



FREELING SCHOOL PRESCHOOL - YR 6

16th August 2024 TERM 3 WEEK 4 NEWSLETTER # 13

Coulls Street FREELING SA 5372 Email: dl.0139.info@schools.sa.edu.au
Phone: 08 8525 2045 Mobile: 0439 973 806 Absence SMS: 0428 179 768
Website: <https://www.freelingps.sa.edu.au/> Facebook: <https://www.facebook.com/Freelingp7/>



HAPPY HAVEN IS CURRENTLY STILL ABLE TO OFFER Out of School Hours Care
OSHC Service hours (6:45am – 8:45am and 3:00pm – 6:15pm)

Outside of these hours the mobile number is available for you to leave a voice message or send a text message regarding bookings/absences.

HAPPY HAVEN - FREELING SERVICE – DIRECT 0404 735 135

PLEASE REMEMBER STUDENTS ARE NOT TO BE ON SCHOOL GROUNDS BEFORE 8:30am

Congratulations to Mrs Emily Taylor (Room 10), her husband Ben and Elijah on the safe arrival of baby Hunter Reid on Saturday.



KINDNESS IS CONTAGIOUS, KINDNESS IS THE KEY...

This week, across the nation has the important title of “Anti-Bullying Week”. At Freeling P-6 we have continued to have conversations with students about Bullying and the impact it has on ourselves and others. Our focus though, has turned to something, we can and must practice every day regardless of our age and experience and that is KINDNESS – in our actions, with our words (tone and volume) and our body language. We are reinforcing with our students, that if all practised kindness there would be no need to have an Anti-Bullying week.

When we have noticed students engaging in a Random Act of Kindness (R>A>K)), they have been offered a raffle ticket with their name and room #. Each class is then recording their R.A.K tally on a class poster.

Above all, we don't want this practice to be just for this week...

Kindness promotes Kindness...or at least that's our goal.



PRIMARY SCHOOL MUSIC FESTIVAL

Next week, our choir will travel to Adelaide for the Primary School Music Festival rehearsal at the Magic Millions centre. They are so excited, as our concert is only a month away on Thursday 12th September at the Festival Theatre. Remember to get your tickets soon, if you haven't already!

How to use purchase tickets:

- Go to the Ticketek website: <http://premier.ticketek.com.au>
- Once on the events webpage, use the date dropdown box to select Thursday 12th September (Concert #4) for Freeling's concert date.
- After you've selected all desired tickets, proceed to payment as usual.

QUICK and EASY COMMUNICATION USING the SEESAW APP

In preparation to receive school information and make contact with your child's teacher, we ask that you download the SEESAW APP available free of charge from the APP Store or GOOGLE PLAY STORE. Information about joining your child's/children's class group has been shared by the class teachers.

At this stage, all school newsletters will be sent to class teachers who will send them out to families via the SEESAW APP.

DIARY DATES

TERM 3

AUGUST

Mon 12th – Fri 16th
National Science Week
Mon 19th – Fri 23rd
BOOKWEEK
SSO WEEK
Fri 23rd
BOOKWEEK PARADE
Tues 27th
Father's Day Stall
KHS transition-half day

SEPTEMBER

Sat 30th – Sun 8th
Royal Adelaide Show
Sun 1st
FATHERS DAY
Mon 2nd
PUPIL FREE DAY
Thurs 12th
FOM Rehearsal &
Concert
Thurs 26th
SPORTS DAY

Assembly timetable

Week 6: Host – Rm 7
Showcase – Rm 9
Week 9: Host – Rm 3
Showcase – Rm TBC



Student Activities

It has been fabulous seeing our older students running some fun, engaging and interactive lunch time activities this term. Many students participated, including in week 1 - using Beebots, week 2 - playing football, week 3 - a sand castle building competition and week 4 - Just Dance. Thank you to the year 5/6 students (Amelia & Indy, Hope & Mia, Luke & Brock, Charlotte & April) who have given their time to run the activities.



Planning for 2025

Please remember - if your child is not returning to Freeling in 2025 (other than Year 6 going to high school); can you please contact the front office and let us know? Our staffing is allocated according to student enrolment numbers, so it's vitally important that we know how many students to expect from the start of 2025.

Parent Survey

During the week beginning Monday 29th July you should have received an email from the Parent Survey team with a unique link to participate in the survey. The Department for Education coordinates an annual survey to better understand the things we're doing well, where we can improve, and what's important to you as a parent. The information we collect from this survey is driving change for the department. I highly encourage you to complete the survey, which takes less than 10 minutes. Your feedback will be used locally in our school improvement planning and more broadly to inform other key initiatives to improve education in South Australia. Your answers will not identify you or your child. Only collated feedback will be provided to our school. If you did not receive an email with your unique survey link, contact education.ParentSurvey@sa.gov.au and include our school's name in your email.

