



Isis Family Natter

August/
September 2010

Welcome to the Isis Family Natter. This Newsletter is an initiative of Isis Child and Family Support Service. The newsletter endeavours to share useful information to support Families and Services within the Childers Community.



Welcome

to another edition of the Isis Natter, August and September are busy months with Wide Bay Women's Health doing a workshop for parents about Promoting resilience in children; Breastfeeding Week, 1-7 August 2010; ; Child Protection Week 5-11 September Fathers Day 5th September 2010

Marnie.

Wide Bay Women's Health Centre Inc

Promoting Resilience In Children

What is resilience?

Resilience in children gives them the ability to bounce back from adversity in order to lead a healthy and fulfilling life. Look at ways to develop key protective behaviours for children/families.

Resilience helps you pick yourself up from life's little stumbles and move on.

Isis Child and Family Support Services
14 Hinkler Street, Childers 4660

Thursday 16 September 2010
10.00am - 12.30pm

For bookings and inquiries please phone Marnie
on **41304690**



WBWHC
'For Women By Women'

Wiggle n' Move

with Tara



Wednesday
Morning
9.30am to 10.30am

Work and Family

Striking a balance between work and family can be difficult. When you are on top of it, the rewards can outweigh the challenges, but when you are still trying to find that balance, it's not uncommon to experience a range of conflicting emotions.

Returning to work

If you have taken leave from your job to care for your child, returning to work poses a major change to your day-to-day life.

You may feel:

excited about getting some variety in your day

guilty at 'leaving' your child
nervous about rejoining the workforce

stressed about managing the extra workload.

Making time for your partner

If you have a partner, your relationship with him or her may be affected by your return to work. Here are some tips to make the most of your time together.

Try to **make time to catch up** and spend time together. An easy way to do this is to share household jobs.

One of you can clean the shower while the other does the basin, one can wash the dishes while the other dries, and you can both fold the laundry.

Take advantage of technology to stay in touch – **phone, text or email each other during the workday.**

Schedule lunch or dinner dates with your partner. If you work near each other, you can grab a quick coffee or lunch without having to find a babysitter.

Put the kids to bed on time so you can **share the evening together**, even if it's just sitting in front of the TV!

The transition from spending most days together with your child to being apart all week can be tough. Parents often worry how their child will be affected by the separation, and feel nervous about leaving their child in someone else's care. Here are some ideas that might help you both adapt:

Talk to your child about the changes ahead. Or if she's too young to understand, have some 'practice separations'. Before you actually start work, again, try leaving her with her new carer for short periods.

Spend time with her before or after work.

Set up a before-work routine. Children feel safe and secure when they have predictable routines.

Always say goodbye to your child, even if she's upset.

Feel free to **ring your carer or child care centre** to check that your child has settled down.

Very often, children are happily playing before their parents have even got to the car!

Tips for returning to work

To ease the transition, make changes before you start work. You could think about what your new daily routine will be. There may be things you can start doing now, like gradually introducing your child to child care or finding a back-up carer.

Talk with family, friends and carers. They might have ideas for saving time or could help you spot problems before they arise.

It's worth looking into what **family-friendly policies and provisions** are available from your employer. Research says that the workplace plays an important role in parent health and wellbeing.

Try to leave work distractions at work. Now that you have less time with your baby, you'll want to make the most of your time together.

Spend time with family members whenever you get the chance.

Prepare things at night. To ease the morning rush, you could iron your clothes or make lunches the night before.

Look for meal shortcuts. Breakfast and dinner time may be more of a challenge now that you're working. When cooking, try making extra portions that you can freeze for future meals. Search out magazines or internet sites that feature quick and easy family recipes.

Helping your child adapt



Parent Discussion Group

Fortnightly Meetings Monday

14 Hinkler Street

9.30am-11.30am

For further information please contact Marnie on 4130 4690

Date	Topic
2nd August 2010	General Discussion
16 August 2010	Self Esteem and Confidence building
30 August 2010	Information on the "Lighten Up" program
13th September 2010	General Discussion
11th October 2010	Child Development



World Breastfeeding Week
1-7 August 2010

Breastfeeding - Just 10 Steps

The Baby-Friendly Way -
10 Steps to Successful Breastfeeding

World Breastfeeding week is celebrated in the first week of August every year and provides an opportunity to reflect on the value of the breastfeeding relationship to the baby, the family and the community. This year the theme is '**Breastfeeding: Just 10 steps - the Baby-Friendly Way**' and is an opportunity for us to refocus our attention on and expand the Baby Friendly Hospital Initiative (BFHI). So what is it all about?

