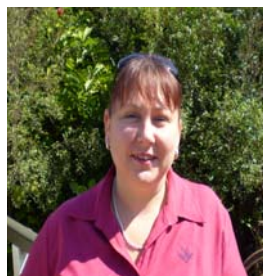




# Isis Family Natter

Oct –Nov  
2009

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



With less than 100 days to Christmas the year 2009 is wrapping up, and it is time for all those parents with 4 year olds to start thinking about enrolling the children in school. For some, the decision might be based on facilities, school population, broad curriculum, a transition to school program, religious affiliation, public or private, location, connection to local community, where your child's friends are going. Before your school search starts, it could help to think about how important each of these issues is to you. Don't forget that you will need an original copy of your child's birth certificate to enrol your preppie..... *for now*



## Think Pink this October and help beat breast cancer

One in every nine Australian women will be diagnosed with breast cancer by the age of 85. It could be a mother, sister, aunt, cousin, niece or friend. Whoever they are, one thing they have in common is that they will all need our help and support.

This year, Cancer Council's **Pink Ribbon day** is on **Monday, October 26**. Pink Ribbon Day is your chance to help raise money and awareness for all Australian women affected by breast cancer.

## Walk to Cure Diabetes



The Walk to Cure Diabetes is a fundraising and awareness campaign that brings the community together to celebrate their contribution to finding a cure. **The 2009 Walk to Cure Diabetes will be held on 18 October 2009.** You can register and start fundraising now by going to [www.jdrf.org.au/walk](http://www.jdrf.org.au/walk).

## National Bandanna Day - Friday 30 October 2009

**Wear a bandanna to show young people living with cancer they are not alone**

This year's National Bandanna Day is set to be one of the biggest ever and there are heaps of ways for you to get involved and help young people living with cancer.



# Family Management

Families come in all shapes and sizes. It doesn't matter what your family looks like, so long as it provides a solid and loving base for your children. But a happy, well-functioning family doesn't just happen – it takes a bit of effort.

## Families that work well

Thinking about how you'd like your family to work is called family management. Some parents fear that family management will kill off spontaneity – quite the opposite. In fact, you will probably have more time and energy for impulsive outings or activities.

Here are some ideas for basic family management:

**Communication:** it's important to talk through family issues with all family members, including children.

**Affection, positive attention and family time:** everyone in the family needs to feel loved and valued. Make sure your children – and your partner – receive lots of encouragement, positive feedback and signs of affection. It's also important to make time every week to do things as a family – even a short walk or a visit to the park can help bring you together.

**Routines:** consider your daily routine and figure out what system works best for all members of the family. Routines make children feel safe and secure, and can make the busy times of day less stressful for everyone.

**Sharing tasks:** think about how you can divide up jobs so everyone is happy.

**Preferred reactions:** talk about how you would like everyone to respond to difficult or challenging situations like tiredness, an upset child or financial pressures.

**Social life:** think about ways everyone in the family can meet their needs for a social life.

## Routines and rituals

Routines and rituals can give family members a sense of **consistency and security** and can help to make family members feel like they belong.

### Routines

Routines are those planned and recurring activities that help keep the home running smoothly. They include things that need to be done at the same time most days, like getting dressed for school or having a bath.

Routines can help your family spend more time together. For example, setting the table and washing the dishes with your children gives you the chance to have a chat at the same time.

**Research tells us that children are healthier and manage their behaviour better when they have predictable routines.**

### Rituals

Rituals are moments and activities that are special and unique to your family. They can be simple things, like reading bedtime stories, playing games or going camping during school holidays. Rituals give everyone a sense of history and belonging. Research shows that rituals can strengthen your family's values and help pass these values on to your children. This will also give you a chance to praise your children for their achievements, or suggest better ways of doing jobs.

## Sharing jobs

If household jobs are shared, the burden is lighter on everyone. Sharing household chores with your children can help them feel important and valued members of the family

You could write up a chart that outlines who does what and when. Then, down the track, hold an informal family meeting to see how everyone is finding the plan. This will also give you a chance to praise your children for their achievements, or suggest better ways of doing jobs.

## Managing family finances

If your finances are causing you stress, there are some simple things you can do to manage your money better. A simple way to budget is to ask your employer to deposit your money into two accounts, one that you use for household and child expenses, and another for everyday cash spending.

Setting a realistic **budget** may help you gain more control over your finances and show where you need to make changes to your lifestyle. If you can create a plan for **managing your money**, you may be able to save for family holidays and reduce your debts

This article is from



**raising children network**  
the australian parenting website



## TOY LIBRARY



# Parent Discussion Group

*Fortnightly Meetings Monday*

**14 Hinkler Street**

**9.30am-11.30am**

For further information please contact Marnie on 4130 4690

Date	Topic
12~Oct~09	Cooking on a Budget
26~Oct~09	Child Health Update
09~Nov~09	Preparing for Christmas
23~Nov~09	Budgeting starting a new year
07~Dec~09	Christmas Break Up

*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

# Child restraint laws

**Babies and children** aged between six months and four years of age must be secured in either an approved rearward facing child restraint or an approved forward facing child restraint with built-in harness that is properly fastened and adjusted. It is recommended that a baby remain in an approved infant restraint for as long as possible.