FPS Leadership Team
Angela, Luke, Kaylene & Irene



Thank you to the families that have already paid this year's Material and Service charge of \$287 less the \$100 Gov Rebate or for mid year starters \$143.50 less the \$100 Gov rebate for 2024, we thank you for this. The M&S Charge was due on 8th March and for mid year starters is due today 16th August, so if you have not yet paid, please arrange to do so as soon as possible.

Payment arrangements can still be made so please contact the Finance Office on 85 252 045 or email dl.0139.finance@schools.sa.edu.au

The Bad Debt process has now commenced so if fees are still outstanding, please pay as soon as possible to avoid this process. A statement was posted to families during the holidays. **Mid year starter fees are due on 16/8/24.**

When making payments to Freeling PS bank account for M&S fees or other invoiced amounts please remember to use the reference stated on the invoice or student surname and fees, etc.

EFT Details: BSB No.: 105 109 Acc No.: 396 038 240 Name: Freeling Primary School

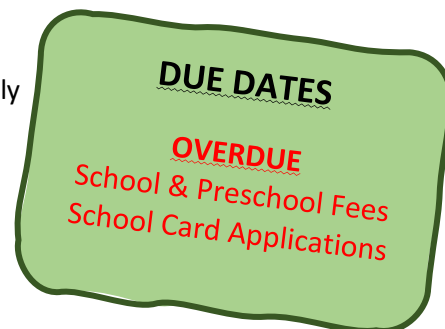
SCHOOL CARD ASSISTANCE - School Card covers \$287 (or \$143.50 for mid year Intake) which is the total of the Materials & Services Charge. Families must apply for School Card annually. School Card can be applied for online www.sa.gov.au/education/schoolcard.

Please apply for School Card as early as possible.

If you are unsure of your eligibility and require further assistance contact the Finance Office. If you are found to be ineligible for School Card then you are liable to pay the full amount of Materials & Services Charge.

Materials and Services Charge for 2025

As part of the 2024-25 State Budget, eligible families with school-aged children will receive a \$200 discount per child on their public school's materials and services charge for 2025. This is double the discount provided for 2022, 2023 and 2024. Thank you



20 DAYS TO GO



Have you
changed your
contact details?

Please update the following
information with the
school reception

Email Address?

Residential or Postal Address?

Mobile Numbers?

Emergency Contacts?

Family Information?

85 252 045

BOOKWEEK

BOOK WEEK PARADE 2024 *Reading is Magic*

Friday August 23rd

Students come to school dressed as their favourite book character.

Parade will **begin on the COLA at 9am** (staff and students only) and will continue (approx. 9.30) across the school crossing, along Coulls St towards oval, up Rogers St, right along Hanson Street until Wheatfields Aged Care, cross Hanson St and recross at Post Office. Preschool will return to school down Clarke Street. The others will continue down Gray Street and back to school. Parents are welcome to watch and cheer the parade from the opposite side of the streets.

If the weather is inclement, the parade will remain on the COLA at school.

Please ensure your child has comfortable walking shoes and a costume suitable for a town walk.



"You can find magic wherever
you look. Sit back and relax all
you need is a book!"
- Dr. Seuss

LittleYellowStar



JAPANESE STUDENT EXCHANGE



On Wednesday the 7th of August, FPS welcomed 11 students from Meidai-Hachioji High School . The Japanese students introduced themselves, sharing information about their school life in Japan.

Students from Freeling Primary School were very welcoming involving the Japanese students in a range of outdoor activities such as football, basketball, handball, dodgeball, maccaball and much more.

The students from Hachioji HS taught us some Japanese games and activities such as Jan-Ken Densha (train), Origami, Yubisuma (Guess the thumbs), Keshigomu Sensou (eraser wars) and a fun hand-clapping song.

The Japanese students arrived in Australia on July 31st and finished their Aussie adventure on August 14th. FPS would like to wish them well in their future endeavours and thank the students for connecting us with fascinating Japanese culture experiences and creating new friendships. ありがとうございました!
Thank you to Nishimura Sensei and Holty Sensei for their support on the day.

If you are interested in hosting a Japanese student in 2025 please contact Scott Durand at KHS
scott.durand752@schools.sa.edu.au



