

Doordarnbee Muggy Jarjums



Growing Up Strong Jarjums





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Acknowledgements

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More copies are available from:

Malanee Bugilmah, Casino
Bugalwena, Tweed Heads
Child and Family Health in Lismore, Maclean and Grafton
Bunjum Co-operative, Ballina.

More information:

www.familiesfirst.nsw.gov.au
or Rossi Lyons on 0412 270 468



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Introduction

This book is a resource for Aboriginal parents and Family Workers on the Far North Coast of NSW.

Between the ages of 0 and 5 our babies' brains and bodies are developing and growing fast. This first stage of life is the most important time for parents to spend time with their jarjums and make sure that they get a good start in life.

Our jarjums need us to love them and to help them feel safe and secure.

This book talks about how we can help jarjums to grow up strong by spending time with them—cuddling, playing, singing, reading, listening, telling stories and talking.

The book includes:

- information about what jarjums do at different ages
- ideas about things we can do with our jarjums
- games and activities
- contacts to help with parenting.

Babies are important to the whole community. We need to make sure that our babies and jarjums grow up healthy, strong and proud Goories.

Being a parent can be hard at times. Don't be shamed to ask for help. There is a list of contacts in the back of the book.

Where possible we've used Bundjalung language but the book is also meant to support families from the Yaegl community.

This book was developed as part of the Aboriginal Child, Youth and Family Strategy which is a NSW Government initiative.



Newborn baby 0-3 months

In the first few weeks of life baby will spend a lot of time sleeping and feeding.

All babies like to be held close, cuddled and rocked.

Babies like to look at faces and listen to voices. They are curious about what they see and hear.

Newborn babies like to feel secure. Baby will get to know you very quickly and rely on you for food and love. Being close to mum is very important for a new baby.

Newborn babies do not cry to 'get attention' or 'get at' their parents. They cry because they are hungry, wet, need a cuddle or need to sleep. You will get to know what your baby wants by the kind of cry it makes.

You can't spoil baby by giving it too much attention.

Baby will be upset by loud noises, sudden movement and angry voices.



No matter how tired, angry or frustrated you feel—NEVER shake a baby. If you feel upset tell someone else and get some help.



Between 0 and 3 months baby will start to:

- smile
- watch faces
- listen to your voice
- lift up the head when lying on belly
- kick legs by 2 months
- laugh by 3 months.



What you can do:

Give baby lots of attention. Cuddle your baby.

Talk, sing and hum to your baby. Play music to baby.

When baby makes a sound, smile and talk back and say their name.

Carry baby in a sling close to your body.

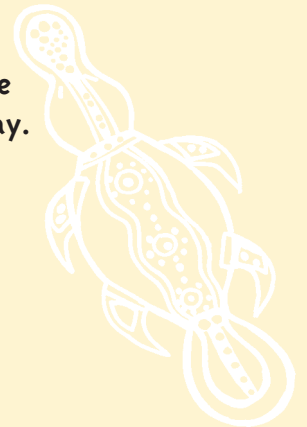
Babies like to be touched gently. Play with baby, gently pat and stroke them and move their arms and legs up, down and around.

Babies need time on their belly to make their arms and neck strong. Place baby on the belly and hold a toy in front of their face. Lift it up slowly so the baby needs to raise the head to see the toy.

Tie a rattle to the end of the bassinet to encourage baby to move their legs and kick .



Developing a routine will help—try to do some things like bathing, sleeping and feeding at the same time every day.





Your baby 3-9 months

Baby is growing and you are learning about each other every day.

Baby loves to be with you and is learning that you are the person who provides care and love.

Baby will start to move around more. Playing and moving will help baby grow stronger.

Baby loves to smile and feels safe and happy when the people around are happy.

Never leave baby alone on a bed where they could fall off.



From 6 months baby will start to eat mashed food. Baby needs healthy food to grow strong. Get advice from a Family Worker or Health Centre.



Between 3 and 9 months baby will start to:

- smile a lot
- make gurgling noises
- reach out to grab things
- hold and shake a rattle
- make sounds and 'talk'
- roll over from front to back
- push up and then sit up
- play with toes
- be interested in animals
- talk in 'baby language' and say short words like "mama", "dada", "no"
- pull up to a standing position.



What you can do:

Talk to baby all the time and tell them about what you are doing.

Repeat simple sounds like “maa” and “daa”.

Make faces and blow raspberries on baby’s belly.

Sing and play music.

Give baby lots of cuddles and hold baby close.

