



Kiilalaana marta-marri  
Growing up really big Barkindji



*This book is dedicated to all Elders, past and present,  
for their valuable knowledge, wisdom and  
loving care passed on to our murrpa-narra.*



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## Acknowledgements

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Project Managers: Casey Lovelock  
Narelle Pascoe  
Gerald Power

Photography: Mervyn Bishop

Illustrations: Katrina Weston  
Sharon Kirby

Design: Nell Smith

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**Aboriginal  
Child, Youth  
and Family  
Strategy**



**Proud communities  
Strong families**

# Introduction

This book is a resource for Aboriginal and Family Workers in the Far West region of NSW: Broken Hill and surrounding region.

The Barkindji tribe are from rural and remote far west NSW. Barkindji people are also known as 'River People' due to Dareton, Menindee and Wilcannia being located on the Darling River.

In Barkindji language, piipi means newborn baby, parlu means baby (parlu-ku means babies) and murrpa means child (murrpa-narra means children).

Between the ages of 0 and 5 parlu-ku brains and bodies are developing and growing fast. This first stage of life is the most important time for parents to spend with their parlu-ku and murrpa-narra and make sure that they get a good start in life. Our murrpa-narra need us to love them and to help them feel safe and secure.

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

The book includes:

- information about what parlu-ku and murrpa-narra do at different stages
- ideas about things we can do with our parlu-ku and murrpa-narra
- games and activities
- contacts to help with parenting

Murrpa-narra are important to the whole community. We need to make sure that our murrpa-narra grow up healthy, strong and proud.

Being a parent can be hard at times. Don't be shame to ask for help. There is a contact list in the back of this book with important phone numbers for people you can call if you need help or support.

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





# Newborn piipi 0-3 months

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

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

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

Piipi like to feel secure. They 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 murrpa.

Piipi 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 piipi wants by the kind of cry it makes.

You can't spoil piipi by giving them too much attention.

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



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



Between 0 and 3 months piipi will start to:

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



## What you can do:

Give piipi lots of attention. Cuddle your piipi.

Talk, sing and hum to your piipi. Play music to them.


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

Carry piipi in a sling close to your body.

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

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

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

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





# Your parlu 3-9 months

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

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

Parlu will start to move around more. Playing and moving will help parlu grow stronger.

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

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



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

Between 3 and 9 months  
parlu 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 parlu all the time and tell them about what you are doing.

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

Make faces and blow raspberries on parlu’s belly.

Sing and play music.

Give parlu lots of cuddles and hold parlu close.

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

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

Parlu-ku love to hold things – give parlu a rattle, a small toy or a plastic or wooden spoon to play with. Make sure it’s smooth and too large to swallow.



*Parlu-ku are happy and settled when life is predictable – try to have a routine for feeding and sleeping. Parlu will need regular sleeps throughout the day.*



# Playtime with parlu 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”. Parlu-ku are happy to do this over and over again.

## **Mirror game**

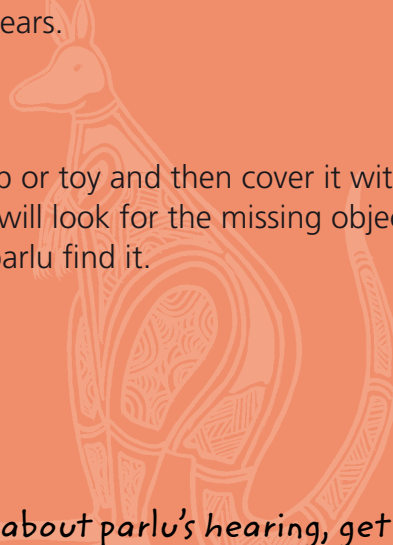
Let parlu look in the mirror. Talk about what you can see – parlu, nose, eyes, ears.

## **Lost & found**

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



*If you're worried about parlu's hearing, get their ears checked by a nurse or doctor.*



# Playtime with parlu 6-9 months

## Chasing

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

## Hide and seek

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

## Copying games

Parlu-ku love to copy you – laugh, cough, clap your hands and move your arms and watch parlu try to do the same.

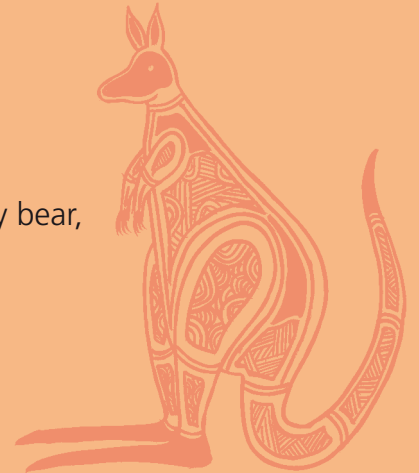
## Round and round the garden

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

Round and round the garden, like a teddy bear,

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

...Tickle under there.  
*(and tickle parlu's armpit)*









# Older parlu-ku 9-18 months

Parlu will be curious about everything – sounds, music, books, household objects.

