

Right from  
the start



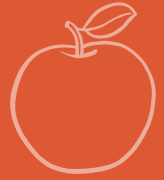
Parenting SA



A book to share with your baby



Government  
of South Australia



**Place your baby's  
picture here**

Baby's name:



# Right from the start...

A book to share with your baby



## About this book

This book has been developed together with Aboriginal parents, families and professionals.

It is for you to read with your baby.

Being close to you, seeing the pictures and hearing your voice helps baby grow strong.

The pictures are for baby to look at – they are the kind of pictures research says babies like.

At the end of the book there are ideas for making books part of your life as baby grows up. There are also words in some Aboriginal languages for you to use if you like.

We hope that you and your baby enjoy sharing this book. Aunties, uncles, sisters, brothers and grandparents can read with baby too!



## Reading with baby... a time for you too!

Reading with baby is a time for you to sit down, relax and take a break.

With baby on your lap you can have fun and get to know each other.

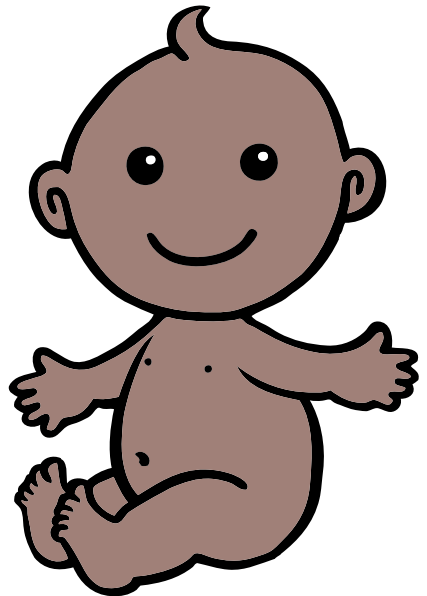
If sharing a book feels strange, keep trying and you will see that baby enjoys it.

They will love being close to you and hearing your voice.

You can be creative – talk about the pictures, tell stories, sing, or make animal noises.

Maybe use some simple words from your own language.

Telling stories is a way of sharing culture. As your baby grows up, it will help them feel they belong.

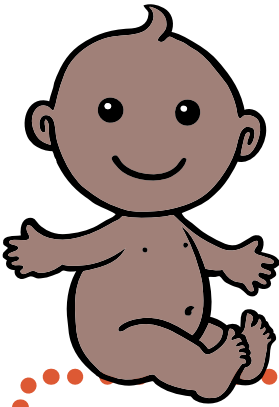


## What babies need to grow strong

A baby's brain grows fastest in the early weeks and months. It's a special time when patterns are set for the future.

How they feel every day affects how their brain grows.

Babies need warm, loving people to look after them – and to feel the world is a safe place. They need help to learn new things. If they have all this, they are off to a good start in life.



Reading a book together gives babies what they need for their brain and body to grow strong.

