

# Healthy families

**When children live in a healthy family they get a great start in life. Healthy families care for everyone's physical and emotional health and wellbeing.**

**Healthy living means we can live longer, be happier and spend less time at the doctor!**

**Families can do things that keep people as healthy as possible.**

**Children learn healthy habits to last a lifetime.**

Please note: Aboriginal and Torres Strait Islander people should be aware that this website may contain images, voices or names of deceased persons in photographs, film, audio recordings or printed material.

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## In healthy families

People:

- feel happier — especially if they exercise
- cope better with life's ups and downs
- talk and listen to each other
- play, laugh and have fun together
- eat healthy and are active
- get enough sleep
- see the doctor for regular check-ups
- have less chance of getting diseases like diabetes, heart and kidney disease or cancer.

Living healthy is good for everyone, especially children.

It is never too late to make healthier choices in life.

Healthy families mean healthy communities. We can all help each other to live healthier lives.



**ACT**  
Government

AN ABORIGINAL AND TORRES STRAIT ISLANDER PARENTLINK GUIDE

[www.parentlink.act.gov.au](http://www.parentlink.act.gov.au)

# Healthy families

## Being healthy means

### Physical:

- eating healthily
- being a healthy weight
- being active
- getting plenty of sleep
- having health check-ups including dental
- being immunised — especially babies and children
- limiting or quitting alcohol or cigarettes
- being drug free
- getting the checks men and women need to find disease early.

### Emotional:

- feeling good about yourself
- coping with life
- having good relationships.

### Cultural:

- feeling connected to culture and community
- having a strong identity as an Aboriginal person.

Healthy parents are better able to care for children and family.

This guide's content was produced by Parenting SA, Women's and Children's Health Network.

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Important: This information is not intended to replace advice from a qualified practitioner.

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## Looking for more information?

ACT Government Publication No. 17/0604 (June 2017)

## Eating healthily



Eating healthily as a family:

- plan ahead and cook from scratch as much as you can
- in-season fruit and vegetables are cheaper — frozen and tinned are healthy too
- use lean meat — remove any fat
- fish is a good choice — fresh or tinned
- avoid foods high in fat, salt and sugar such as cakes, biscuits, chips, lollies, take aways
- avoid soft drinks and limit juices — water is best for everyone.

## Being active

Together:

- play outside or go for a walk. Always watch babies and children — they can easily get into danger
- limit the amount of time children watch TV or use other screens.

## Health checks

- Seeing your doctor is a good way to keep healthy.
- Keep immunisations up to date.
- Visit the dentist.
- Get children's ears checked. Children can have ear problems that affect hearing, speech and learning.
- Don't forget important things like breast screens and Pap smears for women, prostate checks for men.

Acting early can mean health problems don't happen, or get any worse.

## Your feelings

- If you feel low, stressed or worried, talk to someone you trust — a family member, friend or a worker.
- If you are thinking of harming yourself get help straight away. You could contact a service in this guide.

Healthy babies start with a healthy pregnancy. See your doctor regularly.



ParentLink — for other parenting guides, online parenting information [www.parentlink.act.gov.au](http://www.parentlink.act.gov.au)

Child and Family Centres — for parenting information and support  
[www.communityservices.act.gov.au/ocyfs/childandfamilycentres](http://www.communityservices.act.gov.au/ocyfs/childandfamilycentres)

Raising Children's Network — covering topics for parenting newborns to teens <http://raisingchildren.net.au>

Gugan Gulwan Youth Aboriginal Corporation t 6296 8900 [www.gugan-gulwan.com.au](http://www.gugan-gulwan.com.au)

Winnunga Nimmityjah Aboriginal Health Service t 6284 6222 [www.winnunga.org.au](http://www.winnunga.org.au)

Relationships Australia Dhunlung Yarra Service is dedicated to Aboriginal and Torres Strait Islander peoples t 6122 7100 [www.racr.relationships.org.au](http://www.racr.relationships.org.au)