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## 1. General Health Issues

**The Children's Hospital at Westmead:** [www.chw.edu.au](http://www.chw.edu.au)

Over 200 Factsheets: <http://www.chw.edu.au/parents/factsheets/>

**Royal Children's Hospital:** [www.rch.org.au](http://www.rch.org.au)

- Kids Health Information Factsheets for parents: <http://www.rch.org.au/kidsinfo/factsheets.cfm>
- RCH Resources: [http://www.rch.org.au/kidsinfo/resources.cfm?doc\\_id=7529](http://www.rch.org.au/kidsinfo/resources.cfm?doc_id=7529)

**Kids Health:** <http://kidshealth.org/parent/growth/>

- [Parents Home](#)
- [General Health](#)
- [Infections](#)
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- [Doctors & Hospitals](#)
- [Medications](#)

**Raising Children's Network:** <http://raisingchildren.net.au/>

In each of the following sections these topics are covered: behaviour; connecting & communicating; development; health & daily care; nutrition; play & learning; safety & sleep.

- [NEWBORNS 0-3 months;](#)
- [BABIES 3-12 months](#)
- [TODDLERS 1-3 years](#)
- [PRESCHOOLERS 3-5 years](#)
- [SCHOOL AGE 5-8 years](#)

The other sections covered are:

- [PRE-TEENS 9-11 years](#)
- [EARLY TEENS 12-15 years](#)
- [Children with Special Needs](#)

- [GROWN-UPS:](#)
  - [Being a Parent](#)
  - [Pregnancy](#)
  - [Looking After Yourself](#)
  - [Family Management](#)
  - [Work & Child Care](#)
  - [Services & Support](#)
  - [Fathers](#)
  - [Parenting After Separation](#)
  - [Working with Parents](#)

**Parenting & Child Health: [www.cyh.com](http://www.cyh.com)**

Parenting & Child Health Information.

**Parenting SA: [www.parenting.sa.gov.au](http://www.parenting.sa.gov.au)**

Parenting & Child Health Information.

**Better Health Channel: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)**

The Better Health Channel website was developed by the Victorian Government. It provides general health and medical information for consumers (e.g. schools, services and the general public) and is quality assured. This website provides very useful health information, fact sheets, healthy recipe ideas, quizzes and links to other recommended websites.

## 2. Healthy Children

**Parenting Research Centre: [www.parentingrc.org.au](http://www.parentingrc.org.au)**

Is a national, independent, not-for-profit research and development organisation established to help parents raise happy healthy children.

**Healthy Kids: [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)**

Healthy Kids poster and useful fact sheets for tips and ideas for supporting healthy lifestyles for children: <http://www.healthykids.nsw.gov.au/topics/2092.html#factsheets>

- [Reducing television time](#)
- [Kids and getting active](#)
- [Setting the scene](#)
- [Fruit and vegies](#)
- [Ideas for sporting clubs](#)
- [Ideas for the community](#)
- [Ideas for schools](#)
- [Choosing healthy drinks](#)
- [Choosing the right snacks](#)

**Bendigo Health: [www.bendigohealth.org.au](http://www.bendigohealth.org.au)**

[Healthy Habits for Children Websites \(4 MB\)](#)

(<http://www.bendigohealth.org.au/ourservices/service,documentid,2700.aspx>) The websites referenced target information mainly for schools, services, and families of primary school aged children. However, many are relevant for those working or caring for younger children and adolescents. Bendigo Health's 'Healthy Habits for Children' nutrition and physical activity websites reference document includes, for example:

- Evidence based information
- Health promotion information and resources for schools and some children's services
- Activities for children
- Information for parents
- Lesson plans and curriculum information
- Healthy canteens information
- Links to useful websites

**Sports Dieticians Australia (SDA): [www.sportsdietitians.com.au](http://www.sportsdietitians.com.au)**

A professional organisation for Dieticians specialising in the field of sports nutrition. The website includes evidence-based nutrition information including fact sheets and many

resources for active children, youth and adults. An example of a very useful resource is a cookbook for families that can be downloaded called *Fast Food for Active Families*: <http://www.sportsdietitians.com.au/content/235/FastFoodforActiveFamilies/>

