



# News from Miss Tanner...

## You and your child's wellbeing

The home environment, and the families that occupy them, play a primary role on the ongoing development of children.



[www.education.sa.gov.au/parenting-and-child-care/parenting](http://www.education.sa.gov.au/parenting-and-child-care/parenting)

[www.education.sa.gov.au/parenting-and-child-care/parenting/parenting-sa](http://www.education.sa.gov.au/parenting-and-child-care/parenting/parenting-sa)

[www.education.sa.gov.au/parenting-and-child-care/parenting/learning-your-child-greatstart/play](http://www.education.sa.gov.au/parenting-and-child-care/parenting/learning-your-child-greatstart/play)

Social and emotional learning (SEL) is about developing the ability to care for others, make responsible decisions, establish positive relationships, and handle challenging situations. These skills are essential for developing resilience and the personal attributes that promote wellness, prevent illness and support recovery.

School is a good place for your child to be. It offers:

- Consistency
- Routine
- A sense of belonging
- Support services
- Contact with friends.



# Information

## Services

### Emergencies

Police, Fire, Ambulance: 000  
Police attendance: 131 444  
Domestic Violence Helpline: 1800 800 098

Poisons Information Line: 13 11 26

[Lifeline](#) crisis support: 13 11 14  
[Suicide Call Back Service](#) for people at risk of suicide, and their carers: 1300 659 467

### Helplines

#### Parent helpline

Advice for dads, mums and carers on baby and child health and parenting, including feeding and settling babies.

Phone: 1300 364 100 (24 hours)

#### [Child and Family Health Service](#)

(CaFHS)

Phone: 1300 733 606 9am to 4.30pm Monday to Friday for an appointment.

Child health nurses provide advice and support on baby and child health, development and parenting. Child and Youth Health Information about a wide range of parenting topics, and pregnancy. You can also find the [My Health and Development Record \(the Blue Book\)](#)

#### [Child Abuse Report Line](#)

If you are worried a child is being abused or neglected.

Phone: 13 14 78 (24 hours)

#### [Kids helpline](#)

Information on a broad range of topics for children and young people up to 25 years, including about becoming a parent.

Phone: 1800 55 1800

#### 1800 RESPECT

Provides help and support when there is violence in your family.

Phone: 1800 737 732 or chat online 24 hours, 7 days a week

#### Positive approaches for guiding behaviour

Find information, videos, books, blogs and online courses supporting positive approaches to guiding behaviour on the following websites (fees may apply to some resources):

Happy Families: Dr Justin Coulson

[www.happyfamilies.com.au](http://www.happyfamilies.com.au)

Intuitive Parenting: Jodie Benveniste <https://jodiebenveniste.com>

Parenting ideas: Michael Grose

[www.parentingideas.com.au](http://www.parentingideas.com.au)

Aha Parenting: Dr Laura Markham

[www.ahaparenting.com](http://www.ahaparenting.com)

Connective Parenting: Bonnie Harris

<https://bonnieharris.com>

Lives in the balance: Dr Ross Greene

[www.livesinthebalance.org](http://www.livesinthebalance.org)

A fine parent: <https://afineparent.com>

#### [Relationships Australia SA](#)

Support for parents and caregivers in nurturing children's development and wellbeing

Phone: 1300 364 277

#### [Uniting Communities \(Adelaide\):](#)

1800 615 677

#### [Uniting Care Wesley Bowden:](#)

8245 7100

#### [Uniting SA:](#) 8440 2200

#### [Uniting Care Wesley Country SA](#)

[\(Port Pirie\):](#) 8633 8600

#### [Centacare:](#) 8215 6700

#### [Anglicare SA:](#) 8305 9200

#### [Mission Australia:](#) 8218 2800

#### [Raising Children Network](#)

Information on raising babies, children and teens (in a number of languages)



### Services for families

