



The right start for your little one's health

Some tips on keeping children healthy.



#DeadlyKidsSA

Healthy Kids Deadly Kids



Government
of South Australia

SA Health

Welcome

Give your little ones the right start in their wellbeing journey into adulthood.

Let's continue creating deadly role models for future generations!

Health and wellbeing for little ones in the first five years is vital. It lays the foundation for health, wellbeing and learning into adulthood. There is so much information that sometimes it's hard to know where or how to start. In this booklet we have tried to summarise some important areas of your little one's health.

What we know is don't wait! If you want to seek help for your child in any way, act now and put your mind at rest! This booklet will not give you all the answers but hopes to provide you with basic information to take your little one's wellbeing into your own hands.



Print Warning: Aboriginal and Torres Strait Islander people are advised that this document may contain sensitive material including names and or images of deceased persons.

Healthy ears – good hearing

For kids who can't hear, learning is hard.

Ear disease can be prevented and treated!

- Have your kids' ears checked at every visit to a medical service. Some kids have ear disease with NO SYMPTOMS.
- Get your kids to blow their nose when they have a cold and throw the tissue in the bin.
- Remember to wash their hands and face to stop germs spreading.

Look out for sick ears. If you see signs like these don't wait:

- Behaviours like not listening, not talking, saying 'what?' a lot.
- Pain or pulling the ear.
- Signs of a cold or fever.
- Running fluid or pus coming from ear.

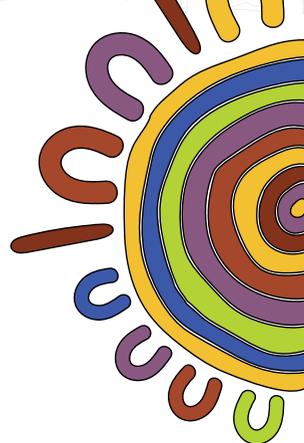


Deadly tucker

- Breastfeeding for as long as you can is best for baby and mum.
- Give your kids a healthy breakfast to start every day right - this might be wheat biscuits and milk with banana, grainy toast with cheese and tomato or boiled eggs on grainy toast.
- Limit sweet drinks - give your kids water instead.
- Always include fruit and vegetables in meals and snacks - remember you can hide them in the sauce!
- Buy what's in season - it's cheaper.
- Sit down and eat together as a family - at least once a day.



Talk, move and play with your child every day



PLAY with baby before they learn to crawl, so they can:

- Reach and grasp.
- Push and pull.
- Move their head, body and limbs.
- Roll over.

ACTIVE PLAY with toddlers and pre-schoolers for at least three hours a day - spread out across the day, every day. Play chasey or hide and seek, visit the playground, dance in your kitchen!

WALK OR RIDE BIKES

for short trips when you can.

INVOLVE kids – get them to help with everyday housework.

TV, DVDs and screen games mean sitting for a long time – limit screen time to an hour a day.



Healthy teeth for happy smiles

Healthy teeth - healthy bodies

- Limit sweet drinks - give your kids water instead.
- If your baby uses a bottle, fill it only with expressed breast milk or infant formula, and don't put baby to bed with the bottle.
- Eat healthy snacks - avoid sugary foods and drinks.
- Brush teeth twice a day - morning and night. Start by gently brushing your child's teeth (without toothpaste) as soon as the first teeth come through.
- Start using special infant toothpaste from 18 months of age. Spit don't rinse.
- Lift your child's lips once a month to check teeth for decay. White lines along the tooth and gum line are the start of decay.
- Visit a dental professional or a school dental clinic. Dental care for children under five is free at the school dental service.
- Untreated dental problems can lead to other health problems.



Helping our little ones grow up strong

There are some key areas of child development you can look for as your little one grows:

Speech and language – talking, listening, understanding and responding.

Small movement – using a knife, fork and spoon, holding a pen, beading, coordination.

Big movement – catching, throwing, walking, jumping and climbing, coordination, balance.

Thinking – puzzles, games, problem solving, making choices, concentration.

Emotional – sharing, showing compassion, playing with other kids, coping with change.

Sensory – touch, smell, feel, seeing and listening.

- Little ones learn and grow strong through playing on their own and with you.
- If you are worried about any of these or any other behaviour, see your health worker now - don't wait!