**Children** who have reached four years of age must be secured in an approved booster seat with a H-harness or a booster seat with a secured adult seatbelt that is properly fastened and adjusted. The child must be secured in this manner up until they turn seven years of age.

## Seating children in the front passenger seat

**If the car has one row of seats only (for example, a ute):**

- a child of any age can sit in the front seat if the vehicle has only one row of seats provided they are properly restrained. If the vehicle has a passenger airbag fitted, a rearward facing child restraint should not be used.

**Where there are two or more rows of seats:**

- a child under four years of age **cannot** sit in the front seat of a vehicle that has more than one row of seats, even if the child is three years of age and large enough to sit in a booster seat

a child aged between four and seven years of age **cannot** sit in the front seat of a vehicle that has more than one row of seats, **unless** all the other seats are occupied by children under seven years of age.

## Penalties

### The driver's responsibility

The driver is responsible for ensuring that all people travelling in their vehicle are correctly restrained. If they or their passengers are not restrained correctly, they risk being fined A\$300 and three demerit points for each unrestrained or incorrectly restrained child in the vehicle.

The only exemptions are:

- taxis and limousines where no child restraint is supplied
- on medical grounds where a certificate is provided by a doctor.

If more than one seatbelt offence occurs within a 12-month period, an additional three demerit points will apply. The additional demerit point penalty will apply to driver-related offences for seatbelts.



*Isis Child and Family Support together with Lifeline Coral Coast Capricorn presents:*

# Rollercoasters

## Group work for Children of Changing Families

Dates: **Thursday 15 Oct. to 19 Nov.**

Time: **3.15pm - 5pm**

Age Group: **8 –11 years**

Location: **14 Hinkler Street CHILDERS**

*For further information phone Deb on 4153 8400 or  
Marnie on 4130 4690*



The Rollercoasters program with accompanying children's activity book is designed for children ages 8-11 who have experienced a rollercoaster of changes in their family due to separation, divorce or re-marriage.



# Notice Board

Isis Child and Family Support Service together with Queensland Health present  
**STARTING STRONG**

The program aims to provide mothers with opportunities to enhance their relationship with their baby by:

- Encouraging stimulation and connection with their babies through play.
- Encouraging discussion regarding the transition to motherhood.
- Providing an opportunity for mothers to meet and increase their social supports
- Providing opportunities for mothers to gain access to resources.
- Providing an environment in which mothers feel valued, respected and nurtured.
- Providing an environment in which mothers can increase their knowledge regarding their baby's needs, and the way in which babies communicate.

**START DATE: MONDAY 5<sup>TH</sup> OCTOBER 2009**

And continuing on the 12 October, 19 October, 26 October, 2 November,  
9 November, 16 November and 23 November.

**TIME:** 12.00pm to 2.00pm (bring your lunch)

**VENUE:** Isis Child and Family Support Services

*There is no charge for this workshop*

## OVER THE EIGHT WEEKS OF THE STARTING STRONG PROGRAM ...

YOU WILL GAIN A DEEPER UNDERSTANDING OF SECURE ATTACHMENT; INCREASE KNOWLEDGE OF SKILLS THAT PROMOTE SECURE ATTACHMENT, YOU WILL HAVE THE OPPORTUNITY TO EXPLORE, WITHIN A NURTURING ENVIRONMENT, MANY FACETS OF MOTHERHOOD; SELF CARE FOR MUM AND SECURE ATTACHMENT NEEDS OF BUB. HAVE THE OPPORTUNITY TO SHARE EXPERIENCES, DEVELOP SUPPORT NETWORKS AND FRIENDSHIPS, CELEBRATE YOUR JOURNEY OF BECOMING A MOTHER

## Living with Colours

Colour has a powerful affect on our lives - come and learn about how the colours we wear connect to the way we are feeling. Learn how to relax with colour and music.

**DATE:**

**Thursday 29 October 2009**

**TIME:**

11.00am—1.00pm (bring your lunch)

**VENUE:**

Isis Child and Family Support Services  
14 Hinkler Street, Childers

There is **no charge** for this workshop

*In partnership with  
Wide Bay Women's Health Centre Inc*

# 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

Mungomery 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

### Centacare

#### Family Support Worker

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

Dot De la Rue - 4153 2532

### Australian Breastfeeding Association

Every Second Monday

9.30am to 11.30am

For more information Phone 4126 1295

### Honeybears Playgroup

Tuesday

10.00am to 12.00pm

Hinkler street

For more information Phone 4126 3328

### Buxton Playgroup

Thursday

9.30am to 11.30am

Buxton Community Hall

For more information Phone 4126 7179

### Little Vegemites Playgroup

Friday

9.30am to 11.30am

Hinkler Street

For more information Phone 4126 1183

### Free Family Workshops

Set Thursdays

9.30am to 11.30am

Hinkler Street

For more information Phone 4130 4690

### Parent Discussion Group

Every Second Monday

9.30am 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

Senior School Annexe

For more information Phone 4130 4690