### 3. Nutrition

**Go for your Life:** [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

- 'Go for your life' aims to promote [healthy eating](#) and increase levels of [physical activity](#)

### 4. Sleeping

**Queen Elizabeth Centre:** <http://www.qec.org.au/>

[Getting Help from QEC](#)

[What we do](#)

[Sleep Information](#)

- [Infant Cues \(pdf format\)](#)
- [Toddler Cues \(pdf format\)](#)

[Audio Podcasts](#)

[Video Vodcasts](#)

**Sleeping Like a Baby:** [http://www.tau.ac.il/~sadeh/baby/about\\_sleep.html](http://www.tau.ac.il/~sadeh/baby/about_sleep.html)

This site is dedicated to sleep and sleep problems in early childhood (ages:0-3 years) by Avi Sadeh (major researcher and author on infant sleep).

- ☆ [About Infants' Sleep](#)
- ☆ [How Does My Baby Sleep?](#)
- ☆ [Scientific Update](#)
- ☆ [Book on Infant Sleep \(English\)](#)

**Kids Health:** <http://kidshealth.org/parent/growth/index.html>

Information for parents on normal sleep patterns for different age infants. From Kidshealth, a US online resource for parents with 'doctor-approved' health information about children from infancy to adolescence:

- [Bedtime Basics](#)
- [Naps](#)
- [Night Terrors](#)
- [Nightmares](#)
- [Positional Plagiocephaly \(Flattened Head\)](#)
- [Should My Daughter Sleep in My Room After Having a Nightmare?](#)
- [Sleep and Newborns](#)
- [Sleep and Your 1- to 2-Year-Old](#)
- [Sleep and Your 1- to 3-Month-Old](#)
- [Sleep and Your 4- to 7-Month-Old](#)
- [Sleep and Your 8- to 12-Month-Old](#)
- [Sleep and Your Preschooler](#)
- [Sleepwalk](#)

### 5. Emotional

**Free Printable Behaviour Charts:** [www.freeprintablebehaviorcharts.com](http://www.freeprintablebehaviorcharts.com)

**Australian Psychological Society (APS):** [www.psychology.org.au](http://www.psychology.org.au)

APS Tip Sheets inform clients about a range of psychological issues and how psychologists can help: [http://www.psychology.org.au/publications/tip\\_sheets/](http://www.psychology.org.au/publications/tip_sheets/)

- Autism: [Understanding and managing autism spectrum disorder](#)
- Bullying: [Parent guide to helping children manage conflict, aggression and bullying](#)
- [Children and the media](#) (web-only version)

- Environment: [Talking with children about the environment](#)
- [Helping girls develop a positive self image](#) (web-only version)
- Learning disabilities: [Understanding specific learning disabilities](#)
- [Talking with children about violence and injustice](#) (web-only version)

**National Centre for Childhood Grief:** [www.childhoodgrief.org.au](http://www.childhoodgrief.org.au)

Provides loving support in a safe place where children grieving a death can share their experience as they learn to live with its impact on their lives.

- 1 [The Magic of Memories CD](#)
- 2 [In My Own Way - A Bereavement Journal](#)
- 3 [The Grief of our Children](#)
- 4 [Kid's Grief - A Handbook for Group Leaders](#)

**Kids Help Line:** [www.kidshelp.com.au](http://www.kidshelp.com.au)

Kids Help Line is Australia's only free, confidential and anonymous, telephone and online counselling service specifically for young people aged between 5 and 25. A friendly place with fun games and helpful information for kids and information, ideas, support for teens.

- Kids: <http://www.kidshelp.com.au/kids/>
- Teens: <http://www.kidshelp.com.au/teens/>

**Reach Out - Inspire Foundation:** <http://au.reachout.com/>

A web-based initiative that offers information, support and resources to help young people improve their understanding of mental health issues, develop resilience, and increase their coping skills and help-seeking behaviour.

**Bereavement Care Centre:** [www.bereavementcare.com.au](http://www.bereavementcare.com.au)

Provides comprehensive and accessible counselling and support services for the terminally ill and their families, and for those recently bereaved (i.e. approximately the first two years after the death of someone with whom they have a significant relationship).

- [Early Trauma Grief Children & Young People Affected by Disasters](#)
- [Understanding Bereaved Children](#) An article on understanding Children's Grief.