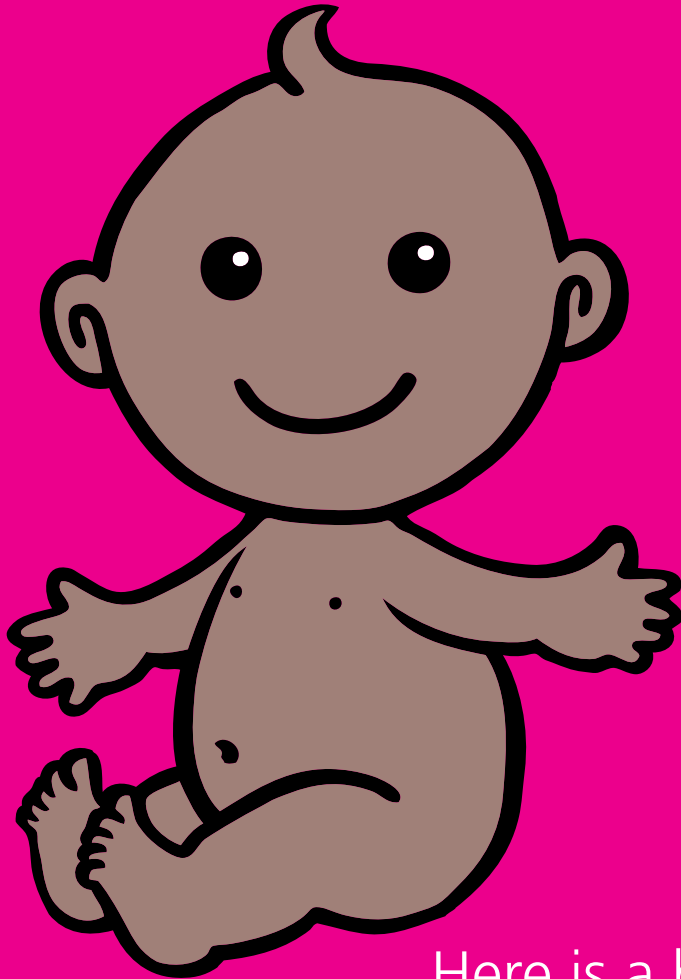
## Yarning together

Babies 'talk' in lots of ways - smiling and looking happy, turning away or crying if they don't like something. Parents soon know their own baby's ways.

When you share a book or yarn with baby, leave time for them to make noises too.

Copy their noises back to them. This makes them feel they've been 'heard'. It's the start of yarning together.

- Reading a book should be fun for both of you.
- When baby has had enough, stop and try again later.
- This shows baby you understand them.



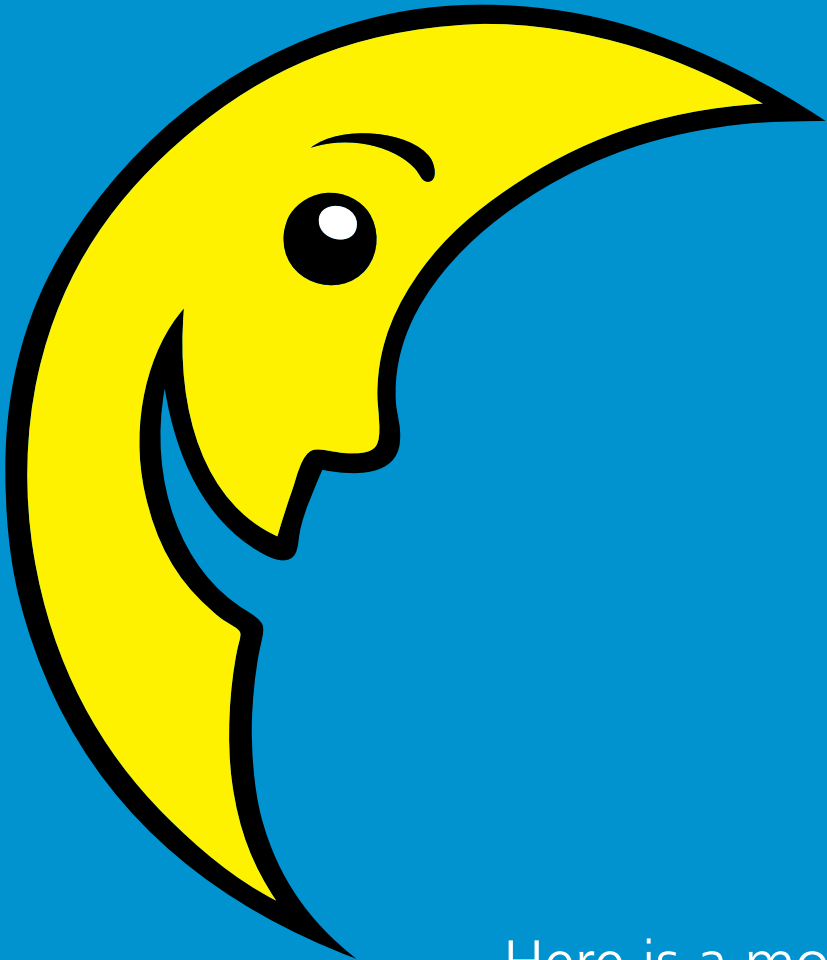
Here is a baby



We're happy you're here  
– you belong in our family.

The first thing we all did  
together was \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tell your children that you love them.  
Show it each day in what you do and say.