10 Steps to Successful Breastfeeding

1. Have a written breastfeeding policy that is routinely communicated to all health care staff
2. Train all health care staff in skills necessary to implement this policy
3. Inform all pregnant women about the benefits and management of breastfeeding
4. Place babies in skin-to-skin contact with their mothers immediately following birth for at least an hour and encourage mothers to recognise when their babies are ready to breastfeed, offering help if needed.
5. Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants
6. Give newborn infants no food or drink other than breastmilk, unless medically indicated
7. Practise rooming-in, allow mothers and infants to remain together 24 hours a day
8. Encourage breastfeeding on demand
9. Give no artificial teats or dummies to breastfeeding infants
10. Foster the establishment of breastfeeding support and refer mothers on discharge from the facility.

TOY LIBRARY

Tuesday

10am to 11am

and

Friday

11am to 12pm

(except school
holidays)

**Wide Variety of
Toys for Loan**

**Can borrow up to
4 toys per
fortnight**

ALL WELCOME

**For further information on
the Toy Library please
contact Marnie on
4130 4690**



Queensland Child Protection Week

Sunday, 5 September – Saturday, 11 September 2010

PROTECTING CHILDREN IS EVERYBODY'S BUSINESS

Child Protection Week promotes the belief that it is everyone's responsibility to make their community child friendly.

Child Protection Week is coordinated nationally by the [National Association for Prevention of Child Abuse and Neglect](#) (NAPCAN Incorporated) and, in Queensland, by the Child Protection Week Committee under the auspicing body of [ACT for Kids](#).

The committee is comprised of representatives from a range of government and non-government agencies concerned with child protection issues.

By promoting the value of children and focusing attention on the issues of child abuse and neglect, the objectives of Child Protection Week are to:

- raise the profile of all issues connected with child protection, including child abuse prevention, treatment, research, education, service provision and support for children, young people and families
- create a statewide umbrella focus for child protection allowing government and non-government agencies to present a cooperative and coordinated community oriented campaign
- support and value professionals and volunteer child protection workers by providing 'best practice' training and a forum to exchange ideas and information

offer a framework to recognise advances in the field, and thereby contribute to better outcomes for all children and young people, especially those who have been harmed or are at risk of harm.

Found this website that might be of interest to Dad's

They're at it again.

The Father of the Year Awards are now on...



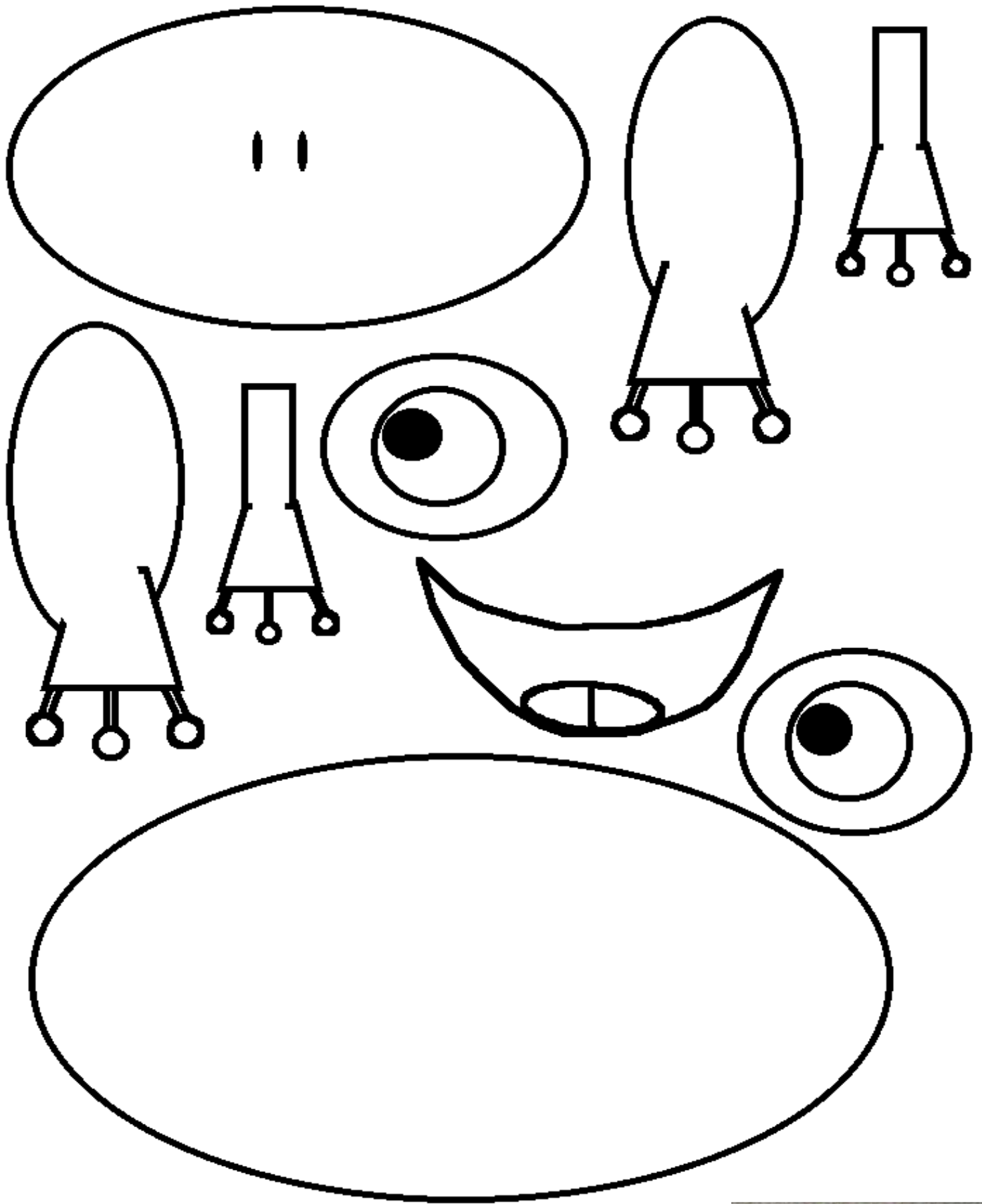
...This got the dads , at [DadsClub.com.au](#), thinking about what does it take for a dad to become father of the year???