Parlu will start to explore – first by crawling and then by walking.

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

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

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

Between 9 and 18 months  
parlu 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.

*Parlu will practice these new skills over and over. All parlu-ku are different and develop at their own pace.*



# What you can do:

Parlu always needs lots of cuddles and attention.

Play, talk, laugh and sing with parlu.

Give parlu pots and spoons to bang.

Cuddle and roll on the floor together.

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

Hold parlu 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 parlu.

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

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



*Parlu-ku don't need toys that cost a lot – they will learn and have lots of fun playing with cardboard boxes, saucepans, pegs... and you!*



# Playtime with parlu 9-18 months

## 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 parlu to crawl through the tunnel to you.

## Fill it up

Put objects like pegs, balls or blocks into a box or saucepan. Show parlu 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 parlu how to take them off.

## Singing

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





# Murrpa

## 1<sup>1</sup>/<sub>2</sub>-2<sup>1</sup>/<sub>2</sub> years

At this age murrpa-narra 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.

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

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

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

Start encouraging murrpa to use a potty or big toilet.





Between 18 months and 2½ years murrpa 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:

Murrpa-narra love music – sing, play music and dance with them.

Take murrpa exploring – a garden or a park can be an exciting place.


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

At this age, murrpa-narra 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 “minha watha?” (“what’s that?”).

Murrpa-narra love to help – involve them in daily routines like hanging out the washing or washing the floor.

 *All murrpa-narra need cuddles and hugs so they know you care about them and that they are loved.*

## Playtime with murrpa 1<sup>1</sup>/<sub>2</sub>-2<sup>1</sup>/<sub>2</sub> years

### 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

Murrpa 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

Murrpa-narra 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 murrpa alone with water.



# Playtime with murrpa 1<sup>1</sup>/<sub>2</sub>-2<sup>1</sup>/<sub>2</sub> years

## **Kurta kulpa (talk and touch) games**

Touch and talk – say “this is your nose” and touch murrpa’s nose, “this is your ear” and touch their ear. There are Barkindji 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?”

