Our children, our families, our way

Parenting SA
Aboriginal Parent Easy Guide

1

There are many Aboriginal people in Australia today, all just a little different. Within all cultures there are differences in the way we live and there are differences in the way we parent our kids.

This PEG uses 'he' and 'she' in turn.
Change to suit your child's or young person's sex.

A long time ago our old people helped us to learn things about all there was to know.

They taught us how to live, to love and respect what was around us, each other and ourselves, so that we would grow up to be good people.

All the things the old people had to learn to survive, they did by doing, looking and listening.

Today, not much has changed in the way we pass on our beliefs to our kids, but the world around us has changed. The old people are still here to teach us of the past as well as the teachings of today.

So we should come to learn and understand these new teachings. Our kids will be better for it, stronger, healthier and happier.

Your feelings

As a parent you will have lots of different feelings – you might feel happy one day and sad the next, or loving one day and then angry or scared. Most parents feel tired and upset and guilty at some stage in bringing up kids. It is important to remember that most parents feel like this from time to time. You're not expected to be perfect and most of us feel pretty bad when we think we have made mistakes. If your feelings are making you feel really miserable or guilty, talk to someone.

> One of the best things you can do for your children is to feel good yourself... that means looking after you!

> Take care of your adult relationships – with your husband, wife, partner or special friend.

> Make time to be alone together, do things you enjoy together, talk about things that happen to you, share interests or just be together. These times are really important.

> If you have money problems, ill health, hassles at work or trouble in your home, you must try to sort out and fix the problem. By doing nothing and hoping it will go away usually only makes things worse. This might mean talking to others to help you and a way to make it better.

> Every parent gets angry at some time and you might feel that you're 'losing it'. You might feel that everything is on top of you – the kids are playing up and you just don't know what to do and you get mad.

Tell our kids to be proud that they are Aboriginal and that you are too!

Government of South Australia
SA Health

helping parents be their best

Getting angry is a normal and healthy emotion... it becomes a problem when we are not able to manage it.

The important thing is to deal with it in a way that won't hurt your family.

> Young parents can feel angry or 'put off' when their own parents try to tell them how to do things. It's easy to get annoyed and not want to hear anything. Sometimes other ideas might make it easier. Grandparents have had a lot of experience in the world... so listen, think about what they say, talk it over and then make up your mind what you'll do.

These things might help

> Parenting is forever... so take it easy.

> As a parent you have a big influence on your kid's life.

> All parents need help at some time.

> Learn from mistakes and do things differently.

> Never be ashamed to ask for help or say you don't know what to do.

> Anger is a normal emotion... learn how to handle yours safely.

> Keep on believing in yourself.

Contacts

Aboriginal health services

Contact your local service for a range of health, medical and wellbeing services. Some have women's groups, men's groups and play groups.

Adelaide

> Nunkuwarrin Yunti, Adelaide: Tel (08) 8223 5217

> The Parks Primary Health Care Centre, Angle Park: Tel (08) 8243 5611

> Maringga Turtpandi, Hillcrest: Tel (08) 8334 8417

> Southern Primary Health, ATSI Health Unit, Noarlunga: Tel (08) 8384 9266

> Muna Paiendi Health Service, Elizabeth: Tel (08) 8182 9206

Country centres

> Pangula Mannamurna Health Service, Mount Gambier: Tel (08) 8724 7270

> Ceduna/Koonibba Aboriginal Health Service: Tel (08) 8626 2600

> Port Lincoln Aboriginal Health Service: Tel (08) 8683 0162

> Pika Wiya Community Health Centre, Port Augusta: Tel (08) 8642 9999

> Riverland Community Health Service 'Peelies Bus': Tel (08) 8580 2500

> Nunyara Wellbeing Centre, Whyalla: Tel (08) 8649 4366

> Aboriginal Primary Health Care Unit, Murray Bridge: Tel (08) 8531 2315

For advice and support with a range of family and parenting issues
Parent Helpline: Tel 1300 364 100
24 hours a day, 7 days a week for advice on child health and parenting

Child and Family Health Centres:
Tel 1300 733 606
9am–4:30pm, Monday to Friday to make an appointment at your local Centre

Aboriginal Family Support Services:
Tel (08) 8205 1500

Websites

www.healthinfonet.ecu.edu.au

www.parenting.sa.gov.au
For other Parent Easy Guides

www.cyh.com
For parenting and child health information

Written in Partnership
Ingrid O'Loughlin
Parenting SA
Artwork Ingrid O'Loughlin
Produced by
Parenting SA - telephone (08) 8303 1660
© Copyright
Revised 8/11

Parent Helpline
1300 364 100

Government of South Australia
SA Health

Parent Easy Guides are free in South Australia