

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

Section 3. Learning what is required for meeting.

The following section will show you exactly what to do to ensure your practice is meeting. You **do not** need to complete this section if you have successfully completed 'Section 2'.

Why is the element important?

Element 6.1.3 could help address several fears that parents may have specifically related to accessing community services and resources. For example:

1. Fear of not knowing where to find **relevant resources**
2. Fear of **feeling overwhelmed** by the number of options available
3. Fear of being **judged or stigmatised** for seeking help or support
4. Fear of not being able to **trust the quality or reliability** of the information and resources provided
5. Fear of not being able to **access services** due to location or **language barriers**
6. Fear of the services not being **culturally appropriate** or sensitive to individual needs and circumstances.

To eliminate these parents' fears, we use what the element is requesting us to do and become meeting.



You must practice

It's important to acknowledge and address these fears or perceived fears that parents may have. Here is a step-by-step guide on how to do so:

Here is a list of services and websites you can use to connect families with community services and resources. You need to be familiar with those in your local community and state and sometimes even national resources.

- **Allergy Aware:** "Information to help parents understand and manage allergies."
<https://www.allergyaware.org.au/>
- **Amaze:** Raises awareness and influences positive change for people on the autism spectrum and their families; provides independent information and resources
<http://www.amaze.org.au/>
- **Birdie's Tree:** Storybooks and resources to help parents and carers support babies and young children's mental health following natural disasters.
<https://www.childrens.health.qld.gov.au/natural-disaster-recovery/>
- **Bringing Up Great Kids:** Provides information and resources on raising children in various languages.
<http://www.bringingupgreatkids.org/en/>
- **Centre for Community Health** (Royal Children's Hospital Melbourne): Supports communities to continually improve the health, wellbeing and quality of life of children and their families....
<https://www.rch.org.au/ccch/>
- **Continence Foundation** of Australia: provides resources and information about bladder and bowel control issues for children and adults
<https://www.continence.org.au/>
- **Deadly Story:** Is a resource that aims to support Aboriginal children and young people growing their knowledge of their culture, country and community
<https://www.deadlystory.com/>
- **Disability Gateway:** "has information and services to help people with disability, their family, friends and carers, to find the support they need"
<https://www.disabilitygateway.gov.au/>
- **Family Relationships Online:** "Information for all families – whether together or separated – about family relationship issues."
<https://www.familyrelationships.gov.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

Week 12, 1 to 5 May 2023 – 6.1.3 Families are supported

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organisations. There are apps, online programs, online forums, phone services and a range of digital information resources.

<https://www.headtohealth.gov.au/>

- **Level Playground:** “is about giving children the chance to be themselves- to learn and play in ways that they choose, and to feel safe, supported and inspired to discover new things.”
<https://www.levelplayground.org.au/>
- **Murdoch Children’s Research Institute:** Largest research institute in Australia specialising in child health. Various Parent Fact Sheets on Health and Wellbeing issues available.
<https://www.mcri.edu.au/>
- **One Place Community Services Directory (QLD only):** lists more than 58,000 community services across QLD
<https://www.qfcc.qld.gov.au/>
- **Raising Children:** “complete online resource for Australian parents and carers. It offers trusted, reliable, free information on everyday parenting issues”
<https://raisingchildren.net.au/>
- **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.
<https://au.reachout.com/>
- **Red Nose:** Promotes safe sleep practices and provides grief and loss services
<https://rednose.com.au/>
- **Smalltalk:** “a set of evidence-based parenting strategies that parents can use to enhance the home learning environment for their children from birth to school age.”
<https://www.smalltalk.net.au/>
- **Student Wellbeing Hub:** Information and advice about bullying, online safety communicating with your child and the school, and more
<https://studentwellbeinghub.edu.au/>
- **“What were We Thinking”:** “Information, resources and reassurance for new parents navigating the highs and lows of life with a baby”
<https://www.whatwerewethinking.org.au/>



Looking at
real practice

Bianca: Hi Netsanet, how are you doing today and how do you like our town? It must be so different to Zimbabwe?

Netsanet: Hi Bianca, I'm doing well. Thanks for asking. And yes it is very different to where we come from.

Bianca: I wanted to talk to you today about some services that can help families in our community.

Netsanet: Sure, what kind of services are you talking about?

Bianca: These are websites that offer information and resources for families on various topics. For example, there's Allergy Aware, which provides information for parents on how to manage allergies in their children. And then there's Amaze, which offers resources for families with children on the autism spectrum.

Netsanet: Oh, that sounds really helpful. What other services are there?

Bianca: There's also Birdie's Tree, which provides storybooks and resources to help parents support their children and Bringing Up Great Kids offers information and resources on raising children in different languages.

Netsanet: Those all sound great.

Bianca: There's the Centre for Community Health, which supports communities in improving the health and wellbeing of children and their families. And the Continence Foundation of Australia provides resources and information about bladder and bowel control issues for children and adults.

Netsanet: Wow, there really are a lot of services out there.

Bianca: yes, there are and if you ever need help, please ask us.

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