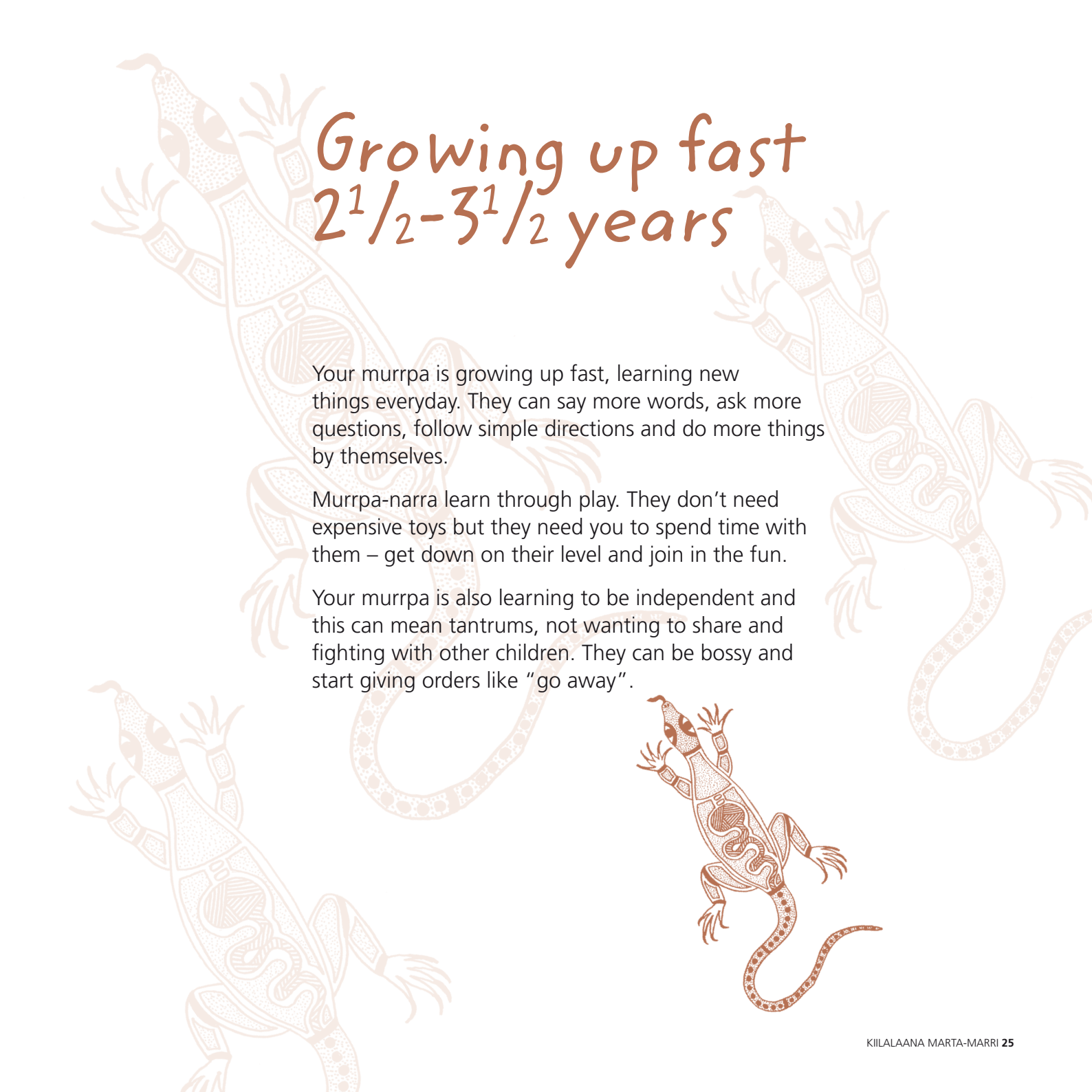
## **Toy and book library**

Some libraries have toy libraries where you can borrow toys. Murrpa-narra 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.

## **Playgroup**

Playgroup is a great place for murrpa to go to meet with other kids, learning through play and activities. They are also a great place for mums, dads, aunties, uncles and grandparents to talk to other parents or early childhood specialists for advice and support.





# Growing up fast 2<sup>1</sup>/<sub>2</sub>-3<sup>1</sup>/<sub>2</sub> years

Your murrpa 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.

Murrpa-narra 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 murrpa 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 murrpa 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 murrpa – play and talk with them.

## **Yarnin' up (telling stories)**

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

## **Learning skills**

Murrpa-narra 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.

## **Camping out**

Make a fire together and cook Johnny Cakes. Fish for fish and yabbies. Cook fish in mud in the fire. In winter show murrpa-narra the emu in the Milky Way. This is when emus are laying eggs and chicks are running around.



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

# Learning about feelings

If your murrpa is upset, angry or fighting with another murrpa 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” .

## Chuckin’ a mickie

Little tantrums are best ignored. Make sure you notice and talk to your murrpa 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 murrpa, 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 murrpa.
- If you start to feel angry, WALK AWAY until you calm down.





# Playtime with murrpa 2<sup>1</sup>/<sub>2</sub>-3<sup>1</sup>/<sub>2</sub> years

## **Making music**

Murrpa 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 murrpa.



## **Thakalaana – 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.



## **Nguuwalaana – 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 bark 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 mixed together makes a good glue.



# Your murrpa 3<sup>1</sup>/<sub>2</sub>-5 years

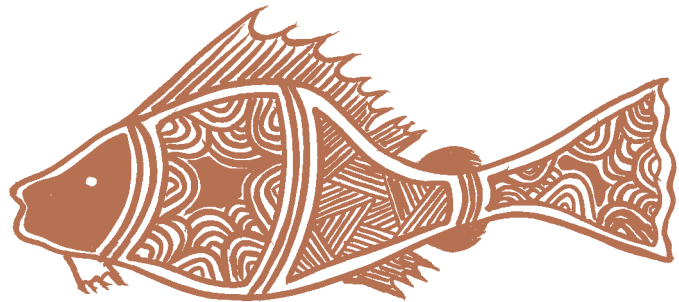
Murrpa-narra are learning so much – talking, playing, getting along with others, sharing and taking turns.

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

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

## **Pre-school**

This is a good age for your murrpa to attend pre-school as it helps them get ready for school.



Between 3½ and 5  
your murrpa 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 your murrpa is not talking much, they may need their ears 'checked' by a nurse or doctor.*



# What you can do:

## **Proud Aboriginals**

Murrpa-narra need to know they are loved. Even when they are naughty tell them: "I don't like it when you do something wrong BUT I always love you."