Give baby time on the floor without a nappy so baby can kick and move about.

Put baby on the tummy to make the back strong and help baby to start crawling.

Babies love to hold things—give baby a rattle, a small toy or a plastic or wooden spoon to play with. Make sure it’s smooth and too large to swallow.



Babies are happy and settled when life is predictable—try to have a routine for feeding and sleeping. Baby will need 2 sleeps a day.

Games for you and baby 3-6 months

Peek-a-boo

Cover your face with your hands or a scarf and then show your face and say “peek-a-boo”. Babies are happy to do this over and over again.

Mirror game

Let the baby look in the mirror. Talk about what you can see—baby, nose, eyes, ears.

Lost & found

Let baby play with a cup or toy and then cover it with a towel or hanky. Baby will look for the missing object. You may need to help baby find it.



Games for you and baby 6-9 months

Chasing

Give baby a head start and then crawl after baby. When you catch up, give them a cuddle. You can also help baby to chase balls or rolling toys.

Hide and seek

You can hide under a table or behind a door and call out to baby—can they find you?

Imitation games

Babies love to imitate you—laugh, cough, clap your hands and move your arms and watch baby try to do the same.

Round and round the garden

Trace a path on the baby's palm as you sing:

Round and round the garden, like a teddy bear,

One step, ...two steps
(walk your fingers up baby's arm)

...Tickle under there.
(and tickle baby's armpit)



All children are different and develop at their own pace. The thing your child needs most is your love, care and cuddles.



Older babies 9-18 months

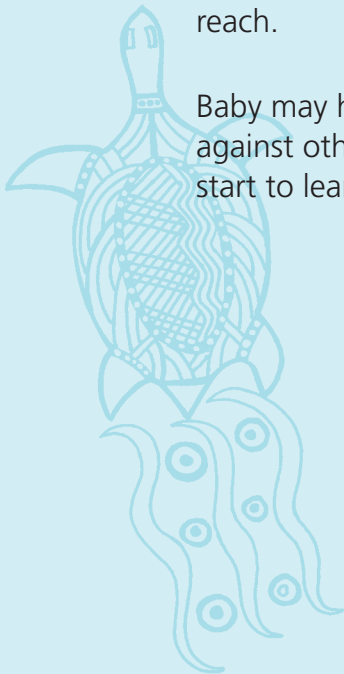
Baby will be curious about everything—sounds, music, books, household objects.

Baby will start to explore—first by crawling and then by walking.

Once baby starts crawling everything on the floor will end up in the mouth. Make sure there are no small objects around that baby can swallow. Keep things clean.

Being safe is a big issue when babies start to move around. You need to make sure all poisons, sharp objects and dangerous items are locked away up high. Put anything that baby may break out of reach.

Baby may have sudden mood changes and will test their will against others by wanting to get their own way. Baby will also start to learn simple rules.



Between 9 and 18 months baby will start to:

- crawl
- stand up
- climb
- find out about objects by pushing, pulling and banging
- take their first steps
- look up when you call their name
- imitate sounds
- say a few words
- shake their head and say “no”
- smile and laugh to attract your attention
- play with everything they can get their hands on.



Baby will practice these new skills over and over.



What you can do:

Baby always needs lots of cuddles and attention.

Play, talk, laugh and sing with baby.

Give baby pots and spoons to bang.

Cuddle and roll on the floor together.

Take baby outside, point to trees and animals and say their names.



Hold baby on your lap and show them books, pictures, photo albums. Point at the pictures and talk about what's happening in them.

Read simple picture books to baby.

Give baby non-toxic pens and crayons and lots of paper to scribble on.

Fill plastic containers that have lids with stones or rice and help baby to shake them and make noises.



Babies don't need toys that cost a lot—they will learn and have lots of fun playing with cardboard boxes, saucepans, pegs...and you!





Games for you and baby

Through the tunnel

Cut the ends off 2 cardboard boxes, line them up and tape them together. You can also use 2 chairs with a blanket. Ask baby to crawl through the tunnel to you.

Fill it up

Put objects like pegs, balls or blocks into a box or saucepan. Show baby how to take the objects out and put them in again.

Peg play

Pegs make great toys. Peg them to the top of a saucepan or box and show baby how to take them off.

Singing

You might have a favourite song you like to sing to baby.

This Burbi Song, written by Nita Roberts can be sung to the tune of 'Kookaburra sits in the old gum tree'.