1. Bread winner
2. Teacher
3. Driver
4. Referee – and that's off field!
5. Tolerance to withstand overbearing static, particularly when watching news / sport
6. Tolerance to lower frequency of beers with mates
7. Amazing tolerance to withstand reduced sex: On the assumption you're married
8. Bag carrier / porter on all holidays
9. Toy finder / ball fetcher – until kids reach 5
10. Master of most trades: Bike repairer, DIY household needs, mechanic, IT etc...

Tell us more??? Updates and nominations (hurry last days) can be made at

[www.fatheroftheyear.com.au](#) [Queensland Father of The Year Award](#)





Here is a frog for you to be creative with, it can be as simple as colouring it in or you can collage it with tissue paper and different textures.

Enjoy and have fun



Programs that Support families in the Childers Community

Isis Child and Family Support Service

69 Churchill Street, Childers 4660

Contact: Marnie Pearson Phone: 4130 4690 Mobile: 0428 261 778

Isis Family Day Care

Contact: Leanne Fuller Phone: 4126 2856 Mobile: 0439 717 139

Isis Community Preschool and Kindergarten

14 Pizzey Street Childers 4660

Contact: Rhonda Blair Phone: 4126 1241

Childers Early Learning Centre ~ Neighbourhood Early Learning Group

23-27 Taylor Street Childers 4660

Contact: Eileen Hayes Phone: 4126 2433

Isis Outside School Hours Care

Montgomery Street Childers 4660

Contact: Maggie Neumann Phone: 4130 4669 Mobile: 0427590213

Isis Child and Family Support Service is a non profit organisation sponsored by the Queensland Department of Communities and the Bundaberg Regional Council. The Child and Family Support Service was specifically established to provide support for Families and Service Providers within the Childers Community. Services are provided for families with children 0-16 years. The Isis Child and Family Support Service operates from the Childers Neighbourhood Centre at
69 Churchill Street, Childers.

Schools

Booyal Central Primary 4126 0177
Childers State School 4192 1333
Cordalba Primary School 4126 6184
Goodwood Primary 4126 8146
St Josephs School 4126 1866

Childers

Neighbourhood Centre

69 Churchill Street Childers 4660

Contact: Kirstin Harrison

Phone: 4130 4690

Centracare

Family Support Worker

Tuesday and Thursday - Neighbourhood Centre (Free, confidential service)

Dot De la Rue - 4153 2532

Australian Breastfeeding Association

Every Second Monday

9.30 am to 11.30am

For more information Phone 4126 1295

Honeybears Playgroup

Tuesday

10.00 am to 12.00pm

Hinkler street

For more information Phone 4126 3138

Buxton Palygroup

Thursday

9.30 am to 11.30am

Buxton Community Hall

For more information Phone 4126 7179

Little Vegemites Playgroup

Friday

9.30 am to 11.30am

Hinkler Street

For more information Phone 4126 1183

Free Family Workshops

Set Thursdays

9.30 am to 11.30am

Hinkler Street

For more information Phone 4130 4690

Parent Discussion Group

Every Second Monday

9.30 am to 11.30am

Hinkler Street

For more information Phone 4130 4690

Parenting Resource Library

14 Hinkler Street Childers

Child and Family Services Building

For more information Phone 4130 4690

Toy Library

Tuesday 10am to 11am

Fridays 11am to 12am

Isis District State High School Annexe

For more information Phone 4130 4690