- Worried or not, ask for regular child developmental health checks.
- Join a playgroup to start your child's learning story. The little ones can play with other kids and you can meet other families.
- Enrol at Kindy. Your child can start at 3 years old.

Help your baby stay strong



Getting your baby immunised right from the start will help him or her stay strong.

- Babies need help to fight diseases, the earlier we can protect them with vaccines the safer they will be.
- Breastfeeding provides baby with short term protection from illness and disease.
- Immunisations protect your baby, your family and your community. Immunisation can also reduce ear disease and many other diseases.
- Being immunised is safer than having the disease.
- Your local Aboriginal Health Service, health worker or nurse can help you get your baby and kids immunised.

The Australian Government has linked immunisation to Family Tax Benefit Part A supplement, Child Care Benefit, Child Care Rebate. Children need to be 'fully immunised', be on a recognised immunisation catch up schedule, or have an approved exemption to be eligible.

Safety for our little ones

Children need your help to keep safe. They are vulnerable to injuries as they begin to explore their environment and they need you to look out for danger.

- Store poisons and dangerous objects up high and out of reach of children. Poisons can include everyday cleaning products and medicines.
- Hot tea, coffee and fires burn – keep them well away from your children.
- Remember to wear a hat, sunscreen, drink water and wear sunglasses when you're outside. Look for the shade.
- Drive safely and make sure your kids are in the right car seat, and buckled in.
- Make sure you know where your kids are, when near cars.
- If you smoke, do it outside so your kids don't breathe it in.
- Listen to and believe your child - take action to keep them safe.
- It is important to sleep baby safely.



Services to help you...

Metro

Nunkuwarrin Yunti

182-190 Wakefield Street, Adelaide SA 5000

Phone: 8406 1600

Southern Primary Health

Minunthi Tapa Inparrititya

13 Wingfield Street, Clovelly Park SA 5042

Phone: 8179 5900

Aboriginal family clinic

20 Alexander Kelly Drive, Noarlunga Centre SA 5168

Phone: 8384 9577

Watto Purrinna Aboriginal Health Service

Muna Paiendi

Corner of Mark & Oldham Roads, Elizabeth Vale SA 5112

Phone: 8182 9206

Maringga Turtpandi

1 Gilles Crescent, Hillcrest SA 5086

Phone: 7425 8900

Wonggangga Turtpandi

11 Church Street, Port Adelaide SA 5015

Phone: 8240 9611



Country

Ceduna/Koonibba Aboriginal Health Service

1 Eyre Highway, Ceduna SA 5690

Phone: 8626 2500

Murray Mallee Community Health Service

96 Swanport Road, Murray Bridge SA 5253

Phone: 8535 6800

Nganampa Health Council

Several sites in Anangu Pitjantjatjara Yankunytjatjara Lands

Phone: 8954 9040

Nunyara Aboriginal Health Service

17-27 Tully Street, Whyalla Stuart SA 5608

Phone: 8649 9900



Pangula Mannamurna

191 Commercial St West, Mount Gambier SA 5290
Phone: 8724 7270

Pika Wiya Health Service

40-46 Dartmouth Street, Port Augusta SA 5700
Phone: 8642 9999

Port Augusta Hospital & Regional Health Service

71 Hospital Road, Port Augusta SA 5700
Phone: 8668 7500

Port Lincoln Aboriginal Health Service

19A Oxford Terrace, Port Lincoln SA 5606
Phone: 8683 0162

Riverland Community Health Service

Maddern Street, Berri SA 5343
Phone: 8580 2500

Tullawon Health Service

Eyre Highway, Yalata SA 5690
Phone: 8625 6237

Umoona Tjutagku Health Service

8 Umoona Rd, Coober Pedy SA 5723
Phone: 8672 5255

Whyalla Hospital and Health Services

20 Wood Terrace, Whyalla SA 5600
Phone: 8648 8300

Or call the Parent Helpline on 1300 364 100



This resource was developed by Aboriginal Health Promotion Officers in South Australia and is a summary of some key health issues you might come across as a parent or caregiver.

Your involvement in any early childhood programs such as playgroup, kindy and preschool is strongly encouraged. They all add value to any child's learning and developmental journey. Some early childhood health services are available through some of these places and they can help you with any questions you may have.





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For more information

SA Health
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