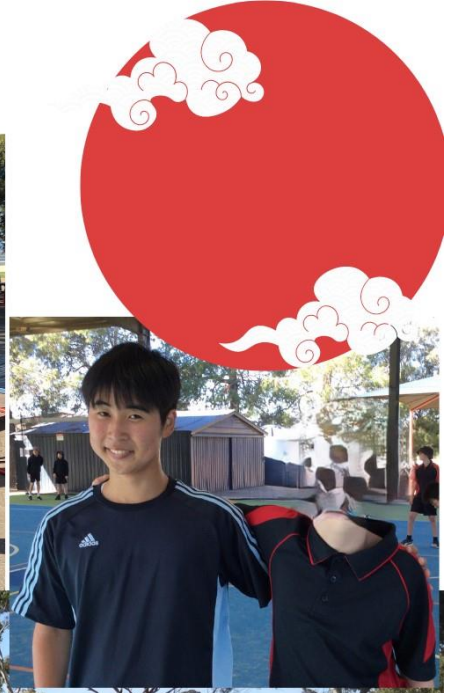
CULTURAL CONNECTIONS

MEIDAI HACHIOUJI High School



MUMZATAZ

MAKING NEW FRIENDSHIPS



MEMORANDUM



ARIGATOU GOZAIMASU -

ありがとうございます



SAPSASA BASKETBALL

The SAPSASA Knockout Basketball Competition was held on Friday 26th July at The REX, Tanunda.

Freeling Primary was well represented with a boys team consisting of Lucas Hanley, Jaxon Whimpress, Lachlan Dunn, Miller Coad, Jack Coutts, James Turner, Caleb Wingfield and coach Coby Rodda. The boys had a successful carnival going down by the smallest of margins in the semi-final. The girls team consisting of Mia Kallem, Annie Boyes and Indy Noske joined with students from Truro Primary School. The girls combined well and won 2 games.

Congratulations!

Our SAPSASA basketball boys team made it to a semi-final this year. They played extremely well and demonstrated great sportsmanship, playing a fair team game.



The girls were really brave playing with students from another school, they really enjoyed the day and won 2/4 games.

Port Adelaide AFLW visit



Freeling Primary School had a visit from PAFC AFLW players in week 1 of this term.

The students enjoyed learning about the journey, training regime and nutrition of an AFLW player.

The engagement and respect shown to the presenters was great to see.

Feedback from the PA Community Staff:
"Thanks for hosting the PAFC AFLW players at your school yesterday. The feedback I have received from the Port Adelaide Community Staff has been excellent in relation to the student's engagement & assistance from teachers."



Room 1 students Audrey Keegan and Adeline Hardy creating a self portrait during the first week of their school journey.





Parents & Friends

TERM 3

TUESDAY LUNCH ORDERS

Week 5

TUESDAY 20th August

Ham & Cheese or Cheese Croissant	\$4.00
Choc chip cookies (2)	\$2.00
Fruit box	\$2.00
Chocolate or strawberry milk	\$2.00

Helpers: Rachel Lobrovic & Karina Heinrich

Week 6

TUESDAY 27th August

NO LUNCHES

FATHERS DAY STALL

Week 7

TUESDAY 3rd September

NO LUNCHES

PUPIL FREE DAY

Week 8

TUESDAY 10th September

Chicken fingers with salad (cucumber/carrot/cheese/cherry tom) <i>unless specified</i>	\$5.00
Lamington	\$2.00
Fruit box	\$2.00
Chocolate or strawberry milk	\$2.00

Helpers: Rachel Lobrovic & Lucy O'Leary



**GROWTH MINDSET MATTERS
CONGRATULATIONS (Week 3 Term 3)**

Room 1 – Carlee Tredrea

Marlee Brimer & Bobby Staehr

Room 2 – Sally Gardner

Heath Rittner & Macey Holmes

Room 3 – Sara Dobson

Jay Gardner & Tyler Wunderlich

Room 4 – Lynne Randall

Madeline Hazledine & Bridey Cowell

Room 6 – Ella McKaye

Patrick Quinlivan & Jayger Heutling

Room 7 – Sue Bishop

Isabelle Lowe-Foxwell & Esther Heinrich

Room 8 – Rachel Meinhardt

Breanna Toogood & Alyssa Clarke

Room 9 – Heidi Markwick

Amelia McCarthy, Tessa Gray & Madyson Gersch

Room 10 – Theresa McCall

Charlie Hazledine & Hamish Schreier

Room 11 – Coby Rodda

Imogen Wunderlich & Chad Rickett



PLAYGROUP [A1]