**The Australian Child & Adolescent Trauma, Loss & Grief Network:**

[www.earlytraumagrief.anu.edu.au](http://www.earlytraumagrief.anu.edu.au)

- Disasters & mass adversities:  
[http://www.earlytraumagrief.anu.edu.au/resource\\_hubs/disasters\\_children/family\\_resources/](http://www.earlytraumagrief.anu.edu.au/resource_hubs/disasters_children/family_resources/)  
For parents and other carers *directly or indirectly affected* by a bushfire or other natural disaster. We have collated resources that will help you answer these questions:
  - How might children be affected by bushfires and other disasters?
  - What can parents and other carers do?

**Good Grief:** [www.earlytraumagrief.anu.edu.au](http://www.earlytraumagrief.anu.edu.au)

Good Grief Ltd. builds resilience in and brings hope to children, young people and adults who have experienced significant change, loss and grief.

- Building Resilience in Children after the Floods:  
<http://www.goodgrief.org.au/Portals/0/Managing%20Trauma%20in%20Floods%20-%201%20Pager.pdf>

**Interrelate Family Centre:** [www.interrelate.org.au](http://www.interrelate.org.au)

Interrelate is committed to providing easily accessible, high quality relationship services enabling individuals, couples, families and children to work through life's challenges and improve their relationships. You can buy resources online.

**Step Families Australia:** <http://www.stepfamily.org.au>

Step Families Australia is a national peak body working with a network of state stepfamily groups and community service providers to strengthen stepfamilies across Australia, through

providing quality information, family support services, practitioner training, research and advocacy.

## 6. Toilet Training

**Continence Foundation of Australia:** [www.continence.org.au](http://www.continence.org.au)

Children :

- [Bedwetting](#)
  - [What can parents do about bedwetting?](#)
  - [Bedwetting alarms and medications](#)
  - [Tips for sleepovers and camps](#)
  - [The teenager with a bedwetting problem](#)
  - [Let your child have a say](#)
- [Day wetting](#)
- [Soiling](#)

**Bladder & Bowel Website:** [www.bladderbowel.gov.au](http://www.bladderbowel.gov.au)

- [Healthy bladder habits](#) Poor bladder habits can lead to poor bladder control.
- [Healthy bowel habits](#) Good habits you can use to keep your bowel healthy.
- [Toilet training](#) Practical help for toilet training your child.
- [Watertight](#) - a guide for older children, young people and parents about bedwetting
- [Sleepover](#) - a story for children about overcoming bedwetting
- [The Dry Night - Advice for parents of children who wet their beds](#)
- [Childhood Bed-Wetting](#)

**Parenting & Child Health:** [www.cyh.com](http://www.cyh.com)

Parenting & Child Health Information:

- Toilet Training:  
<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=122&id=1837>

**Parenting SA:** [www.parenting.sa.gov.au](http://www.parenting.sa.gov.au)

- [Toilet training](#)
- [Bedwetting](#)

**Treating Bed Wetting:** <http://treatbedwetting.com.au>

To receive an information leaflet and a copy of "Bedwetting – A Guide for Parents" DVD:  
[http://treatbedwetting.com.au/info\\_pack.html](http://treatbedwetting.com.au/info_pack.html)

## 7. Autism

**Autism Victoria:** [www.autismvictoria.org.au](http://www.autismvictoria.org.au)

For information and advice for anyone interested in finding out more about **autism** spectrum disorders.

**Department of Education and Early Childhood Development:**

[www.education.vic.gov.au](http://www.education.vic.gov.au)

- Loddon Mallee Region - Autism Spectrum Disorder (ASD): Schools have access to a range of resources to enable the delivery of a high quality program for all students, including students with ASD. These resources may be provided in the Student Resource Package, through student support services including psychologists, social workers, youth workers, speech pathologists, visiting teachers and curriculum consultants, or through specific early identification and intervention programs.  
<http://www.education.vic.gov.au/region/loddonmallee/healthwellbeing/autism.htm>

**Monash University Medicine, Nursing and Health Sciences:**

[www.med.monash.edu.au](http://www.med.monash.edu.au)