Here is a moon

We're learning to know  
when you're sleepy.

We know you're ready  
to sleep when you \_\_\_\_\_

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Babies will let you know how they feel. Giving them  
what they need helps them to feel understood and safe.



Here is a smiling face

We smile at you  
because we love you.

You smile when we \_\_\_\_\_

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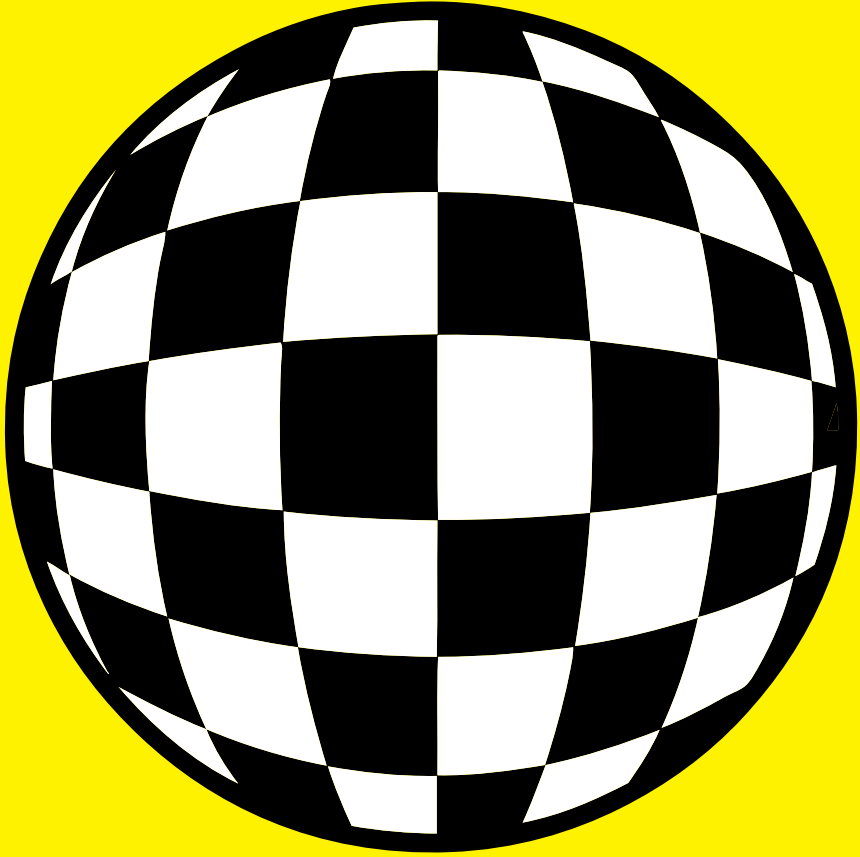
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Smiling is one of the first ways babies show  
they know you.



Here is a ball

Playing is learning. We know that you love us to play with you.