Burbi (Koala) sits in the old jali (tree)

Cuddly cuddly creature of the bush is he

Sleep Burbi (Koala), sleep Burbi (Koala)

Tired you jiyaw (eyes) must be.



Jarjums 1½ - 2½ years

Baby is growing into a jarjum now. Jarjums like to explore and will sometimes fall. They are watching and learning all the time.

They can understand many more words than they can say.

Jarjums like to make a noise. They are learning to talk. You can help by talking, playing and singing with them.

Jarjums do not understand 'sharing' or 'waiting'. Now is the time to start helping them to understand how to take turns and how to share.

Jarjums will enjoy being with older kids, cousins and grandparents who have time to spend playing. Jarjums still need someone to play with and someone to keep an eye on them.

Start encouraging jarjums to use a potty or big toilet.



Between 18 months and 2½ years jarjums will start to:

- kick and throw a ball
- hold objects
- imitate sounds
- use simple words like “mum”, “milk”, “sore”
- name foods and body parts
- understand questions
- help with simple tasks
- use pencils and crayons
- play alone
- repeat games and words
- feed themselves
- turn knobs and push buttons.

What you can do:

Jarjums love music—sing, play music and dance with them.

Take jarjums exploring—a garden or a park can be an exciting place.

Sit jarjums on your lap to look at books. Help jarjums to point at the pictures and name things: “look—a big brown dog”. Let jarjums turn the pages.

At this age, jarjums love to pretend and imagine—a box of old clothes and shoes, towels and hats can be hours of fun. A sheet over a couple of chairs can be a place to hide.

Talk to them and repeat the words they have said. Tell them the name of objects and then ask “what’s that?”.

Jarjums love to help—involve them in daily routines like hanging out the washing or washing the floor.



All children need cuddles and hugs so they know you care about them and that they are loved.



Games for jarjums and others

Cardboard boxes

Cardboard boxes are great toys. They can be taped together, painted and decorated to become cars, towers and tunnels. Cut windows and a door into a large box and you have a house.

Chase me

Jarjums will start to run and they will love to be chased and caught. They also like to hop 'like a kangaroo' or run 'like the wind'.

Sand or water play

Jarjums love to play in sand and water. Give them some plastic containers like mugs, buckets, spades and a funnel with a tray of water or sand. Never leave a jarjum alone with water.



Word games

Touch and talk—say “this is your nose” and touch jarjum’s nose, “this is your ear” and touch their ear. There are Bundjalung and Yaegl words for body parts at the back of this book.

While dressing—“where do your shoes go?”

As you cook—“what will I use to mix the cake?”

Toy libraries

Most libraries have toy libraries where you can borrow toys. Jarjums love puzzles and any toys that link together like trains with carriages. Toys that can be pushed or pulled along are also very good. Talk to your Playgroup Coordinator or Family Worker about where you can borrow toys.





Growing up fast

2½-3½ years

Your jarjum is growing up fast, learning new things everyday. They can say more words, ask more questions, follow simple directions and do more things by themselves.

Jarjums learn through play. They don't need expensive toys but they need you to spend time with them—get down on their level and join in the fun.

Your jarjum is also learning to be independent and this can mean tantrums, not wanting to share and fighting with other children. They can be bossy and start giving orders like “go away”.



Between 2½ and 3½ your child will:

- use words together. For example: “go potty now”
- run around and fall over a lot
- walk up stairs
- jump with two feet
- help dress themselves
- ask lots of questions
- know their full name
- start to understand ‘sharing’
- copy words and actions
- make music, sing and dance
- like stories and books.



What you can do:

Spend time with your jarjums—play and talk with them.

Yarnin' up (telling stories)

Share your stories and listen to jarjums' stories. They are learning about you and the world around them.

Learning skills

Jarjums are learning every day—show them how to put on clothes the right way, do up and undo buttons and zips. Try lacing up shoes and tying bows. Let them have a try at doing some of the things you do and encourage them when they have a go. Let them help with getting a feed.

Going walkabout (exploring)

As jarjums get older you can take them on longer walks. Show them the local area and tell them stories about people and places or just describe what you can see.



It's important that we keep our jarjums safe. Make sure you know where they are and that there is always someone looking after them.

Learning about feelings

If your jarjum is upset, angry or fighting with another child the best thing you can do is distract them. Take them away and do something else like reading a book or playing a chasing game. Help them understand their feelings. For example: say “you are really angry but you must not hit your brother”.

