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 Updated with new resources Nov 2024
Parenting Resources

Welcoming a new baby and raising children bring both challenges and rewards. Raising children through good parenting helps keep mob strong. Whether you're a mum, dad, grandparent, or carer, parenting and family support information can empower children to become deadly and strong young people.



These resources offer culturally relevant information and encouragement, on healthy pregnancies, effective parenting strategies, and the important role of fathers in raising strong, confident kids.

Pregnancy

 **BABY COMING YOU READY** 



For General Practitioners, health and maternity workers this website has culturally relevant videos and other information on a range of topics from conception to raising children.

Websites

 **YARNING ABOUT PREGNANCY: WORKING THROUGH YOUR OPTIONS** 

A booklet with information on options for dealing with unplanned pregnancy. It suggests what to think about when making decisions.

Documents

 **STRONG BORN** 



Booklets and posters explaining the harms of grog whilst pregnant or breastfeeding, what FASD is, and how to support families with a child with FASD.

Documents

 **STRONG BOORAIS, BRIGHT FUTURES - KEEPING HEALTHY DURING PREGNANCY** 

Videos showing women talking about keeping healthy during pregnancy. They provide advice for reducing and stopping the use of alcohol and other drugs during pregnancy and breastfeeding.

Videos

 **HEALTHY PREGNANCY. HEALTHY BABY** 

This booklet details how to stay healthy whilst pregnant, what happens during the different stages of pregnancy, information about the birth, what to expect after the birth and how Dads and families can help.

Documents

We recommend providing these crisis numbers

13YARN: 13 92 76
Kids Help Line: 1800 55 1800
Suicide Call Back Service: 1300 659 467
Lifeline: 13 11 14
Beyond Blue: 1300 224 636

Fathers and Fathering



Videos

STORIES OF DEADLY DADS

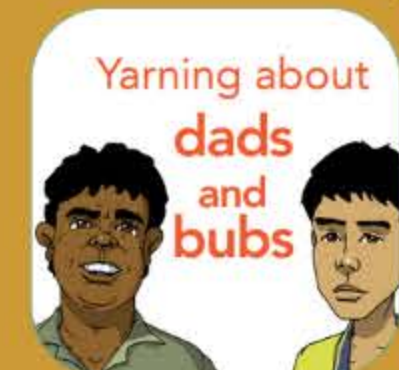
Online course for family support workers. Six fathers talk about being a father, the impact of colonisation, the importance of connection to culture, and how to keep strong despite all the challenges.



Documents

YARNING ABOUT DADS AND BUBS

A leaflet showing a young man yarning with his uncle about when he might be ready to become a father.



Websites

SMS 4 DEADLY DADS

Information about fathering with videos, articles, and text messages to support new fathers.



Parenting



Websites

ABORIGINAL AND TORRES STRAIT ISLANDER PARENTS AND TEENAGERS: HELP ME UNDERSTAND/ THINGS TO TRY

A website with tips for promoting social and emotional wellbeing in children and teenagers.



Websites

ABORIGINAL AND TORRES STRAIT ISLANDER PARENTS

A website with practical tips on raising and caring for children. They also have a podcast with community members and workers sharing their stories about autism on the autism tab



Videos

SMALL TALK BIG YARNS

Videos and cards offering practical tips on raising children up to 5 years to be strong and healthy.



Documents

BREAKING THE CYCLE OF TRAUMA, KOORI PARENTING, WHAT WORKS FOR US

A booklet and poster giving practical tips on parenting, building strong minds in children, and breaking the cycle of trauma.



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for other resources
www.wellmob.org.au