FREELING P-6

Learn • Grow • Make Friends

Play, Learn
& Grow
Together

Fridays during
school Terms
9am-10:30am

**FREELING PS
GOVERNING COUNCIL
MEETING**

**TUESDAY 10th September 2024
7pm in the Staffroom**

Term 3 2024

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	JULY 22	23 Port Adel FC visit 11.30 - 12.15	24 NEWSLETTER	25	26 Playgroup 9-10.30 SAPSASA Knockout Basketball Olympics 26/7-11 Aug
2	29	30	31	AUGUST 1	2 Playgroup 9-10.30
3	5	6 Gov Council 7pm	7	8 Assembly 2.30pm Host: Rm 4 Showcase: Rm 11	9 Playgroup 9-10.30
4	12 National Science Week	13	14 NEWSLETTER	15	16 Playgroup 9-10.30 School Fees Due National Day of action against Bullying & Violence
5	19 BOOKWEEK SSO WEEK Choir - Magic Millions	20	21	22	23 Playgroup 9-10.30 BOOKWEEK PARADE
	BOOKWEEK – READING IS MAGIC!				
6	26	27 Father's Day Stall KHS Transition – half day Yr 6 (pm)	28	29 Assembly 2.30pm Host: Rm 7 Showcase: Rm 9	30 Playgroup 9-10.30 Adel show 31 Aug-8 Sep Father's Day Sun 1 st Sept →
7	SEPTEMBER 2 PUPIL FREE DAY	3	4 NEWSLETTER	5	6 Playgroup 9-10.30 Premier's Reading Challenge finishes
8	9	10 Gov Council 7pm	11	12 Festival of Music Rehearsal - am Concert - pm	13 Playgroup 9-10.30
	Festival of Music 9th - 20th September at Festival Theatre – Wk 8 - 9				
9	16 State Country Champs Athletics	17	18	19 Assembly 2.30pm Host: Rm 3 Showcase: Rm	20 Playgroup 9-10.30
10	23	24 Hiragana Comp	25 NEWSLETTER	26 SPORTS DAY	27 Playgroup 9-10.30 Sports Day backup Last Day Dismissal 2.15pm

COMMUNITY NOTICES

BAROSSA & LIGHT 2024 PLAYGROUPS & PROGRAMS for Families with Children Under 5 Years

<p>My Time – Hewett Elsie Ey Children's Centre - Kingfisher Drive 12:30pm – 2:30pm 6 May – 17 June For anyone caring for children with a disability, chronic medical condition or other additional needs including developmental delay. Ph Ros: 0431 706 037</p>	<p>KINDIFUN – Hewett Centre Kingfisher Dr 9:30am – 10:30am For children aged 1 – 5 years. \$7.50 per child (first visit free) Ph: 8523 0057</p>	<p>My Time – Tanunda The Hub, 83 Murray St 9:30am – 11:30am 9 May – 13 June For anyone caring for children with a disability, chronic medical condition or other additional needs including developmental delay. Ph Ros: 0431 706 037</p>	<p>Mt Pleasant Playgroup Kindy, 11 Saleyard Rd 9:30 am – 11:30am *Not on last week of school term* Ph: 8568 2079</p>
<p>Eudunda Playgroup Preschool, Morgan Rd 9:30 am – 11:30am For parents/carers and children 0-5 yrs. Please bring a hat, water bottle and a snack (nut free). \$2 per session + Playgroup SA reg. Follow on Facebook: Eudunda Playgroup</p>		<p>Learning Together Community Playgroup Elsie Ey Children's Centre Kingfisher Drive, Hewett 9:30am – 11:00am 0-4 years. Play, sing, explore and read.</p>	<p>Keyneton Playgroup Primary School, Keyneton Rd & Stott Hwy 9:00 am – 11:00am 0-5 years Ph: 8564 8258</p>
		<p>Baby Playgroup 1:00pm – 2:00pm 0-1 years. Play, sing, explore and read. Facilitated by Melanie, early childhood worker and supported by allied health. Contact: 0484759412</p>	<p>Freeling Playgroup Primary School, Coulls St 9:00 am – 10:30am For families and children under 5 years old. BYO drinks and snacks. Ph: 8525 2045</p>
			<p>Kapunda Playgroup 10 Beck St at the Kindy 12:00pm – 2:00pm Craft, story time and play. Gold coin donation. Ph: 8566 2431 Facebook: Kapunda Playgroup</p>
			<p>Truro Playgroup Truro Primary School 9:00am – 11:30am BYO hat, snacks & drink. Ph Jenni: 8564 0212</p>
			<p>Gawler Multiples Connect & Play Elsie Ey Children's Centre, Kingfisher Drive, Hewett 10:00 am – 11:00am For families with or expecting twins, triplets or more. Facebook: Gawler Connect and Play</p>

Local Family Support Services and Organisations

<p>Child and Family Health Service (CaFHS) First & Second St, Nuriootpa Free health & developmental checks. For an appointment phone: 1300 733 606</p>	<p>Lutheran Care Shop 7/8, 109-111 Murray St, Tanunda Emergency relief, financial counsellors, family, and relationship counselling and more. barossa@lutherancare.org.au</p>	<p>Heart of Impact – Barossa Restore 1 Murray St or Kidsworld (7 Siegersdorf) Nuriootpa Emergency relief – food parcels and referrals to Foodbank. Chaplains available. barossa@impactgroup.org.au</p>	<p>DHS Community Development Coordinator – Elsie Ey Children's Centre, Kingfisher Drive, Hewett Barossa, Light and Lower Northern Region kate.blackell@sa.gov.au 0437 937 172</p>	<p>Enhance Barossa Mental Health Barossa Roadmap to Wellbeing Support for 0–12-year-olds and carers:</p> 
<p>Parent Helpline: 1300 364 100</p>				

Please contact the relevant organisation for further details.
Last updated: 09/08/24 to advise changes email: kate.blackell@sa.gov.au

FREE FATHER'S DAY FAMILY EVENT



Thursday 29th August 5pm-7pm
Join in the fun as we celebrate all dads this Father's Day. Loads of D.I.Y's, games & activities, give aways, gift ideas workshop & more.