Let's teach murrpa-narra 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!**

Murrpa-narra 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, murrpa-narra 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 murrpa to help you and make it fun.*

# Games with murrpa 3<sup>1</sup>/<sub>2</sub>-5 years

## Masks

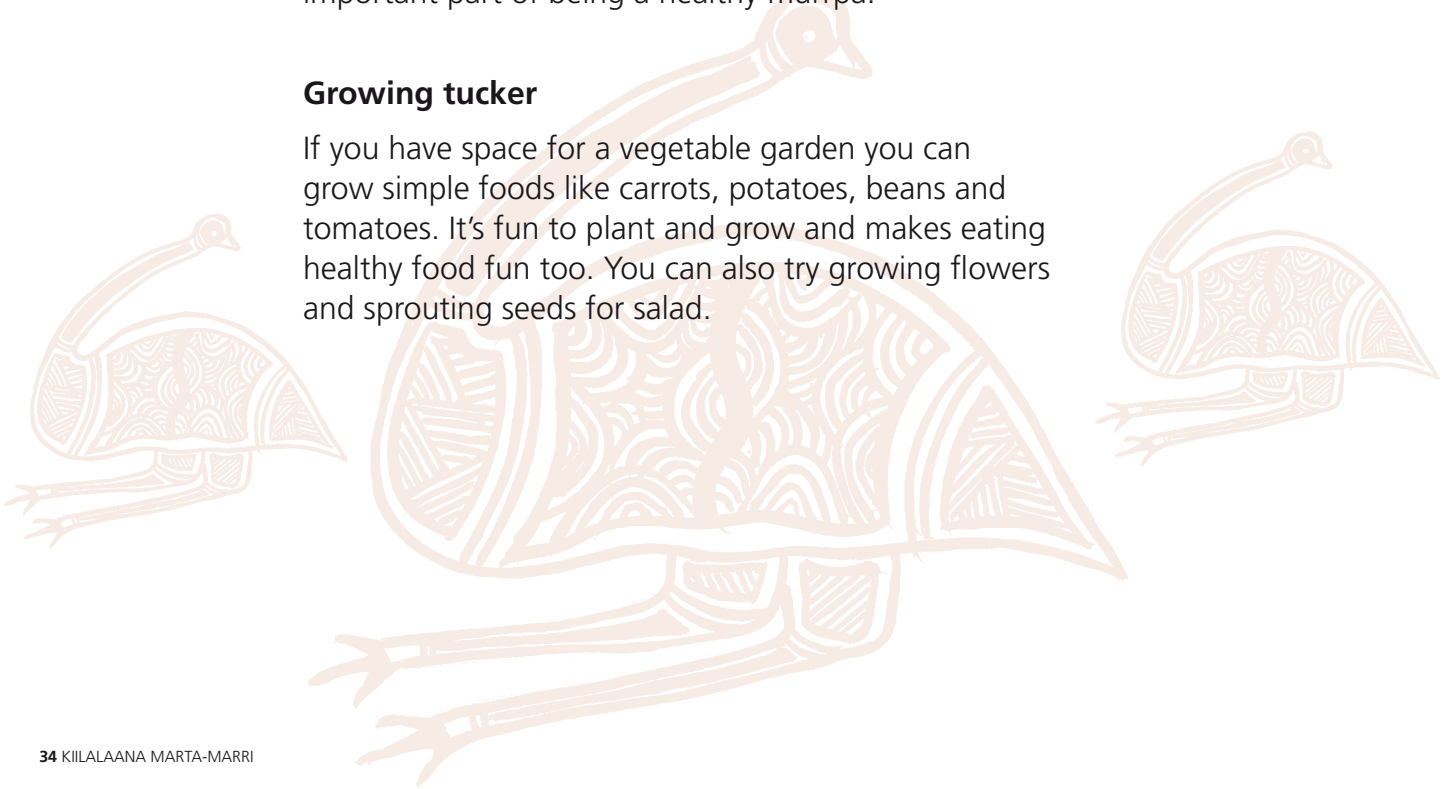
Paper bags or paper plates make great masks. Murrpa-narra can cut out the shapes for eyes, nose and mouth and decorate the mask with crayons or paint. Make masks for different characters or animals.

## Kaapu – gammon

Murrpa-narra 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 murrpa.

## Growing tucker

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.



# Games with murrpa 3<sup>1</sup>/<sub>2</sub>-5 years

## Sorting

Murrpa-narra 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 murrpa on walks in the park or bush. Tell them stories about animals or birds or tales from the 'old days'.

Look for animal tracks. Show them the local area and tell murrpa stories about people and places. Search for bush fruit. Look at the trees. Listen for birds.









# Good tucker for parlu-ku

Parlu-ku need good food to grow healthy and strong. Breast milk or formula is the most important food for parlu-ku until they are 12 months.