Crackin’ up (tantrums)

Little tantrums are best ignored. Make sure you notice and talk to your jarjum when they stop their tantrum. Sometimes feelings get more and more out of control until you end up with a big tantrum. Try to step in before the tantrum gets out of control. Distract your jarjum, help them relax and talk about why they are upset.

- It never helps to punish or hit a child when they are having a tantrum.
- Never use ‘put-downs’, bad names or swear at jarjums.
- If you start to feel angry, WALK AWAY until you calm down.



Games for jarjums and parents

Making music

Jarjums can have lots of fun with home made instruments. Make clapping sticks from pieces of wood. Fill a tin or plastic container with rice or stones to shake. Nail bottle tops to a stick that you can rattle. Put paper over the top of a tin to make a drum.

Don't be shame. Get up and dance with your jarjums.

Painting

Paint with fingers, brushes, sponges, toothbrushes onto just about anything—paper, cloth, newspaper, wood, paper bags and plates, bark, rope. Do it outside because it will be messy. Children also love to paint with water—give them a brush and let them paint the outside doors, windows and walls.

Making a feed (cooking)

3-year-olds usually love cooking. Start with simple things like a Vegemite sandwich, pouring drinks, damper, biscuits and popcorn. Be very careful with things that are hot or sharp.

Collage

Cardboard, coloured paper, straws, string, leaves, wool, egg shells, sand and small sea shells can all be used to make a collage. Stick on the materials using glue and see what interesting pictures you can make. Flour and water make good glue.





Your jarjum 3½-5 years

Jarjums are learning so much—talking, playing, getting along with others, sharing and taking turns.

Jarjums are more independent but they still need an adult around to care for them and keep them safe.

Jarjums can understand problems, follow simple rules and will enjoy helping you. They will show affection and understand when someone has been hurt.



Between 3½ and 5 your child will:

- have a longer attention span
- ask a lot of questions
- use words together to make sentences
- run smoothly and easily
- dress without help
- use paste, scissors, pencils and crayons
- climb ladders and trees
- tell stories
- sing and dance
- enjoy playing with other children
- enjoy jokes and rhymes.



If jarjums are not talking much, they may need their ears 'checked' by a nurse or doctor.



What you can do:

Proud jarjums

Jarjums need to know they are loved. Even when they are moogal (naughty) tell them: “I don’t like it when you do something wrong BUT I always love you.”

Let’s teach jarjums to be proud of who they are and let them know they belong to one of the oldest surviving cultures in the world.

That’s deadly!

Jarjums need to be told when they are doing the right thing. Let them know when they do something good. Tell them how deadly they are.

Read books together, tell stories and sing songs.

At this age, jarjums love to tell stories and you can help them to make their own books. Let them draw the pictures and paste or staple the pages together.

Housework can be fun and children can learn skills by helping you—get them to help you with cooking, bringing in the washing or sweeping the floor.



Encourage jarjums to help you and make it fun.

Games for jarjums and parents

Masks

Paper supermarket bags or paper plates make great masks. Jarjums can cut out the shapes for eyes, nose and mouth and decorate the mask with crayons or paint. Make masks for different characters or animals.

Gamin'

Jarjums love to pretend—they can be wild animals, superheroes and fairies. These pretend games and stories help them learn and grow and are an important part of being a healthy jarjum.

Growing things

If you have space for a vegetable garden you can grow simple foods like carrots, potatoes, beans and tomatoes. It's fun to plant and grow and makes eating healthy food fun too. You can also try growing flowers and sprouting seeds for salad.

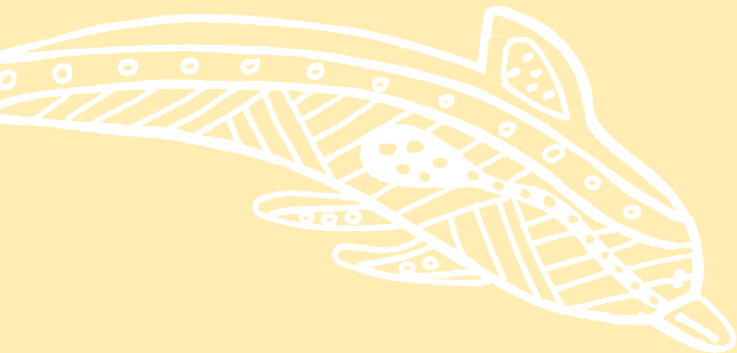


Sorting

Jarjums at this age love to sort things into different groups. Try using coloured pegs, stones, shells, pasta, big buttons or food. Sort the pegs by colour, shells by size, buttons by shape or whatever way you decide. Pasta, shells and buttons can also be threaded onto string to make necklaces.