- Autism Secondary Consultation & Training Strategy (ACT-Now): <http://www.med.monash.edu.au/spppm/research/devpsych/actnow/>
- Act-NOW Factsheets for parents: <http://www.med.monash.edu.au/spppm/research/devpsych/actnow/factsheet.html>
- ACTNOW Training Materials: <http://www.med.monash.edu.au/spppm/research/devpsych/actnow/training.html>

In partnership with the ReACTs, and harnessing the advice, knowledge and expertise of regional service providers, the ACT-NOW team provides a range of training opportunities tailored to meet the needs of each region. [Regional calendars](#) outline all training related to young children with an autism spectrum disorder and their families provided by both ACT-NOW and local service providers.

- [Preschoolers with Autism: An Education and Skills Training Programme for Parents](#)
- ['ASDs: Planning a successful transition to primary school' A programme for the child's transition team](#)
- ['Autism Spectrum Disorders in the Pre-school Years' A series of three workshops for early childhood professionals](#)
- Loddon Mallee Region Training Calendar: <http://www.med.monash.edu.au/spppm/research/devpsych/actnow/lm-cal.html>

**Autism Spectrum Australia (Aspect): [www.autismspectrum.org.au](http://www.autismspectrum.org.au)**

Autism Spectrum Australia (Aspect) is the country's largest not-for-profit autism specific service provider. Our vision is 'to overcome the isolation of autism' and our mission is to 'build confidence and capacity with people who have an autism spectrum disorder, their families and communities by providing information, education and other services.'

**AutismHelp.info (Gateways): [www.autismhelp.info](http://www.autismhelp.info)**

Is an initiative of Gateways Support Services. The site aims to increase awareness of ASD, and provide practical strategies and resources to benefit preschool, primary and secondary teachers, childcare workers, integration aides, health professionals and more.

**Early Days: <http://www.earlydays.net.au/>**

Is an Australia-wide series of workshops for mothers, fathers and other family carers of children aged 6 years or younger who have recently been diagnosed with an autism spectrum disorder or are going through the assessment and diagnosis process.

**Raising Children's Network: <http://raisingchildren.net.au/>**

- Autism spectrum disorder: [http://raisingchildren.net.au/articles/autism\\_spectrum\\_disorder\\_overview.html](http://raisingchildren.net.au/articles/autism_spectrum_disorder_overview.html)

**The Autism Council of Australia: <http://www.autismaus.com.au/>**

The Australian Advisory Board on Autism Spectrum Disorders is the national peak body representing people who have an autism spectrum disorder, their families, carers and helpers.

**Statewide Autistic Services Inc. (Vic.): <http://www.sasi.org.au>**

SASI is a not for profit non government organization governed by a board of community representatives. We are a team of high performing professionals committed to supporting people with a disability, their families and carers in environments that help realize the full potential of each individual

**Autism Behavioural Intervention Association (ABIA): <http://www.abia.net.au>**

ABIA is a not-for-profit association providing education, information, support, advice and assistance to families, carers and professionals concerned with Autism Spectrum Disorders (ASD), Applied Behavioural Analysis (ABA) and other effective methods of care and treatment towards children with ASD.

**Parent to Parent Guide: Raising you child with special needs:**

[http://www.deakin.edu.au/dhs/parent\\_to\\_parent/](http://www.deakin.edu.au/dhs/parent_to_parent/)

**Do2Learn: [www.dotolearn.com/](http://www.dotolearn.com/)**

A great resource for teachers and parents of children with special needs. Lots of useful images and schedules that you can download. Games, songs, communication cards, print resources and information for special needs.

**Bendigo Autism Asperger Group:** [www.bendigoautism.org.au](http://www.bendigoautism.org.au)

## 8. Sexually Transmitted Infections

**Melbourne Sexual Health Centre:** [www.mshc.org.au](http://www.mshc.org.au)

Melbourne Sexual Health Centre is Victoria's leading clinic for the testing and treatment of sexually transmissible infections. The doctors and nurses at Melbourne Sexual Health Centre (MSHC) are experienced specialists in all aspects of sexual health, so clients visiting MSHC can be assured of high quality professional and non-judgmental care. Melbourne Sexual Health Centre also provides support to community based health professionals via online resources and on-site education and training opportunities.