## **When should I start feeding my parlu solids?**

Around 6 months is the best time to start parlu on solid food.

Introducing solids too early can increase the risk of food allergies and choking.

## What solids should I feed my parlu?

Parlu needs well mashed food. Start by mixing parlu rice cereal or mashed potato with breast milk or formula to make a smooth paste.

Then try mashed vegies – potato, pumpkin, carrots, peas and sweet potato.

Get parlu used to vegies and then try mashed fruit – ripe bananas, well cooked apples and pears.

***Do not give adult or kids' breakfast cereals to parlu – these are harder to digest.***

## How much should I feed my parlu?

Start with a teaspoon and increase the amount slowly to a few tablespoons. The cereal or potato can be thickened as parlu eats more.

Parlu is learning how to eat so don't worry if parlu doesn't eat much at first.

Give parlu a breast milk or formula feed before solids.

***Avoid pieces of raw vegetables or hard fruit as these can make parlu choke.***



## Good tucker for parlu 6-9 months

Start with rice cereal, mashed vegies and fruit.

Then try small servings of:

- rice and pasta
- tender well cooked meat
- fish without bones
- well cooked egg.

Parlu can start to drink from a cup with a lid.  
Try boiled water that has been cooled, formula or breast milk.

As parlu gets used to eating solids, you can start to give solids first and then milk.

Make sure parlu's food is not too hot.  
Test it on your own lips first.



## Good tucker for parlu 9-12 months

Parlu can now eat mashed food from the family meal – meat, pasta, fish, beans, rice, noodles, vegies and fruit are all good foods for parlu.

Finger food will help parlu learn how to feed themselves.

Try:

- boiled pieces of carrot, potato and pumpkin
- ripe banana or pear
- cheese
- stewed or grated apple.

Don't add salt or sugar to parlu's food.

Parlu will still need 3-4 breastfeeds or bottles per day.

***Try to cook one meal for parlu every day. Take-away is not a healthy food for parlu.***

## Good tucker for murrpa 12 months to 5 years

Murrpa-narra need a good mix of healthy fresh food.

Feed your murrpa fresh fruit and vegies, meat, fish, eggs, beans, wholegrain bread, pasta and rice.

Cook your own food. Meals made at home are cheaper and healthier.

Put limits on take-away meals and junk food like sweets, chips and soft drinks.



## Drinks

***The best drinks for parlu are breast milk, formula or water.***

Cows milk is too strong for parlu to drink before they are 12 months old.

***Do not give fizzy drinks or soft drinks to parlu.***

Sweet drinks are no good. Cordial and soft drinks are full of sugar and can cause weight gain and tooth decay.

Cola and other soft drinks also contain caffeine, which can make murrpa hyper.

Give murrpa water or milk.