You like to play with \_\_\_\_\_

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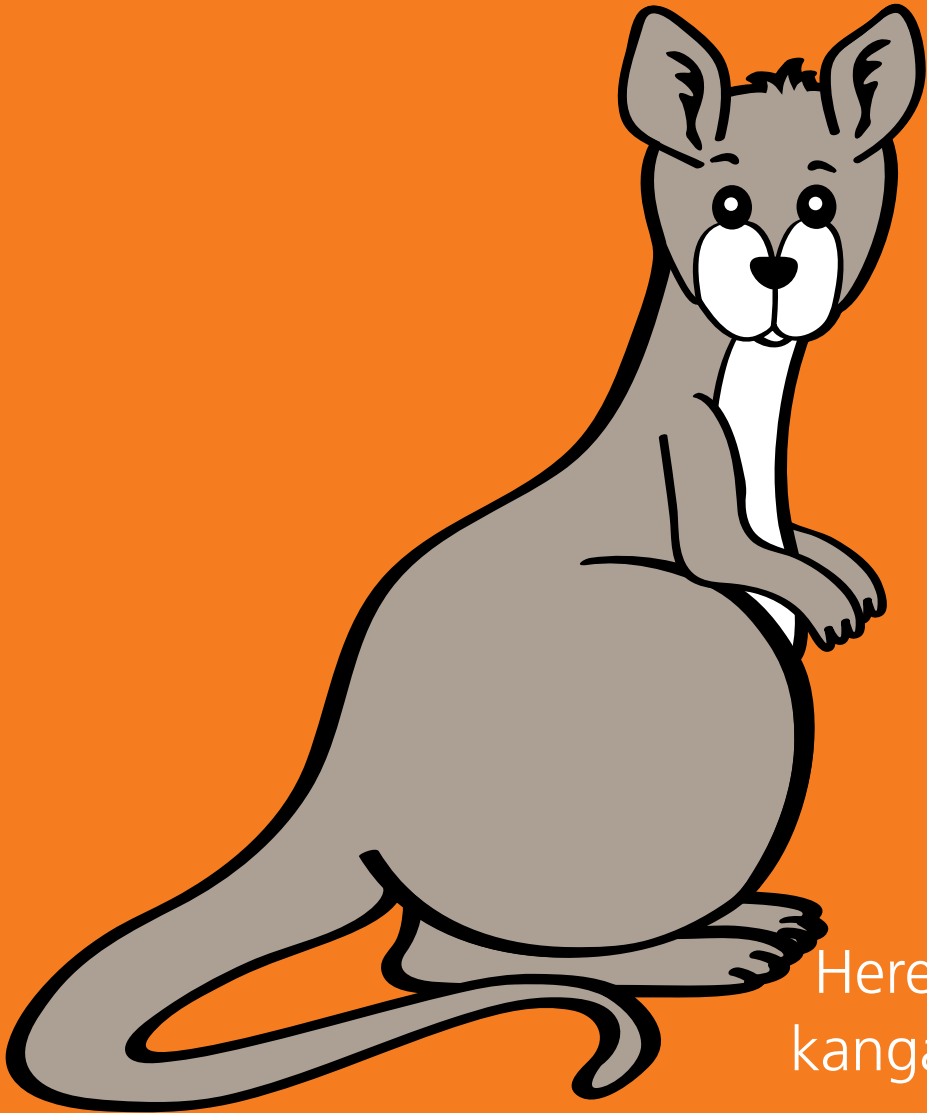
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Playing games that babies enjoy helps them learn about the world. Most of all they love to play with you!



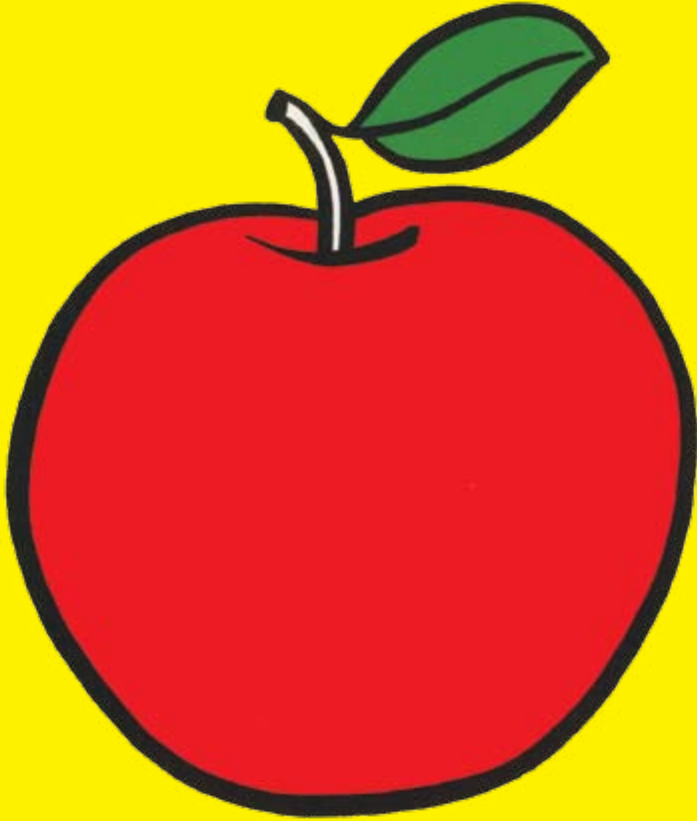
Here is a  
kangaroo



Each day you know  
more about the world and  
we know more about you.

