

# Children's wellbeing

When children feel loved, safe and secure, they feel good about themselves, and can learn and develop to their best.

## ParentLink

informing



supporting



connecting



### Children need to feel loved and special

It really helps if they have:

- a loving family
- a happy, peaceful home
- regular routines
- help to learn
- a healthy lifestyle — eating well, being active and getting plenty of sleep.

Children need to be kept safe and sheltered from adult problems

Teaching our children about culture and identity builds a strong foundation for their future.

### When children do well

Children are doing well, if most of the time they:

- are happy and having fun
- like being with people
- are interested in learning
- do well at school
- cope with changes at home or school.

The best thing you can give children is your love

### Your role in children's wellbeing

It helps children when you:

- talk, play and have fun together
- share books, songs and stories
- help them have friends
- take them to activities, sports, play groups or to spend time with friends and family
- help them to be optimistic and positive about life
- encourage them to be self-confident and proud.

Good health helps children grow and develop their best.

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.



**ACT**  
Government

AN ABORIGINAL AND TORRES STRAIT ISLANDER PARENTLINK GUIDE

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

## Children's wellbeing



### Children need healthy food, plenty of sleep and to be active

- Make sure children have a variety of healthy foods — fruits, vegetables, wholegrain breads and cereals, meat, eggs, fish, beans, milk, cheese.
- Keep things like lollies, soft drink and takeaways as an occasional treat.
- Water is best for children and the whole family.
- Let children play outside — but make sure they are safe.
- Limit time watching TV or playing video games.

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

© Department of Health and Ageing, Government of South Australia (revised 02/16). Reproduced with permission and adapted by the ACT Government to reflect Australian Capital Territory laws (05/17).

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

Published by ParentLink, Community Services Directorate  
GPO Box 158 Canberra ACT 2601

e [parentlink@act.gov.au](mailto:parentlink@act.gov.au)  
t 13 34 27

## Looking for more information?

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

## Children's behaviour

Having rules at home helps children learn the behaviour you want. If children 'misbehave' — think about what could be causing it:

- are you expecting too much for their age?
- what else is going on for them?
- what's happening at home or school?
- is anything worrying them?
- are they eating well and getting enough sleep?
- are they unwell?

Young children can be overwhelmed with strong feelings and have a tantrum. Stay with them and help them calm down. They will gradually learn to do this themselves.

Seeing things from children's point of view helps you understand their behaviour.

## When to get extra help for your child

Most children cope with life's ups and downs with support from family and friends. Your child may need extra help if they:

- are unusually quiet or don't want to do things they usually enjoy
- seem upset a lot
- are angry or 'misbehave' more than usual
- hurt themselves, pets or others
- talk about suicide. They may say 'I wish I was dead' or 'I don't want to be here any more'.

If you are worried, see your doctor or health worker.

## Racism and bullying

Many children experience racism or bullying at school or in the community. Make sure they know:

- the problem is with the other person — not them
- to stay calm and not to put themselves in danger
- to come to you or another trusted adult for help.

You can:

- talk with teachers if it happens at school — most schools have anti-racism and bullying policies
- help children be confident and proud of their culture — they will be more resilient
- be a good role model. Show that you respect all race and cultures



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)