**TestMe:** <http://www.testme.org.au/>

TESTme is a free service of Melbourne Sexual Health Centre (MSHC) offering telephone consultations with a nurse for sexually transmitted infection (STI) testing and contraceptive advice for country Victorians living 100kms or more from Melbourne. TESTme was set up to increase the sexual health testing and treatment options for rural Victorians. It is phone and internet based and is free! Alternatively you can call the free call number 1800 739 836.

**SHine SA:** [www.shinesa.org.au](http://www.shinesa.org.au)

Sexual Health Information, Networking and Education South Australia This is a sexual & reproductive health service working in partnership with many different agencies and communities in S.A.

## 9. Women's Health

**Sexual Health & Family Planning Australia:** <http://www.shfpa.org.au/>

Sexual health and family planning organisations also play a key role in the provision of information and education services about sexuality and sexual health to the public.

**Family Planning Victoria:** [www.fpv.org.au](http://www.fpv.org.au)

We promote sexual and reproductive health for all Victorians. You can download fact sheets.

**SHine SA:** [www.shinesa.org.au](http://www.shinesa.org.au)

Sexual Health Information, Networking and Education South Australia This is a sexual & reproductive health service working in partnership with many different agencies and communities in S.A.

**Understanding You - Your Body Guide:** <http://www.understandingyou.com.au/>

Is a national contraceptive health education program in Australia endorsed by Sexual Health and Family Planning Australia to help women understand & manage their menstrual cycle.

**The Royal Women's Hospital:** <http://www.thewomens.org.au/>

We offer a range of activities, programs and information that promote choice, empowerment and self determination. We aim to prevent illness through comprehensive education campaigns as well as taking a leadership role in advocating for improvements to women's health care. The health information we provide is evidence-based and developed in partnership with women and health care professionals.

**Marie Stopes International Australia:** <http://www.mariestopes.org.au/>

Marie Stopes International Australia is a provider of sexual and reproductive healthcare offering the highest quality of care in family planning and sexual and reproductive healthcare. We offer vital services and support for women, men and their families in Australia and the Asia Pacific region. We offer a broad range of services including:

- [Abortion / Pregnancy Termination](#)

- [Vasectomy](#)
- [Contraception](#)
- [Sexually Transmitted Infection \(STI\) check-ups \(also known as STDs\)](#)

**PapScreen Victoria:** <http://www.papscreen.org.au/>

PapScreen Victoria provides information and support for women and health professionals on Pap tests (also called Pap smears).

**National Breast and Ovarian Cancer Centre:** <http://www.nbocc.org.au/>

National Breast and Ovarian Cancer Centre (NBOCC) is Australia's national authority and source of evidence based information on breast and ovarian cancer.

**Women's Health Queensland Wide Inc:** <http://www.womhealth.org.au/>

Balanced information for women on all aspects of women's health including endometriosis, Hysterectomy and Polycystic Ovarian Syndrome. Fact sheets with references and links.

**Continence Foundation of Australia - Bladder and bowel control:**

<http://www.continence.org.au/>

The Continence Foundation of Australia - bladder and bowel control problems can be prevented, treated, better managed and cured.

## 10. Pregnancy & Birth

**What Were We Thinking:** <http://www.whatwerewethinking.org.au/>

This website contains information about common experiences in the early months of parenthood and some effective ways of thinking about and managing them. All information on this website is drawn from up-to-date research and the experiences of many parents of new babies.

**Maternity Coalition:** <http://www.maternitycoalition.org.au/>

Maternity Coalition, MC, Australia's National Maternity Consumer Organisation, advancement of best-practice maternity care for Australian women and families.

**Having a Baby in Victoria - Department of Human Services, Victoria:**

<http://www.health.vic.gov.au/maternity/>

Information for Women in the early stages of pregnancy, or thinking about becoming pregnant.

**Australian Breastfeeding Association:** <http://www.breastfeeding.asn.au/>

This site offers evidence based information about breastfeeding for women and their families. Has information about breastfeeding information sessions and Australian based support services.

**Austprem:** <http://www.austprem.org.au/>

The Austprem website, where you will find friendship, information and support to help you on your journey with prematurity.