Now you can \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

As babies grow you can help them learn about  
their culture.



Here is an apple

Feeding is a yummy  
thing to do.

We know you enjoy  
a feed when you \_\_\_\_\_

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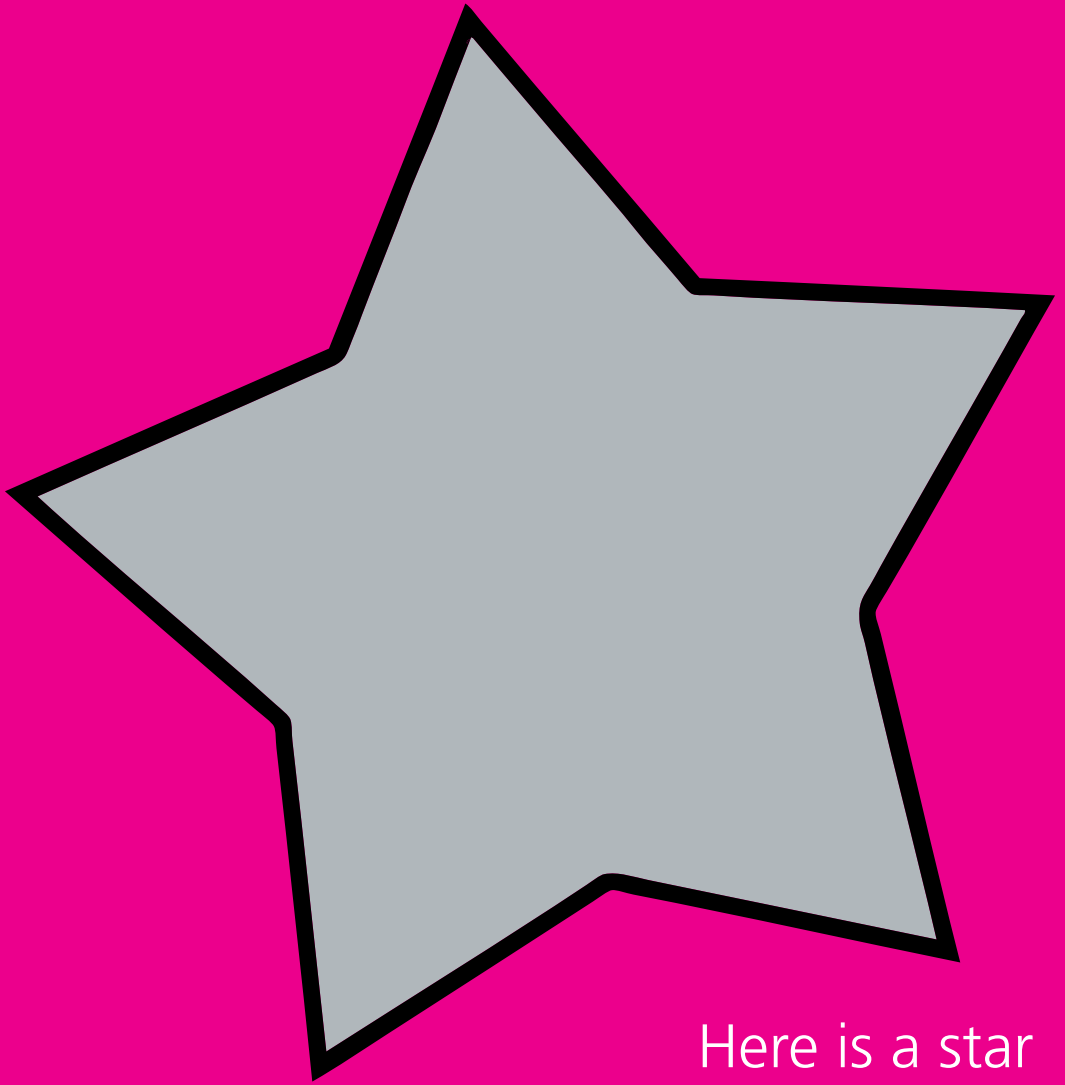
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Holding babies close when you feed them, gives them  
the loving feelings they need.