FREE Family night. **Book in online**


x4 DIY's to make for Dad
Hamburgers/Sausages, drinks & popcorn
Giant Guess Who game
Daytona Twin Arcade racing game
Marty McBubble- Scientific Bubble Show (5pm-5:45pm)
Stations around the store, to make a timber serving board

Don't miss out - register now




Scan Me




We're in town



See you soon, The Barossa Valley
27 August to 5 September



The Barossa Valley
The Barossa Valley Pop-up Donor Centre
Soldier's Memorial Hall, 46 Murray Street
Nuriootpa SA 5355

Book your donation now



 **13 14 95**
 **give blood**

Gawler, Barossa, Light & Adelaide Plains

WORKSHOPS SUPPORTING HEALTHY CHILD DEVELOPMENT AND WELLBEING

Simple, practical strategies

AUGUST - SEPTEMBER 2024



Coping Skills - Resilience
Parenting children between 2- 12 years of age
Monday 5th & 12th August 9:30-12:00pm
Lyndoch Preschool



Cyber Safety - The big issues
Parenting all ages
Thursday 8th August 9:00-11:30am
Good Shepherd Lutheran School Angaston



Growing & Learning in the Family - Play
Parenting children under 8 years of age
Wednesday 28th August & 4th September
6:00-8:30pm
Kapunda Library



Families Singing Together - Babies
Tuesdays 3rd, 10th, 17th & 24th September
At Tummy Time 10:00am - 12:00pm
Gawler & District Children's Centre



My Child & Me - Brain and child development
Parenting children under 12 years of age
Thursday 5th & 12th September
6:00-8:30pm
Tanunda Kindergarten

My Child & Me - Brain and child development
Parenting children under 12 years of age
Friday 6th, 13th & 20th September
12:00pm - 1:30pm
Kapunda Kindergarten



Coping Skills - Resilience
Parenting children between 2-12 years of age
Thursday 19th & 26th September
6:00-8:30pm
Two Wells TBC



Register now or contact Kate for more details 0437 937 172
<https://forms.office.com/r/Y2aMYrWL7T>



My Child and Me

Kapunda Kindergarten

Beck St, Kapunda

Friday 6th, 13th & 20th September

12:00pm - 1:30pm

Topics:

✦✦ **Brain and child development**

✦✦ **Understanding behaviour**

✦✦ **Parenting styles**

✦✦ **Positive approaches to guiding children's behaviour**

Supporting parents and caregivers with a choice of simple, practical strategies.

✦✦ No cost

✦✦ Food provided

✦✦ Come with your child, playspace and additional supervision

BOOK NOW:

<https://forms.office.com/r/bAP8xWq8xY>



or call/text Kate:

0437 937 172



An initiative of
Government of
South Australia

human
services



**Families
Growing Together**

Families Growing Together Workshops

Families Singing Together

- Moments of connection
- Support their child curiosity, growing capability and independence
- Engage and build social skills
- Learn some co regulation techniques and activities to do at home

Growing & Learning in The Family

- How children learn through play
- Improving your relationship
- Developmental stages of play
- Understanding milestones – leading to realistic expectations of your child

My Child and Me:

- Brain & child development
- Understanding behaviour
- Parenting styles
- Positive approaches to guiding children's behaviour

Cyber Safety

- The “big issues” such as grooming, cyberbullying, social networking, sharing images, games and apps
- Where to get up to date, reputable information and support
- Positive approaches to guiding children's behaviour in a digital world

Coping Skills

- What is resilience?
- Understanding stress for children and young people
- The benefits of ‘considered risks’
- How parents can help to build resilience

Growing and Learning in the Family

Families Growing Together

Connecting with your child through play

Growing and Learning in the Family is a **FREE** workshop designed to help families and caregivers gain an understanding of how children learn through play and form meaningful connections.

Our workshops are full of helpful information with a choice of simple, practical strategies that each family can adapt for their own parenting situations.

Topics to support your parenting include:

- 👉 How children learn through play
- 👉 Improving your relationship
- 👉 Developmental stages of play
- 👉 Understanding milestones – leading to realistic expectations of your child

Our workshops are based on the latest parenting research and use information from **Parenting SA**.

Light refreshments provided.
(Bookings essential)



Where: Kapunda Library
51 Main Street, Kapunda
When: Part 1 – Wednesday 28 August
Part 2 – Wednesday 4 September
Time: 6:00pm – 8:30pm

Book now!
Contact Pepper: 8525 3200

Everyone is welcome.

