



Centre Support

Community Organisations for Families

NQS 6.1.3 Current information is available

Links to useful information for individuals and communities.

Child Protection		
Name	Description	Author
Daniel Morcombe Foundation	The Foundation's vision incorporates a future where all children and young people are provided with education, protection and support to be safe from abuse and risk of harm. The Foundation provides free resources to children, young people, parents, carers and professionals across Australia.	Daniel Morcombe Foundation Website: https://www.danielmorcombe.com.au/
Kidsafe	Kidsafe is the 'Child Accident Prevention Foundation of Australia' and they provide safety publications covering resources, equipment, playgrounds, homes and etc for families.	Kidsafe ACT Website: http://www.kidsafeact.com.au/ Kidsafe NSW Website: http://www.kidsafensw.org/ Kidsafe NT Website: https://www.kidsafent.com.au/ Kidsafe QLD Website: https://www.kidsafeqld.com.au/ Kidsafe SA Website: http://www.kidsafesa.com.au/ Kidsafe TAS Website: http://www.kidsafetas.com.au/ Kidsafe VIC Website: https://www.kidsafevic.com.au/ Kidsafe WA Website: http://www.kidsafewa.com.au/
NAPCAN	NAPCAN focuses on the safety and wellbeing of children by raising awareness of child abuse and neglect. They develop and promote effective prevention strategies and programs, and have an extensive network of professionals, practitioners and individuals who donate their time to support the prevention strategies.	National Association for Prevention of Child Abuse and Neglect Website: http://napcan.org.au/
Queensland Family	The Commission provides	QLD Government Family and Child



Name	Description	Author
and Child Commission	strategic oversight of the Queensland child protection system and helps to promote the safety, wellbeing and best interests of families, children and young people. They have resources and fact sheets about child related issues for children, families and professionals.	Commission Website: https://www.qfcc.qld.gov.au/
Child Protection - Resources		
SAFE – Books and Workshops	A series of four books containing protective behaviour messages for children aged 2 to 6 years old. For example, they help children identify the parts of their body that are private, help them understand their feelings, and encourage them to think about people who can help them if they feel scared, sad or upset.	NSW Government Office of the Children’s Guardian Website: https://www.kidsguardian.nsw.gov.au/child-safe-organisations/safe-series
Australian Child Protection Legislation	Each state has legislation for child protection where authorities may intervene because of allegations of harm or significant risk of harm to a child. Make a report by using the way requested by your state.	ACT: Office for Children, Youth and Family Support Phone: 1300 556 729 NSW: Department of Family and Community Services Phone: 132 111 NT: Department of Children and Families Phone: 1800 700 250 QLD: Child Safety Services Website: https://www.csyw.qld.gov.au/contact-us/department-contacts/child-family-contacts/child-safety-service-centres/regional-intake-services SA: Families SA Phone: 131 478 TAS: Department of Health and Human Services Phone: 1300 737 639 VIC: Department of Human Services Phone: 131 278 WA: Department of Child Protection and Family Support Phone: 1800 622 258 or (after business hours) 1800 199 008



Name	Description	Author
Emergencies		
ABC Emergency	This page has contact details for all States' emergency services and details of emergencies communicated by those agencies.	Australian Broadcasting Commission Website: https://www.abc.net.au/news/emergency/
Online Safety		
ACMA	ACMA provide information about protecting your family from spam and a complaint line for TV, radio and internet. There is a guide with links to make a complaint about TV, radio, internet, email spam, mobile content, telephone carrier or internet service provider and a lot more.	Australian Government Communications and Media Authority Website: https://www.acma.gov.au/ Making a complaint https://www.acma.gov.au/theACMA/how-to-make-a-report-or-complaint
AMTA	AMTA provides Information and resources about the use of mobile communication and health. There are practical tips and answers to everyday questions about mobile telecommunications.	Australian Mobile Telecommunications Association Website: http://www.amta.org.au/ Tips: http://www.mobiletips.org.au/
Childnet	Information and resources on protecting children online and limiting cyber bullying.	Childnet International UK Website: https://www.childnet.com/
Communications Alliance LTD	Ensures the safe operation of online networks and the enhancement of consumer outcomes. Includes information on topics like family friendly filters.	Communications Alliance LTD Website: http://www.commsalliance.com.au/
eSafety Commissioner Office	The Office is committed to helping all Australians have safe, positive experiences online by posting reports and resources and providing a complaint line for reports about inappropriate online content. It provides information and resources about online safety issues eg cyberbullying, social networking and online safeguards. Different translations are available.	Australian Government Office of the eSafety Commissioner Website: https://www.esafety.gov.au/ Resources: https://www.esafety.gov.au/about-the-office/resource-centre/brochure-parents-guide-to-online-safety
Family Online	International organisation	Family Online Safety Institute UK



Name	Description	Author
Safety Institute	which works to make the on-line world safer for families and children.	Website: https://www.fosi.org/
Playing It Safe	Site helps parents, carers and educators teach young children how to stay safe online and provides helpful resources and activities.	Aus Federal Police, eSafety Commissioner and Alannah & Madeline Foundation Website: https://playingitsafe.org.au/
Safer Internet Day	From cyberbullying to social networking, each year Safer Internet Day aims to raise awareness of emerging online issues and chooses a topic reflecting current concerns.	European Commission Website: https://www.saferinternetday.org/
Stay Smart Online	Stay Smart Online provides information on how home internet users and small businesses can protect themselves from, and reduce the risk of, cyber security threats such as software vulnerabilities, online scams, malicious activities, and risky online behaviours.	Australian Government Stay Smart Online Website: https://www.staysmartonline.gov.au/
Telecommunications Industry Ombudsman	If you have made a complaint to your telecommunications service provider and it was left unresolved, you can lodge a complaint with ombudsman online.	Telecommunications Industry Ombudsman Website: https://www.tio.com.au/