**Life's Little Treasures:** <http://www.lifeslittletreasures.org.au/>

Provides support and assistance to other families of premature babies throughout Victoria, either in hospital, neonatal intensive care units, special care nurseries or in the community when families get home.

**Children by Choice:** <http://www.childrenbychoice.org.au/>

This site offers facts sheets and information to women making decisions around an unplanned pregnancy.

**Better Health Channel- Abortion Services in Victoria:**

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Abortion\\_services\\_in\\_Victoria?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Abortion_services_in_Victoria?open)

This page offers information about the process of organizing a termination of pregnancy and the cost involved.



**Marie Stopes:** <http://www.mariestopes.org.au/our-services/women/abortion>

Marie Stopes offers immediate, safe and compassionate pregnancy termination services at all our centres around Australia. Depending on how far pregnant you are, you can choose between either a surgical abortion or a medical abortion

## 11. Mental Health

**Beyond Blue:** <http://www.beyondblue.org.au/>

Australian organisation that provides information about depression for consumers, carers and health professionals.

**Post and Antenatal Depression Association (PANDA):** <http://www.panda.org.au/>

PANDA is a Victorian, not-for-profit, self-help organization that provides confidential information, support and referral to anyone affected by post and antenatal mood disorders, including partners and extended family members.

**SANE Australia:** <http://www.sane.org/>

Many people who attempt suicide do not receive the help they need to reduce the risk of further attempts. The new SANE Research Bulletin 'Suicide, self-harm and mental illness' also reveals strategies which people who experience suicidal thinking find useful to get help and support.

**Black Dog Institute:** <http://www.blackdoginstitute.org.au/>

This website contains a range of resources on depression and bipolar disorder.

**Mental Health Advice Line:** <http://health.vic.gov.au/mhal/>

The Mental Health Advice Line is a state-wide telephone information service available to all Victorians seeking mental health information, advice and referral for themselves or another person. The service is staffed by mental health professionals who provide expert mental health advice 24 hours a day, 7 days a week, including public holidays.

## 12. Violence

**Domestic Violence Resource Centre Victoria:** <http://www.dvirc.org.au/>

The Domestic Violence Resource Centre (Vic) DVRC (formerly DVIRC) is a statewide service in Victoria, Australia. DVRC aims to reduce and prevent family violence.

**CASA House:** <http://www.casahouse.com.au/>

CASA House is a government funded organisation which provides service on a 24 hour basis. CASA House is committed to ensuring that the silence which surrounds sexual assault continues to be broken and that victims/survivors are provided with necessary support.

**Love the good, the bad, the Ugly:** <http://lovegoodbadugly.com/>

**Love is not abuse:**

<http://loveisnotabuse.com/web/guest;jsessionid=04D0450E881E3C801B13E5B0ADE89CF4>

**Women's Health West:** [www.whwest.org.au](http://www.whwest.org.au)

- **Choosing Positive Paths - Parents Information Kit:** Choosing Positive Paths is a resource kit for parents concerned about their children who have experienced family or domestic violence. People caring for a child who has experienced violence are often very worried about how the experience will affect that child. The effects of violence on a child can depend on many factors, however there are lots of things that families - and the professionals who support them - can do to help. This kit provides current information and suggestions. <http://www.whwest.org.au/info/pkindex.php>

**Bullying. No Way!:** <http://www.bullyingnoway.com.au/>

*Bullying. No way!* (BNW) is an educational website for Australian school communities and the general public that commenced in June 2002. As well as providing information for individuals, the website is visited for its extensive and increasing range of online curriculum and other resources to support the medium term and long term prevention work of schools.

### 13. Oral Health

**Raising Children's Network:** <http://raisingchildren.net.au/>

Oral health is listed under the Health & Daily Care section under each stage of child's development i.e. babies, toddler.

**Australian Dental Association:** [www.ada.org.au](http://www.ada.org.au)

Oral Health for Babies and Infants:

- [Fact Sheet - Oral Hygiene](#) (PDF 485 KB)
- [Fact Sheet - Healthy Eating equals Healthy Teeth](#) (PDF 480 KB)
- [Fact Sheet - Tooth Development in Babies and Toddlers](#) (PDF 483 KB)
- [Media Release - Caring for Teeth for Life](#) (PDF 60 KB)

**Dental Health Services Victoria:** [www.dhsv.org.au](http://www.dhsv.org.au)

#### Dental advice for babies

Dental advice from teething, breast and bottle feeding, use of dummies to finding out when you should take your baby to the dentist, is provided below.