Here is a star

You are a special star  
in our family.

These are some of the  
special things about you \_\_\_\_\_

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Remember to tell your children the special things you  
love about them.

		<b>Adnyamathanha</b>	<b>Kaurna</b>
	<b>Baby</b>	Biapa	Ngartu
	<b>Moon</b>	Vira	Kakirra
	<b>Face</b>	Mangu	Murrki
	<b>Ball</b>	Buna	Parntu
	<b>Kangaroo</b>	Urdu	Nanthu
	<b>Apple</b>	Apula	*
	<b>Star</b>	Udli	Purli

These translations have been provided by Aboriginal services and communities. There are many more Aboriginal languages. You can add words from your own language.

Nharangga	Ngarrindjeri	Pitjantjatjara	Your language
Gunganya	Poli	Iti	
Bira	Markeri	Kinara	
Murlgi	Petji	Yunpa	
Mandigu-muga (means netball)	*	Tjapu-tjapu	
Wawi	Wanggami	Malu	
Wanyarna	Nunungki (means fruit)	Wayanu	
Burdli	Tuldar	Kililpi	

\* There is no translation for this word.

## Next steps

**Keep on reading:** make it part of your family's everyday life. It will give your children a great start for kindy and school.

- > Have lots of books around your home where children can reach them.
- > Have books in your bag or pram to read when you're out. It's a good way to keep children happy while you're waiting for the bus or an appointment.
- > Choose books that suit your child's age and interests.
- > Be creative – make your own books, swap with friends, visit second hand book shops and markets.

**Join your local library:** it's free – and your baby can join too!

- > Borrow books, toys, DVDs, and magazines.
- > Most libraries have story-time sessions for parents and babies.
- > You can also book free internet time.



## Useful contacts



### **Parent Helpline: Phone 1300 364 100**

For advice on child health and parenting.

### **Child and Family Health Service (CaFHS): Phone 1300 733 606,**

9am – 4.30pm, Mon to Fri for an appointment. You can be linked with an Aboriginal staff member.



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

Parent Easy Guides for Aboriginal families on a range of topics.

### **[www.cyh.com](http://www.cyh.com)**

Baby, child health and parenting information.

### **[www.healthinfonet.ecu.edu](http://www.healthinfonet.ecu.edu)**

Health and parenting information for Aboriginal families.

### **[www.thelittlebigbookclub.com](http://www.thelittlebigbookclub.com)**

Provide free baby and toddler reading packs through CaFHS or your local library.

## Aboriginal health services

### Adelaide

- > Nunkuwarrin Yunti, Adelaide: Phone 8406 1600
- > Wonggangga Turtpandi Primary Health Care Centre, Port Adelaide: Phone 8240 9611
- > Maringga Turtpandi, Hillcrest: Phone 7425 8900
- > Southern Adelaide Local Health Network, Aboriginal Primary Health Services: Noarlunga Phone 8384 9577 Clovelly Park Phone 8179 5900
- > Muna Paiendi Health Service, Elizabeth: Phone 8182 9206

### Country centres

- > Pangula Mannamurna Health Service, Mount Gambier: Phone 8724 7270
- > Ceduna/Koonibba Aboriginal Health Service: Phone 8626 2600
- > Port Lincoln Aboriginal Health Service: Phone 8683 0162
- > Southern Fleurieu Health Service, Aboriginal Health Service, Victor Harbor: Phone 8552 0600
- > Pika Wiya Community Health Centre, Port Augusta: Phone 8642 9999

- > Riverland Community Health Service, Barmera Hospital:  
Phone 8588 0420
- > Nunyara Wellbeing Centre, Whyalla: Phone 8649 4366
- > Murray Bridge Aboriginal Primary Health Care Unit:  
Phone 8535 6800
- > Port Pirie Regional Health Service, Aboriginal Health Team:  
Phone 8638 1100
- > Umoona Health Service, Coober Pedy: Phone 8672 5255
- > Tullawon Health Service Inc, Yalata: Phone 8625 6237
- > Nganampa Health Service, Alice Springs: Phone 8952 5300

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