Please arrive 10 minutes early to register.

bookings.



Government of
South Australia



human
services

Being a Dad



Being a dad is one of the most rewarding and important roles you can have in life. These days there is greater flexibility in what each parent does and more sharing of the parenting role. While parenting can be done by either parent, children have unique experiences with their dad and their mum. Children benefit when dads are warm, loving and involved in their lives.

Becoming a dad

Becoming a dad changes your life. You can feel happy and excited, but you might also feel overwhelmed or unsure about what is expected of you. You may know the kind of dad you want to be or don't want to be from memories of your own childhood. You may want to do things the same way your own father did, or do things differently. It's up to you. There is no one right way to be a dad, and it is never too late to become the kind of dad you want to be.

This is a good time to consider:

- what was positive about how you were raised
- the values that are important to you, eg kindness, respect, sharing
- what you expect to do as a dad
- what your partner expects
- how you can balance work and family
- how you can take care of yourself and be your best as a dad.

The way you go about being a dad will be influenced by whether you are in a two-parent home, are a single dad, a stay-at-home dad, a step-dad, same-sex parent, separated from your children's mother or away from home a lot. The most important thing is that children know you love them. This means spending time with children, getting to know and understand them and being involved in their lives.



The most important gift you can give children is your love.

Some things all dads can do

Start early

While either parent can provide loving care for a child, dads have an important role in children's development.

When dads are hands-on with their new baby and respond warmly and gently to their needs, it has a positive effect on baby's development. The way dad sounds, talks, feels and plays is different to mum. When baby adapts to these differences it helps them learn, build trust and develop social skills.

- Be involved in soothing baby, bathing, feeding, changing nappies from the start.
- Don't worry if you feel unsure at first; all parents gain confidence with practice.
- Have skin-to-skin time with baby. It helps them feel safe and builds your bond.

- Look into baby's eyes, smile, talk gently and copy their sounds back to them.

When you connect with baby in these ways, they learn to feel safe and secure with you. They might recognise your voice from their time in the womb.

Even tiny babies get a special feeling of security from being held by their dad.

Show your love

Some dads feel uncomfortable showing their feelings, even towards their children. They might have grown up being taught it is 'unmanly' or that it will make children 'soft'. It is important to know that:

- both boys and girls need to feel loved, safe and secure
- when children feel safe and secure, they can focus on learning and exploring their world
- the more you comfort children, the better they get at calming themselves.

Show your love in different ways:

- tell children often that you love them, give hugs and cuddles
- show you genuinely enjoy spending time with them
- talk and listen - try to understand the feelings and ideas behind what children say
- do things they like to do
- be interested in their learning; help with homework
- show you are proud of them. Cheer at their sports or other events, regardless of whether they win or lose. Positive encouragement builds positive children.

Keep showing your love as children get older. Teenagers need to know you love them too.

Children equate love with the time you give them. Turn off the TV and other devices and give them your full attention. Make this a regular thing. This helps strengthen your connection.

Play and have fun together

- Playing with children builds your connection and supports their learning and development. The active 'rough and tumble' play that dads often do (although either parent can do this) is a great way for children to have fun and try out their strength and skills.
- Show them how to play without becoming aggressive or hurting others. Being sensitive and knowing when to stop helps children learn to manage their feelings.
- Take them to the park, kick or throw a ball around, go to the beach, for walks, explore and be active.
- For children who enjoy quieter activities spend time doing these too, eg arts and crafts, reading.
- Walking and talking is a great way to stimulate minds (and appetites!). You may find your child will want to share what they see, hear and learn. Listen and ask questions.

When dads read with children for even a short time each day, it helps their learning, strengthens your bond and can create memories that last a lifetime.

Be involved

- Being involved in everyday routines such as bathing, feeding and bedtime is a great way to regularly connect with children.
- Going to their health appointments helps you learn about their development, and you can share your observations and insights.
- Help children have a go at a range of things and develop their interests and skills.
- Take them to activity groups or sports. Let them work alongside you in the garden or kitchen. Involve them in your hobbies.
- Going to children's school events or sports builds their self-esteem and confidence. Show them you are proud of their efforts.
- Taking children to your work from time to time if appropriate and safe can be a great experience. They get to know how you spend your days when they are not with you. If you can't take them to your workplace, tell them about it, show pictures.



- Help children to have friends and get to know them and their parents or caregivers. This shows you're interested in their lives, and it helps keep them safe if you know who they spend time with.

Your child may have different interests to the ones you had as a child. This is OK. The important thing is that you're doing things together. Encourage their interests and support them to participate.

