

Current information is available to families about the service and relevant community services and resources to support parenting and family wellbeing.

Section 1. Early career educator



You must know

When first starting out as an educator, it's important to know how to find information about community people and resources.

- Sometimes, we might need to **help parents who are scared to ask for help.**
- Sometimes, parents may be **worried because they don't know where to find the help they need**, or they might have too many choices.
- Parents might also **feel embarrassed or worried** that the help they get won't be good enough.
- Some parents may have trouble getting help because of **where they live or because they don't speak the same language** as the helpers.
- Others may be worried that the helpers **won't understand their culture** or their family's unique needs.



You must practice

The first step is to make sure you have a list of community people to refer families to. Start by talking to your room leader and educational leader to see what the service currently has. Then use the following occupations and find out where the gaps are on the list and fill them with the help of other educators and nominated supervisor to suggest someone for the list.

Paediatrician - A medical doctor who specialises in treating children. Who would the service suggest?

Child Psychologist - A mental health professional who helps children with emotional and behavioural issues. Who would the service suggest?

Nutritionist/Dietician - A health professional who helps parents plan healthy meals and snacks for children. Who would the service suggest?

Speech Therapist - A healthcare professional who helps children improve their speech and language skills. Who would the service suggest?

Occupational Therapist - A healthcare professional who helps children with physical, developmental, and emotional disabilities to develop or regain their daily living skills. Who would the service suggest?

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Physical Therapist - A healthcare professional who helps children with mobility issues or physical disabilities to improve their movement, balance, and coordination. Who would the service suggest?

Social Worker - A professional who helps families with various social, emotional, and economic problems. Who would the service suggest?

Child Care Health Consultant - A professional who provides guidance and advice to childcare centres on how to create a healthy and safe environment for children. Who would the service suggest?

After reading the above list and talking to other educators, who else could you add to your contact list?

How to use your list of community contacts when talking to parents and families



Looking at real practice

Roxanne: Hi Tamenna, how are you doing today?

Tamenna: I'm doing well, thanks for asking. How about you?

Roxanne: I'm good, thank you. I wanted to talk to you about something that I think might be helpful for you and your family.

Tamenna: Sure, what is it?

Roxanne: Have you ever worried that you might not know where to find information and help when you need it?

Tamenna: Yes, I have.

Roxanne: Well, there are some good websites that can help families! They offer lots of information on different topics like allergies, raising children, mental health, and more.

Tamenna: That sounds interesting. Can you give me some examples?

Roxanne: Sure! For example, Allergy Aware can help parents learn how to manage allergies in their children, and Amaze offers resources for families with children on the autism spectrum. There's also Birdie's Tree, which provides storybooks and resources to help parents support their children, and Bringing Up Great Kids, which offers information and resources on raising children in different languages.

Tamenna: Wow, those websites sound really helpful! Thanks for sharing that with me.

Roxanne: No problem at all! There are so many helpful services out there, so if you ever need help, just let us know!

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