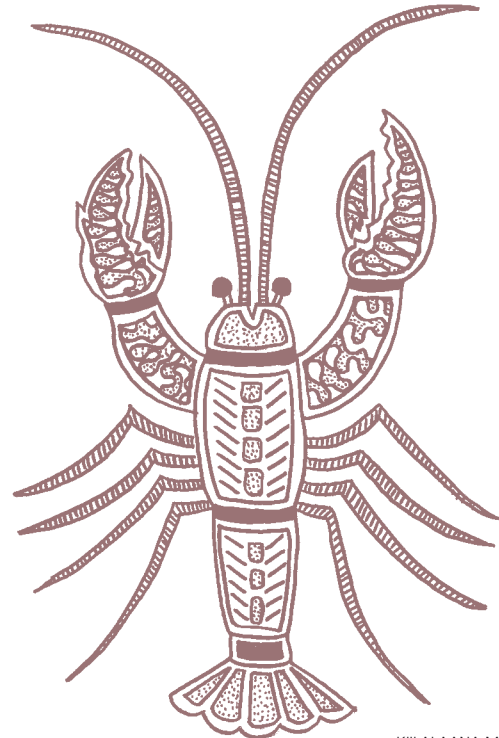
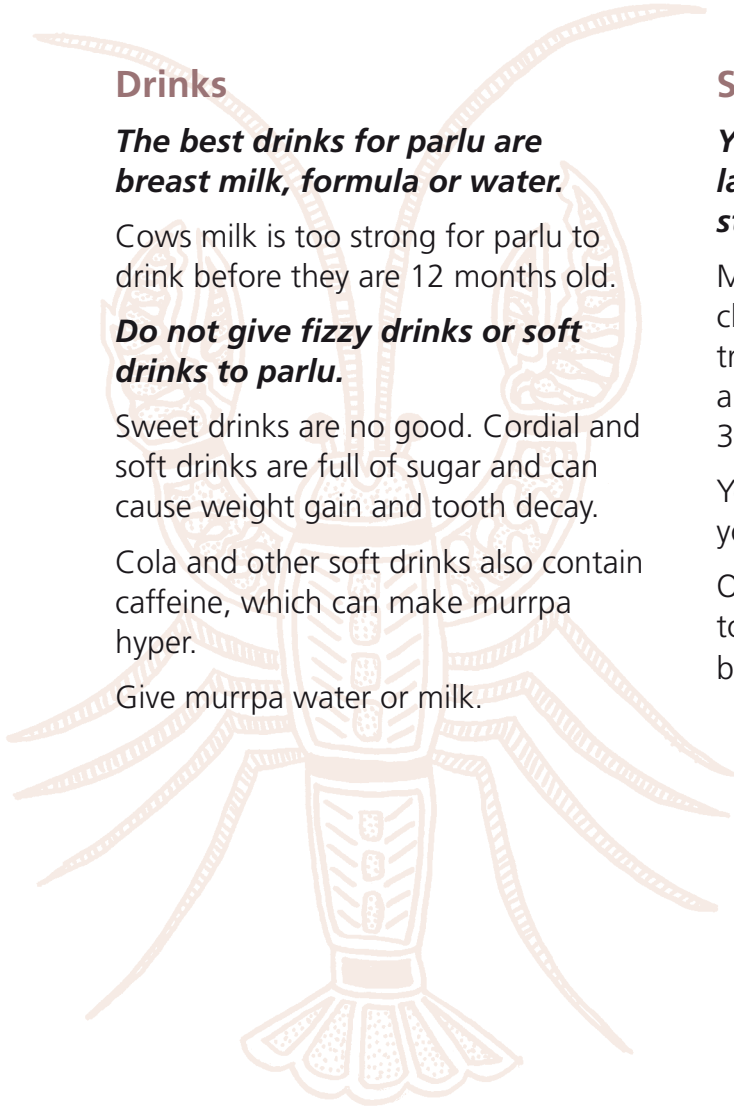
## Storing food

***You can save time by cooking up a large amount of food for parlu and storing it.***

Mashed baby food can be frozen in clean ice cube trays. Spoon it into the tray, put the tray in a clean plastic bag and freeze. Do not keep for more than 30 days.

You can reheat one or two ice cubes as you need them.

Once food has been warmed and given to parlu, throw out any left in the bowl.



# Barkindji language

piipi	newborn baby
thinpi thinpi	newborn
parlu	baby 3 months to 2 years
parlu-ku	babies
murrpa	child 2 years to puberty
murrpa-narra, murrpa-narriku murrpa-ku	children
maali-parlu	boy
nhuungkuparlu	girl
ngamaka	mum
ngumaka-luku	mothers
kampitja-luku	fathers
muungkatja-luku	aunts (father's sisters)
waakatja-luku	uncles (mother's brothers)
kantja	grandmother
nguulka	grandfather
maali	man
nhuungku	women

piku, mirri	face
manga	ears
miintaulu	nose
miiki	eyes
yalka	mouth
thalanya	tongue
thartu	head
pulyki	hair
puna	chest
kananya	stomach
karta	shoulder
marnku	arm
mara	hand
milinya	fingernails
yalku	leg
thingki	knee
thina	feet
kirli	ankle

tharlta	kangaroo
parna	striped tree goanna
thurru	snake
kali	dingo
wantaali	echidna
kuunpu	caterpillar
yarrantji	possum
kalthi	emu
wilkaan	dog
kaani	lizard
parntu	fish
kuluruku	magpie
munarli	owl
pipuru	ant
wanka-parlu	birds
wanka	meat, animals
wanganya	nest
minka	hole
karnpuka	quandong
yarra	tree
manhu	bread or johnny cake
ngamu	milk
manhu paltulturu	veges
kampi	clothes
thina puta	shoes
matjima	hat
miiki wita	glasses
nhupinya	ball
nhitju	swag, blanket, sheet
maarni	song
kurna-puungka	toilet
pithika	poison

Winha watha?

*What's that?*

Kurta kulpa, kulpa "Iki nguma miitaula-ma". Kurta murrpa-ma miintaulu.

*Touch and talk, say "This is your nose". Touch your child's nose.*

"Iki manga-ma." Kurta manga-ngka.

*"This is your ear." Touch their ears*

"Wintjara ngiinkintu thina puta-ma?"

