# CHILDREN'S SERVICES

The Children's program is run by the Tasmanian Aboriginal Centre. It helps children get a good, healthy start in life, in the family and at school. Call us on 1800 132 260.

### Aboriginal Health Service (Tasmanian Aboriginal Centre)

56 Patrick Street Hobart Tasmania 7000 Ph: 03 62 34 0777 Fax: 03 62 34 0770 Email: hobart@tacinc.com.au

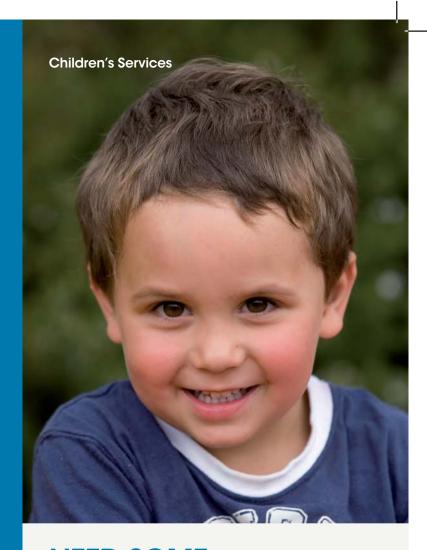
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Statewide Freecall 1800 132 260







## NEED SOME PARENTING ADVICE?

Want your kids to have fun in a safe and learning environment? Just want to be reassured that your kids are ok?



It's your Aboriginal Health Service. Better health and wellbeing for the Aboriginal community in Tasmania.

Whether it's getting your baby to sleep, knowing how to help them learn or making sure they are eating properly, it's always good to have some-one to talk your ideas over with. Even if it is just to be reassured you are on the right track, or to get some fresh ideas.

We have teachers, child carers, parenting workers, child health nurses, pregnancy workers, a nutritionist and more who all have lots of experience to assist you bring up healthy and happy children. They can visit you at home, or arrange to see you at the Aboriginal Health Service, or at our children's centres- wherever it is convenient for you. We have lots of services available for families with young children.

#### **Playgroups**

We have playgroups in Launceston and Hobart where parents and grandparents can have some fun with their children in a safe environment and learn about activities that are important for your children's growth and development. A nutritious lunch is provided and there is usually a child health nurse and parenting worker available to answer any questions or just to talk to about how things are going for you. A lot of parents find that just being there with others families all with the same issues gives you confidence in your role as a parent. Transport may be available from your area.

#### **Speech Therapy**

If you are concerned at all that your child's speech is not developing quite as it should, we have speech therapists who can assess your child and either assure you all is ok or arrange to provide some speech therapy sessions to help your child.

#### **Aboriginal Children's Centre**

In Hobart we have an extensive array of programs at the Aboriginal Children's Centre. Here we have a fully-licenced child care centre, with care provided for children aged from 6 weeks to 12 years. Long day care, after school care and school holiday programs are all on offer. Qualified staff are always present, and transport is provided from many areas.

Children are provided nutritious lunches and healthy snacks, and well developed learning programs suited to each age group. Plenty of indoor and outdoor activities, story time and group sessions as well as lots of time to play alone ensures that the children have a rich learning environment.

For the children in the pre-kinder group a transition to school program ensures that the children and their families get the best start to make sure that "big school" is something to look forward to.

#### **luwutina Centre**

The luwutina (children) Centre in Launceston offers a warm and friendly environment where you can go with your children to get some advice, see a parenting worker, play with your child or access other support.

Pre-school groups are held at Napier St for children aged 3-5. This is a lovely environment in which the children play and learn in a small group setting to assist them develop social skills and early learning concepts that will help prepare them for a good start at school. Transport is provided, if you need it.

And from time to time there are other parenting support programs in small groups such as the 1-2-3 Magic parenting program, run in conjunction with Relationships Australia. And if there is other advice you need, or just want to talk about your job as a parent, come in and see us... that's what we are here for.

Outings for families are organized a couple of times each week in the holidays. Some groups are just for the children.

#### **Health Issues**

The luwutina Centre and the Aboriginal Children's Centre work in closely with the Aboriginal Health Service to assist you see to your child's heath needs. Child health nurses can see you and your child at the heath service or at the children's centres, or at home.

The doctors, Aboriginal health workers and the registered nurses all play their part in assisting you to provide a safe and happy childhood for your children.