- [Teething](#)
- [Cleaning your baby's teeth](#)
- [Thumb and finger sucking](#)
- [Use of dummies](#)
- [Baby tooth decay: symptoms to look for](#)
- [Breast and bottle feeding tips](#)
- [Dental check-ups: when to take your baby](#)

#### Dental advice for babies: preventing baby tooth decay

- [Infant tooth decay: symptoms to look for](#)
- [Breast and bottle feeding tips](#)
- [Dental check-ups: when to take your baby](#)
- [Identifying tooth decay \(dental caries\)](#)

#### Basic dental health tip cards for parents

- [Eat well](#) (PDF, 575KB)
- [Drink well](#) (PDF, 534KB)
- [Clean well](#) (PDF, 546KB)
- [Play well](#) (PDF, 696KB)
- [Stay well](#) (PDF, 595KB)

#### Dental advice for children

- [Tooth development and eruption](#)
- [Thumb sucking](#)
- [Tooth decay \(dental caries\)](#)
- [Teeth grinding in children](#)
- [Teeth straightening and orthodontics](#)
- [Healthy teeth information cards](#)
- [Caring for your child's teeth video](#)
- [Children's access to public dental system](#) (PDF, 54KB)
- [Adventure Playground](#) (oral health website for children)

#### Dental advice and tooth tips - babies and young children

These three tooth tip cards provide key oral health information for parents, grandparents or carers. They include information on baby (primary) teeth, teething, teeth cleaning and foods for healthy teeth.

- [Tooth tips for children aged 0 - 12 months](#) (PDF, 472KB)
- [Tooth tips for children aged 12 - 18 months](#) (PDF, 486KB)
- [Tooth tips for children aged 18 months - 6 years](#) (PDF, 549KB)

#### Dental 'how to' charts:

- [How to floss your teeth](#)
- [How to brush your teeth](#)
- [How to brush your child's teeth](#) (PDF, 269KB)



[Further reading and advice on thumb and finger sucking](#)



[Identifying tooth decay \(dental caries\)](#) - (From *TEETH: Oral Health Information for Maternal and Child Health Nurses* manual)

[More information on cavities/tooth decay and the symptoms](#) (Mayo Clinic website)

**Better Health Channel:** [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

Teeth:

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/ct\\_teeth?open&cat=Teeth\\_-\\_Dental\\_care\\_for\\_children](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/ct_teeth?open&cat=Teeth_-_Dental_care_for_children)

**Topic: Dental care for children**

- [Dental care - common conditions - 0 to 5 years](#)
- Oral thrush, mouth ulcers and cold sores (herpes simplex infections) are common oral conditions in babies and young children.
- [Dental care - dummies](#)
- Dummy sucking can cause teeth or mouth problems if it persists into school age or later.
- [Dental care - preventing infant tooth decay](#)
- Early childhood caries, or tooth decay, can occur in children as young as six to 12 months of age
- [Dental care - thumb sucking](#)
- The effects of thumb sucking are usually reversible up until the age of seven, because children still have their baby teeth.
- [Dental care - tips if teeth are knocked out](#)
- If permanent teeth are knocked out, they have a good chance of survival if they are immediately placed back in the tooth socket.
- [Dental checks - 0 to 6 years](#)
- Children's teeth should be checked early to pick up signs of dental disease.
- [Teeth development in children](#)
- Between the ages of about six and seven years, the primary teeth start to shed and the permanent teeth begin to come through.
- [Teething](#)
- This article provides a link to an external website that has more information about this program or topic.
- [Tooth loss in children](#)
- Caring for baby teeth is as important as caring for permanent teeth.
- [Toothbrushing - start it young](#)
- You will need to help your child brush their teeth until they are old enough to do it properly by themselves.

## 14. Discipline

**Raising Children's Network:** <http://raisingchildren.net.au/>

Australian parenting website with all the basics on raising children aged 0-8.