*"Where did you sit your shoes?"*

kulpa	talk	panti	cuddle
kulpa nhiikingka	say their name	kunka	swallow
paki	sing	tharri	stand up (straight)
paki-ma	making song	nguulltji	wash
paki paka	sing and dance	kurripa	hide, plant
muumu muumu	hum	nhuuka	cut
wita	look	ngima	lay
wita pipinya-na	look at books	makarra	rain
wita wita	watch	yuurila	understand
yaakala	call out	yuurila nganyiri	understanding what you're saying
kinta	laugh	yuurila ngiikingka	knowing their name
kunku	cough	parila	walking
mara ngutja	clap hands	thakalaana	painting
kuya	crawl	nguwalaana	cooking
kuyala	crawling	kaapu	joking, pretending
kiila	grow	watu	searching
kiilalaana	growing	palyartaana	waiting
kiilalaana murrata	growing fast	nganyiri	asking, begging
nguuka	give	kurliki ngiinka-ulu	playing alone
kurlika	play	thayilaana	eating alone
ngunhi	roll around	yungkaaku	
kalya	run	ngampa ngampa	happy
kalyara yartu-alypi	run like the wind	milimpilyi	happy and contented
thupa thupara	jump, hop	wayinga	worried
thupara tharltaalypi	hop like a kangaroo	paanta	angry
ngaanka	fall	kalala	sore, in pain
waku	grab, catch	munta	sacred, forbidden, dangerous
yaaka	break	yuku-na	in the sun
pari	walk, go, come	kurna-ili	go toilet now (faeces now)
paripa	"go away"	kipra-ili	go toilet now (urine now)