Going bush (bushwalking)

By this age you can take jarjums on bushwalks. Tell them stories about the animals in the bush or tales from the 'old days'.



Resources

Names for body parts

Bundjalung

bowrrd (head)
goonden (hair)
mibinj (face)
ngee (forehead)
jeo (eye)
binung (ear)
mooroo (nose)
jerng (mouth)
julunj (tongue)
didung (teeth)
jaling (chin)
yoolinj (skin)



Yaegl

digi (head)
marha (hair)
waan (face/forehead)
miil (eyes)
ngalgan (ears)
yiinga (nose)
yalaany (mouth)
yanyaambil (tongue)
dira (teeth)
ading (chin)
aruumbin (skin)

Names for body parts

Bundjalung

bowrrd (head)

wulgun (shoulder)

gungle (arms)

jumbai (hand)

jumbaibil (fingers)

jundung (legs)

gindle (knee)

wooloo (ankle)

jinung (foot)

jinungbil (toes)

Yaegl

digi (head)

waagarraada (shoulders)

yalbarn (arms)

yamban (hands)

dyanbigam (fingers)

yarhaa (legs)

alin (knees)

nuuluumuugandra (ankle)

ina (foot)

inanalii (toes)



Playdough recipe

2 cups plain flour

1 cup salt

2 tablespoons oil

4 teaspoons cream of tartar

2 cups water

Food colouring

Stove: Mix everything together adding a little water at a time. Cook over low heat stirring constantly until mixture comes away from the side of the pan. Store in an airtight container or plastic bag in the fridge.


Microwave: Mix ingredients and cook for 2 minutes. Stir and cook for 2 minutes. Stir again and cook for 2 more minutes. It's cooked when it's spongy. Turn out on a board and leave to cool.

Uncooked: Mix 3 cups flour, 1 cup salt and 1 tablespoon of oil. Add water until it reaches a spongy consistency and add food colouring.

You can change the texture of playdough by adding sand or glitter.

Contacts and supports

Aboriginal Family Workers



Ballina	02 6686 5644
Casino	02 6662 5799
Goonellabah	02 6625 0111
Grafton	02 6640 2438
Lismore (Aboriginal Parenting Educator)	02 6620 7568
Lower Clarence	02 6640 0123
Tabulum	02 6666 1437
Tweed Heads	07 5506 7288

Family Care Centre



Tresillian Family Care Cottage	02 6622 8705
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Community Health Centres

Child and Family Health Nurses and Aboriginal Health Education Officers are available at:

Ballina	02 6686 8977
Bonalbo	02 6665 1203
Casino	02 6662 4444
Coraki	02 6683 2019
Goonellabah Child and Family Health	02 6625 0111
Grafton	02 6640 2402
Lismore	02 6620 2967
Maclean	02 6640 0123
Urbenville	02 6634 1600
Tweed Heads	07 5506 7540

Aboriginal Medical and Health Services

Ballina Aboriginal Maternal and Child Health	02 6686 8977
Bugalwena Health Centre Tweed Heads	07 5506 7597
Bulgarr Ngaru Grafton	02 6643 2199
Bunjum Health Clinic	02 6686 5644
Dharah Gibinj Casino	02 6662 3514
Gurgun Bulahnggelah	02 6620 2741



Aboriginal Health Posts

Jali Health Post	02 6683 4732
Muli Muli Health Post	02 6635 1487
Tabulam Health Post	02 6666 1538

Aboriginal Playgroups

Ballina	02 6686 5644
Box Ridge/Coraki	02 6682 4334
Cabbage Tree Island (Jali)	02 6683 4413
Casino (Buyinbin)	02 6662 3068
Lismore	02 6621 2489
Maclean and Pippi Beach	02 6643 4967
South Grafton	02 6643 4967
Tabulum	02 6666 1437
Tweed Heads	07 5506 7540
Yamba	02 6642 7257



Help, advice and support—call centres

Emergency 24 hours (Ambulance, Fire, Police)	000
Centrelink – family and parenting payments	136 150
Child Abuse Prevention Service	1800 656 463
DoCS Helpline (24 hours)	132 111
Domestic Violence Line (24 hours)	1800 565 463
Early Childhood Intervention Info Line	1300 656 865
Karitane Care Line (24 hours)	1800 677 961
Parent Line	13 20 55
Tresillian Helpline (24 hours)	1800 637 357
Women’s Information and Referral	1800 817 227