Toddlers: [http://raisingchildren.net.au/behaviour/toddlers\\_behaviour.html](http://raisingchildren.net.au/behaviour/toddlers_behaviour.html)

Preschool: [http://raisingchildren.net.au/behaviour/preschoolers\\_behaviour.html](http://raisingchildren.net.au/behaviour/preschoolers_behaviour.html)

- About discipline
- Practical advice about discipline
- Is punishment necessary?
- When you feel you might hurt your child

**Parent Line Victoria:**

<http://www.education.vic.gov.au/earlychildhood/parentline/>

Parent Line is a telephone counselling, information and referral service for parents of children ages 0 to 18 who live in Victoria.

**Parenting SA:** <http://www.parenting.sa.gov.au>

Parenting SA is an initiative of the Government of South Australia established in 1996 to promote the value of parents and the important role of parenting

- [Discipline \(0-12 years\)](#)
- [Discipline \(teens\)](#)

**Australian Psychological Society:** <http://www.psychology.org.au>

The Australian Psychological Society (APS) is the largest professional association for psychologists in Australia.






Parent Guide to helping children manage conflict, aggression and bullying:

[http://www.psychology.org.au/publications/tip\\_sheets/bullying/](http://www.psychology.org.au/publications/tip_sheets/bullying/)

- [Parenting and disciplining children](#)
- [Dealing with children who fight](#)
- [Fighting between siblings](#)
- [Wrestling and tumbling](#)
- [Angry fights](#)
- [Aggressive behaviour in children](#)
- [Dangerous behaviour in children](#)
- [Children protecting themselves](#)
- [Bullying](#)
- [Teaching children about conflict resolution](#)
- [Resources](#)

**The Center for Effective Discipline (USA):** <http://www.stophitting.com>

The Centre for Effective Discipline (CED) is a program of the National Child Protection Training Centre, a non-profit organization. CED provides educational information to the public on the effects of corporal punishment of children and alternatives to its use. It is currently the headquarters for and coordinates both National Coalition to Abolish Corporal Punishment in Schools (NCACPS) and End Physical Punishment of Children (EPOCH-USA).

- [How Children Feel About Spanking: Their Own Words and Images](#)
- [Spanking Facts and Fiction](#)
- [Why Spanking is Harmful](#)
- [Research](#)
- [Positive Discipline - What It Is and How To Do It](#)  (PDF Only)
- [Help for Home Behavior Problems of Children](#) 
- [Ten Reasons for NOT Hitting Children](#) 
- [Ten Guidelines for Effective Discipline of Children](#) 
- [28 Ways to teach nonviolence, kindness, and peacefulness to children](#) 
- [Parenting In The Positive](#)
- [Top 10 Ideas from the 101's "A Guide to Positive Discipline"](#)
- [Five Reasons to Focus on Positive Discipline of Children](#)
- [Are Discipline and Punishment the Same Thing?](#)

**Royal Children's Hospital:** <http://www.rch.org.au>

Policy Brief – Physical Punishment:

[http://www.rch.org.au/emplibrary/ccch/PB\\_20\\_Physical\\_Punishment.pdf#xml=http://www.rch.org.au/cgi-bin/texis/webinator/search/pdfhi.txt?query=punishment&pr=rchmelb\\_ext&prox=page&rorder=500&rprox=500&rdfreq=500&rwfreq=500&rlead=500&rdepth=0&sufs=0&order=r&cq=&id=4f9d43d1131](http://www.rch.org.au/emplibrary/ccch/PB_20_Physical_Punishment.pdf#xml=http://www.rch.org.au/cgi-bin/texis/webinator/search/pdfhi.txt?query=punishment&pr=rchmelb_ext&prox=page&rorder=500&rprox=500&rdfreq=500&rwfreq=500&rlead=500&rdepth=0&sufs=0&order=r&cq=&id=4f9d43d1131)

**Children Are Unbeatable! Alliance:** <http://www.childrenareunbeatable.org.uk>

- It Hurts You Inside – Young Children Talk about Smacking:  
<http://www.childrenareunbeatable.org.uk/pdfs/ItHurtsYouInside.pdf>
- "I don't get sad, only when my mum smacks me." Young children give advice about family discipline:  
<http://www.childrenareunbeatable.org.uk/pdfs/I%20dont%20get%20sad%20-%20report.pdf>