# Contacts and support

## **BROKEN HILL**

### **Aboriginal Family Health Worker**

08 8082 9861

### **Maari Ma Aboriginal Maternal and Infant Health Service**

08 8082 9777  
0417 255 022

### **Broken Hill Community Services Centre**

08 8080 2400

### **Maari Ma Primary Health Care Service**

08 8082 9777

### **Maari Ma Healthy Start Playgroup**

08 8082 9834

### **Child and Family Health Centre**

08 8082 6111

### **Bugldie Preschool**

08 8088 1244

### **Central Preschool**

08 8087 3522

### **Family Day Care**

08 8087 7526

### **Happy Day Preschool and Long Day Care**

08 8088 1405

### **Lilliput Early Learning Centre**

08 8088 7033

### **Playtime Preschool**

08 8088 1541

### **Rainbow Preschool**

08 8087 2122

### **Silverlea Early Childhood Services**

08 8087 3971

### **Broken Hill Resource and Toy Library**

08 8088 5724

### **Mission Australia/ Brighter Futures**

08 8087 9781

### **CentaCare**

08 8087 3477

### **Police: Aboriginal Community Liaison Officer**

08 8087 0299

### **Home School Liaison Officer**

08 8082 5700

## **MENINDEE**

### **Menindee Health Service**

08 8091 4209

### **Menindee Children's Centre**

08 8091 4246

### **Menindee Central School**

08 8091 4409

### **Mission Australia/ Brighter Futures**

08 8087 9781

### **Outback Mobile Resource Unit**

08 8088 5828,  
0428 885 828

### **Good Beginnings**

08 8088 6400

### **Community Access Bus to Broken Hill**

08 8091 4392

## **IVANHOE**

### **Ivanhoe Health Service**

02 6995 1133

### **Ivanhoe Central School/ Preschool**

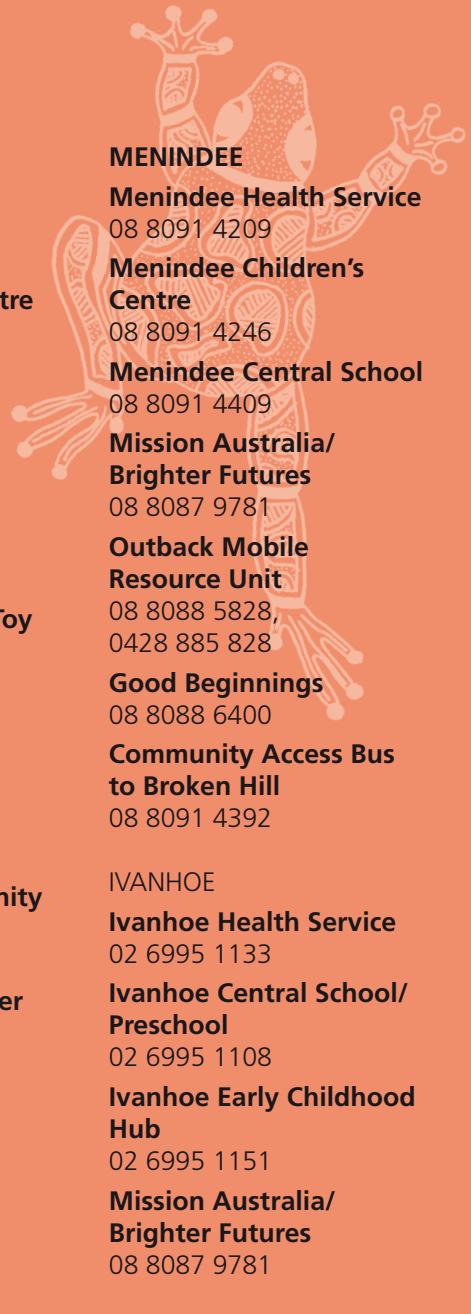
02 6995 1108

### **Ivanhoe Early Childhood Hub**

02 6995 1151

### **Mission Australia/ Brighter Futures**

08 8087 9781





# Contacts and support

## **WILCANNIA**

### **Wilcannia Health Service**

08 8083 8706

### **Safe Families**

08 8083 8200

### **Maari Ma Aboriginal Maternal and Infant Health Service**

08 8082 9777

0417 255 022

### **Barlu Kurli Preschool**

08 8091 5282

### **Mission Australia/ Brighter Futures**

08 8087 9781

### **Maari Ma/Save The Children Intensive Supported Playgroup**

08 8091 5680

0459 148 034

### **CentaCare Indigenous Parenting Support Service**

08 8091 5482

### **Wings Drop In Centre & Transport**

08 8091 5368

### **Community Access Bus to Broken Hill**

08 8083 8916

## **DARETON**

### *Preschools*

### **Dareton Preschool**

03 5027 4373

### **Gyndarna Preschool**

03 5027 4333

### **Wentworth Preschool**

03 5027 3067

### **Alcheringa Preschool**

03 5024 8465

### *Playgroups*

### **Buronga**

03 5023 2260

### **Wentworth**

03 5027 7600

### **Dareton**

0459 695 984

03 5027 7600

### *Child Care*

### **Family Day Care**

03 5018 8271

### **Jack and Jill Child Care**

03 5023 3005

### *Health*

### **Coomealla Health Aboriginal Corporation (CHAC)**

03 5027 4824

### **Dareton Primary Health Care Service**

03 5021 7200

### *Housing*

### **Murdi Paaki Housing**

08 8088 6077

### **Homes Out West**

02 6021 6366

Family Support

### **Mallee Family Care**

03 5027 7600

### **Schools as Community Centres**

0459 695 984

### **Mission Australia/ Brighter Futures**

08 8087 9781

0428 296 135

0417 062 989

### **Indigenous Advisor for Family Relationships**

03 5021 7400

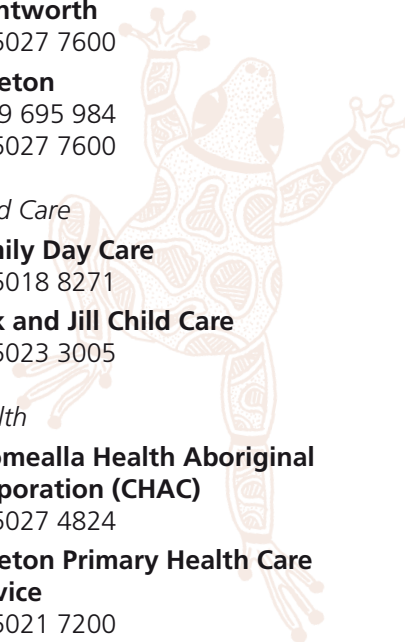
### *Other Early Years Services*

### **Dareton Library**

03 5027 4258

### **Dareton Police Station: Aboriginal Community Liaison Officer**

03 5027 7599



# Contacts and support

## Helpline & Information Services

Parent Line	1300 1300 52
Karitane Care Line	1300 227 464
Breastfeeding Helpline	1800 686 268
Tresillian Parent Helpline	1800 637 357
Kids Helpline	1800 55 1800
Early Childhood Intervention Info Line	1300 656 865
Women's Information & Referral	1800 817 227
Royal Far West	1800 500 061
Child Protection Helpline	132 111
Domestic Violence Line	1800 656 463
NSW Rape Crisis Centre	1800 424 017
Indigenous Victims Contact Line	1800 019 123
Homeless Person's Line	1800 234 566
Legal Aid Law Access of NSW	1300 888 529



## Websites for parenting information

[www.community.nsw.gov.au](http://www.community.nsw.gov.au)

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

[www.families.nsw.gov.au](http://www.families.nsw.gov.au)