Guide and set limits

- Children need to know what is OK and what is not OK. Set reasonable limits and boundaries for behaviour that suit a child's age and development.
- Praise and encourage children when they do what is expected. It works better than punishment and children are more likely to learn the behaviour you want.
- Be patient and kind. Young children are not able to manage their impulses and emotions. This will change as they develop. Give them time to learn and practise.
- Show you understand children's feelings, eg 'I see you're upset because you really want that toy'. When they feel understood, children are more likely to listen to your guidance. It helps build your connection and respect for each other.
- Help children express strong feelings in safe ways. Talking, outdoor play, sport, drama, music, writing can all be helpful.

Be a positive role model

- Children learn from what they see you doing. Behave in ways you want your children to behave. Live by your values.
- Talk about your feelings. Talk about times you feel sad and happy. Children learn that men have feelings too, and it is OK to express them in safe and appropriate ways.

- Manage your feelings. Pausing and taking a deep breath if you are angry or upset can be really helpful. You are also helping your child learn an important life skill.

Sons and daughters

It is important to show warmth and love to both sons and daughters. Some dads find it easier to bond with sons, but it is just as important for girls to feel loved and valued by their dad. It builds their confidence and self-esteem.

- Girls and boys both need time with their dad.
- Behave in ways you would like your sons to act when they are adults. Show them how men can be loving and caring and get on well with others. To learn this, boys need to spend time with you and other men. Show them you value and respect women.
- Calling out any bullying or teasing behaviour teaches children they deserve respect and to respect others.
- Spend time with your daughters. You are the first man they get to know. Showing you value and respect them teaches them to expect men to treat them this way when they grow up.

How you treat your children's mother shows your sons and daughters what to expect in their future relationships. There is so much we can do in families to develop healthy attitudes towards each other, particularly to women and girls.

Work as a team

Work out your parenting with your children's mother right from the start, even if you don't live together. Share your ideas and listen to hers. You don't have to parent in the same way, but it is important not to undermine each other. If you don't agree with something your partner does, work it out away from the children. If you still can't agree, remember children can learn to cope with parents being different, but they can't cope with parents fighting or putting each other down.

Talk about how you will share the load and what each of you will do. Each partner needs to feel things are fair and



their other responsibilities are taken into account. You could discuss:

- getting up at night, bathing, feeding, bedtime routines
- household chores, shopping, cooking
- taking children to appointments, childcare, school and activities
- how you can arrange some free time for each of you, and to spend time together as a couple
- what will happen when children are sick or plans have to change. Find out what your workplace offers in parenting leave for fathers.

Single dads

If you have sole care of your children try to create a supportive network around you. There may be friends or family you can call on. Find out about services in your area. Try to spend some time on your own without the children to relax and do things you enjoy (see Parent Easy Guide 'Single parenting').

Dads who are separated or away a lot

Being a dad may be especially hard if you are separated from your children's mother or spend a lot of time away. Remember you are still a parent, and the most important thing is that children know you love them.

- Be in regular contact with children. When you can't be with them, use things like phones or other devices, or write letters or cards. Remember birthdays, special occasions and events such as exams or sports days.
- Caring well for children, even from afar, will support them to feel safe and secure.
- Be reliable and flexible about care arrangements.
- Don't let hurt or anger about their mother affect your relationship with your children. When you talk about their mother, be positive or don't say anything at all. Keep handover times calm and pleasant.

- When you are with your children let them share your life, your memories and your dreams. Let them see you cook (it doesn't have to be fancy) and do other household tasks. They will learn a lot about being a dad by seeing what you do.
- Be relaxed and open and make it easy for children to talk to you. Encourage them to share their worries as well as their successes.

Even if you don't see your children a lot, you can still have a strong connection and build happy memories together.

Step-dads

Being a step-dad can be both rewarding and challenging, especially if the children are older when you join the family. Blended families can work very well but they need time and attention. Children can feel sad or angry about someone taking up their mother's time or taking their own dad's place in the family.

- Spend time getting to know your partner's children. Be a friend but don't crowd them. You cannot take their dad's place but you can still build a close relationship.
- Let the children have some time with their mother without you around. Have special time with your own children too.
- Creating an open environment for talking and listening to their views can help build trust and respect.
- Support your step-children to keep up contact with their dad if this is what they want (see Parent Easy Guide 'Blended families').
- Relationships take time to develop. Give yourself and your step-children time to adapt. Be realistic, patient and kind.

Be wary about guiding your step-children's behaviour even if their mother asks you to. It is usually better if parents do this for their own children, especially at first.



Taking care of your relationship

Having children may bring changes to your relationship. A new baby often deepens the relationship and brings parents closer together. However, the demands on time and energy can take their toll. You may both be getting less sleep and juggling care and work responsibilities. There can be changes in intimacy as your partner copes with body changes and new roles and responsibilities.

- It is important to talk about your feelings from the start to avoid a build-up of stress.
- Listening to your partner's feelings can bring you closer as understanding grows.
- Talk about any pressures you feel such as your sense of responsibility for the family, finances, and your feelings about the baby. Dads may feel left out or resentful.
- Plan regular time to be together as a couple, without the children.
- Look for ways to support your partner. Provide chances for them to rest and relax. Surprise them with something you know they will enjoy. If you aren't sure, ask them.

