplace QLD | A Queensland community services directory with over 48,000 listings, that helps get the right service at the right time. From parenting groups and classes to domestic and family violence support services, Oneplace is the go-to resource for children, families, community members and professionals looking to find local support in Queensland. | QLD Government Oneplace Community Services Directory  Websites: https://www.oneplace.org.au/ |
| Mental Health | | |
| Australian Association for Infant Mental Health | The Association is a national organisation of professionals who hold workshops and seminars to promote knowledge about social and emotional development in 0 to 3-year-olds. They also provide resources to support help support children’s wellbeing. | Australian Association for Infant Mental Health  Website: https://www.aaimhi.org/ |
| Australian Association for the Wellbeing of Children in Healthcare (AWCH) | AWCH is a national, non-profit organisation of parents, professionals and community members who work together to ensure the emotional and social needs of children, adolescents and their families are recognised and met within hospitals and the health care system. | Government Department of Health and Ageing  Website: http://www.awch.org.au/ |
| Be You | Previous programs Response Ability, KidsMatter, MindMatters and Headspace have joined together to form ‘Be You’. The new Program is committed to building early learning service and school capacity to promote positive mental health and wellbeing for children from the early years up to 18.  The Program includes a wide range of resources to help early childhood educators, families, community members and professionals understand more about mental health, including how to support children experiencing mental health issues. | Australian Government Department of Health  Website: https://beyou.edu.au/ |
| BITEBACK | BITEBACK is an interactive site for young people which promotes resilience and wellbeing using strategies like social networking, meditation and mindfulness exercises, text-based and photo blogging, and competitions/ | The Black Dog Institute  Website: <https://www.biteback.org.au/> |
| Birdie’s Tree | Storybooks and resources to help parents and carers support babies and young children’s mental health following natural disasters. | Developed by the Queensland Centre for Perinatal and Infant Mental Health  Website: https://www.childrens.health.qld.gov.au/natural-disaster-recovery/ |
| Boystown Kids Helpline | offers a helpline, web counselling services allowing one-on-one, real time counseling with a counsellor via the internet, and email contact with a counsellor. | Boystown  Website: <https://kidshelpline.com.au/teens> |
| The Brave Program | An online program which provides parents and caregivers of young children with information and skills to help their child overcome fears and anxiety. | Funded by Beyond Blue, supported by Uniquest and affiliated with University of Queensland, Griffith University and University of Southern Queensland  Website: https://brave4you.psy.uq.edu.au/preschool-program |
| Bullying. No Way! | Part of the Safe and Supportive School Communities (SSSC) group that involves members working together to help schools create learning environments where every student and school community member is safe, supported, respected and valued. | Federal Department of Education  Website: https://bullyingnoway.gov.au/ |
| Children of Parents with a Mental Illness | Information, resources and support for children of parents with mental illness. | Emerging Minds  Website: http://www.copmi.net.au/ |
| Early Years Health and Development | Helps parents and educators with resources and information on social and emotion wellbeing, development and communication, healthy eating and physical activity, health, safety and hygiene practices, ear health and complex and additional needs. | QLD Government Department of Education  Website: https://learningplace.eq.edu.au/cx/resources/file/d1fe14fb-4339-4210-80e7-27637e4e6411/1/portal/index.html |
| e-Couch | Developed by ANU, e-couch is a free online, self-directed training program which provides interactive self-help and information to help users understand and manage symptoms associated with common mental issues. | e-Hub health – an ANU spin-off company  Website: <https://ecouch.com.au/> |
| Emerging Minds | Emerging Minds assist professionals, organisation and families with the skills to identify, asses, and support children at risk of mental health conditions. Website has lots of free resources. | Emerging Minds  Website: https://emergingminds.com.au/ |
| Head to Health | Head to Health helps find digital mental health services for children and adults from some of Australia’s most trusted mental health organisations. There are apps, online programs, online forums, phone services and a range of digital information resources. | Federal Department of Health  Website: <https://headtohealth.gov.au/> |
| Healthy Families - beyondblue | Healthy Families gives you the information, knowledge and confidence to support the young people in your life. They also help people take care of their own mental health and wellbeing. | Beyondblue  Website: https://healthyfamilies.beyondblue.org.au/ |
| Mental Health Online | Online mental health service offering information, assessment, online diagnosis, free self-help programs. With an initial focus on anxiety disorders, MHO is expanding to include treatments for a broader range of mental health and health problems. It offers a virtual reality platform. | Swinburne University of Technology National eTherapy Centre  Website: <https://www.mentalhealthonline.org.au/> |
| Mind Spot | Mind Spot offers a free telephone and online service targeting stress, worry, anxiety, low mood and depression and provides mental health screening assessments. | Macquarie University Centre for Emotional Health  Website: <https://mindspot.org.au/> |
| myCompass | myCompass is an interactive online service that allows clients to track their moods, diarise their experiences, and view information and tips for managing their mental health. It includes modules to help manage mild-to-moderate stress, anxiety and depression. | The Black Dog Institute  Website: <https://www.mycompass.org.au/> |
| Mood Gym | Developed by ANU, moodgym is like a free interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety. | e-Hub health – an ANU spin-off company  Website: https://moodgym.com.au/ |
| Reach Out | Reach Out offers information, support and resources to help young people improve their understanding of mental health concerns, promote wellbeing and resilience, consider significant developmental issues such as sexuality and bullying and increase coping skills. | The Inspire Foundation  Website: <https://au.reachout.com/> |
| This Way Up Clinic | There is a small fee to access courses for people with anxiety and depression, including ‘lessons’ in a comic-based format that follows the progress of specific characters as they learn focused psychological skills. | St Vincent’s Hospital Sydney  Website: https://thiswayup.org.au/ |
| Wellbeing Australia | Wellbeing Australia brings together people and organisations committed to developing healthy relationships, with a particular emphasis on family, education and the workplace. Website has list of tools, resources and links to relevant organisations. | Not for profit network  Website: <https://www.wellbeingaustralia.com.au/> |
| **Indigenous Culture** | | |
| Big Learning Life – The Early Years Count | Resources, information and stories from communities, families and Elders to support the learning of Indigenous children. | QLD Government Department of Education  Website: http://earlyyearscount.earlychildhood.qld.gov.au/type/biglearninglife/ |
| Deadly Story | Deadly Story is a resource that aims to support Aboriginal children and young people in growing their knowledge of their culture, country and community. | VACCA, SNAICC, Koorie Heritage Trust, Federation of Victorian Traditional Owners Corporation and VIC Government Department of Health and Human Services  Website: https://www.deadlystory.com/  http://www.vacca.org/  http://www.snaicc.org.au/  http://koorieheritagetrust.com.au/  https://fvtoc.com/  https://dhhs.vic.gov.au/ |
| SNAICC – The National Voice for Our Children | SNAICC is the national non-government peak body representing the interests of Indigenous children. Website provides access to information and resources to support Aboriginal and Torres Strait islander children and families. | Secretariat of National Aboriginal and Islander Child Care Website: <http://www.snaicc.org.au/> |
| **Learning** | | |
| The Digital Lunchbreak (NSW) | This website assists children with finding online resources and activities to do at home in their lunchbreak, around learning hours and on weekends. | Office of the Advocate for Children and Young People  Website: <https://www.digitallunchbreak.nsw.gov.au/> |