Taking care of yourself

When you look after yourself you are better able to look after your family. Your needs are important too!

- See your doctor for a check-up. Dads can feel exhausted and run-down too.
- Be realistic about what you can do and when you need a break. Some dads want to be able to do everything.
- Find someone you can really talk to about how you feel. Joining a dads' group and sharing ideas can be a great support.

Just as mums can have symptoms of anxiety and depression, so can dads. If you feel anxious or unhappy a lot of the time, or find yourself being angry or frustrated, drinking more or using drugs, get help early. This can help you be the dad you want to be, even if it's hard to admit things are tough.

.....
Dads can feel stress too. If you are having trouble with your feelings talk with your doctor or other health professional.
.....

Finding helpful information

When you are a dad, information and advice comes from everywhere - friends, family, the media, the internet and professionals. It is important to be open to ideas but to base your decisions on trustworthy information.

- If you find information online, check the facts to make sure it's reliable.
- Social media can be a great way to share experiences with family and friends and find encouragement and support. It can also be a place where parents feel judged and criticised. If it doesn't feel helpful, you may not want to continue. If your concerns continue, seek help.
- If you don't know something don't be afraid to ask for information and advice. If the first place you try doesn't have what you need, keep looking until you find someone or something that helps.
- Every stage of a child's development is different. Your knowledge will grow along the way as you find out about how you can best meet their needs.

Creating a safe home

Violence in your home harms everyone. It is never OK. Children are hurt even if they are not the direct victim.

- Stay calm and model respect towards others.
- Don't allow yelling, name calling, put downs, hitting or other violence.
- Listen to others and talk things through when there are disagreements. If it gets heated, take a break and agree to talk later when things are calm.

Seek help immediately if there is violence. It rarely stops by itself.





If there is violence or you think you might harm your family or yourself, get help immediately. Call 000 in an emergency.

Note: The term 'Parents' in this Guide refers to anyone caring for and/or raising children and young people, eg parents, caregivers, step-parents, grandparents, guardians, foster or kinship carers.

Want more information?

Mensline Australia

Phone 1300 789 978, 24 hours
A telephone and online support and information service for men and their families
www.mensline.org.au

1800 Respect

Phone 1800 737 732, 24 hours
National domestic, family and sexual violence counselling service www.1800respect.org.au

Parent Helpline

Phone 1300 364 100 for advice on child health and parenting

Elm Place

Phone 1800 800 098, 24 hours
Support for anyone affected by institutional and out-of-home care as a child
www.elmplace.org.au

Beyond Blue

Phone 1300 224 636, 24 hours
Mental health information and support www.beyondblue.org.au
Phone 1800 010 630 for the NewAccess Coaching program to help you through the tough times, including new parenthood
Information for new and expectant dads <https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents/dadvice-for-new-dads>

ForWhen Helpline SA

Phone 1300 242 322, 9am-4.30pm, Mon-Fri
Connecting new and expecting parents struggling with their mental health to services that are right for them from conception to 12 months after birth

Perinatal Anxiety & Depression Australia (PANDA)

Phone 1300 726 306, 9am-7.30pm (AEST), Mon-Fri
Information, support and counselling for new parents and families during pregnancy and the first year of parenthood. You don't need a diagnosis of depression to use this service www.panda.org.au
Information and support for new dads <https://panda.org.au/get-support/support-dads>

Child and Family Health Service (CaFHS)

Phone 1300 733 606, 9am-4.30pm, Mon-Fri for an appointment with a child health nurse
www.cafhs.sa.gov.au

Nature Play SA

Resources to help make outdoor play an everyday part of children's lives www.natureplaysa.org.au

Raising Children Network

Information and videos for dads in 'Fathers' section
<https://raisingchildren.net.au/grown-ups/fathers>

Parenting SA

For more Parent Easy Guides including 'Being a mum', 'Being a parent', 'New parents', 'What is your parenting style?', 'Single parenting', 'Blended families', 'Family break-up' and 'Positive approaches to guiding behaviour: 2-12 years' www.parenting.sa.gov.au



**Government of
South Australia**

Parenting SA

A partnership between the Department of Human Services and the Women's and Children's Health Network.

www.parenting.sa.gov.au

Parent Easy Guides are free in South Australia.

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

© Government of South Australia.
Revised:09/2022.

DENTAL ASSISTANT TRAINEESHIP

EARN WHILE YOU LEARN



On the job training in a
SA Dental Clinic



No evening or
weekend work



Obtain a Certificate III in Dental
Assisting through TAFE SA



Ongoing support and
mentorship



Earn while you learn

Join Our Team!

Applications Open

26 July –
18 August 2024

For more
information and
eligibility scan
below