Emergency Responses

Community Information ACT	The page provides information about emergencies and links to alerts and warnings.	ACT Government and Emergency Services Agency Website: http://esa.act.gov.au/community-information/
Emergency Preparedness NSW	They provide useful information on how to prepare for infectious diseases and food safety threats, natural disasters, chemical and radiation emergencies, mental health impacts including locations of evacuation centres	NSW Health Website: http://www.health.nsw.gov.au/emergency_p_reparedness/Pages/default.aspx
SecureNT	They provide information on creating an emergency plan and kit, how to find shelter	NT Government Website: https://securent.nt.gov.au/prepare-for-an-emergency



Name	Description	Author
	and prepare your business, and what to do with your pets for a broad range of emergencies.	
Get Ready Queensland	The website has useful information on how you and your family should prepare in the event of an emergency and what to include in emergency and evacuation kits. Suitable for any state/territory.	QLD Government Reconstruction Authority Website: https://getready.qld.gov.au/homepage/
Emergencies and Safety SA	Provided is emergency preparation, what to do during an emergency, disaster recovery and crisis helplines for a broad range of emergencies.	SA Government Website: https://www.sa.gov.au/topics/emergencies-and-safety
Emergency Management TAS	Information on what to do during an emergency and how to prepare. Includes emergency contacts, evacuation centres, recovery, floods and bushfires.	City of Launceston Website: https://www.launceston.tas.gov.au/Emergency-Management Hobart Website: https://www.hobartcity.com.au/files/assets/public/parks-gardens-and-sportsgrounds/emergency-management-booklet.pdf
SES TAS	The website provides information about emergency management plans and risk management.	TAS State Emergency Service Website: http://www.ses.tas.gov.au/
TasALERT	Provides alerts for emergencies throughout Tasmania.	TAS Government Website: http://alert.tas.gov.au/Pages/Home.aspx
Prepare and Get Ready VIC	They have a map with legend of different warning levels including information on how to prepare and handle different emergencies.	VIC Government Emergency Website: https://emergency.vic.gov.au/prepare/#understanding-warnings
Emergency WA	They provide information and guides on preparing for a range of emergencies, including a map displaying warnings and incidents.	WA Government Website: https://www.emergency.wa.gov.au/prepare

Families and Parenting



Centre Support

Name	Description	Author
Australian Institute of Family Studies	Research body that investigates how Australian families function and has useful resources and fact sheets.	Australian Institute of Family Studies Website: https://aifs.gov.au/
Baby Lab	Science podcast series produced in collaboration with Western Sydney University about the science behind how babies learn to communicate.	Babyology is an Australian parenting site Website: https://babyology.com.au/podcasts/babylab-a-fascinating-science-podcast-that-gets-behind-the-baby-talk.html
Best for Kids – Legal Aid NSW	Videos and information for children, young people and adults on legal topics and family law issues.	NSW Government Legal Aid Website: http://www.bestforkids.org.au/index.html
Early Years Connect	Early Years Connect provides easy to access, relevant information for parents and families to support them in their role as their child’s first teachers, to enhance learning at home while promoting the benefits of early childhood education, and to understand brain development.	QLD Government Department of Education Website: https://qed.qld.gov.au/earlychildhood/service-providers/inclusion-of-children-with-disability/early-years-connect
Early Years Learning Framework for Australia – Information for Families	Approved learning framework for children aged birth to 5 years. The framework has been translated into various languages for families.	Government Department of Education and Training Website: https://docs.education.gov.au/collections/translations-belonging-being-and-becoming-early-years-learning-framework-australia-0
Family Referral Service	Helps bring together NSW families, support services and community resources so that children and young people can feel safe and well. They work with all services to find out what best supports young people, families and children, and what can be done to improve community resources.	NSW Government Family Referral Service Website: http://www.familyreferralservice.com.au/
Family Relationships Online	Information for all families – whether together or separated – about family relationship issues. Find out about a range of services to assist families manage relationship issues, including helping families agree on arrangements for children	Australian Government Website: https://www.familyrelationships.gov.au/



Centre Support

Name	Description	Author
	after parents separate.	
For Parents	A parenting website that improves access to reliable, evidence based information and advice on raising young children.	VIC Department of Education and Training Website: https://www.education.vic.gov.au/parents/Pages/default.aspx?Redirect=1
HSNet	HSNet is a comprehensive directory of human and justice services across New South Wales.	NSW Government Human Services Network Website: https://www.hsnet.nsw.gov.au/
Level Playground	Provides ideas and activities for parents, carers and educators which are free from gender stereotypes	Level Playground is a project of EDVOS, a specialist family violence service in Melbourne. The project aims to breakdown rigid gender stereotypes and gender inequalities. Website: https://www.levelplayground.org.au/
Mychild.gov.au	Provides information to families about Australian Government early learning and care initiatives and other issues that affect children. Includes information on different types of child care, how to access help with the cost of child care, as well as a searchable database of local child care services. There are also links to other useful websites about children's health, development and wellbeing, parenting and family support services.	Government Department of Education and Training Website: https://www.mychild.gov.au/
My Time, Our Place	Approved learning framework for school aged care of children up to 13 years (ie before and after school care). The framework has been translated into various languages for families.	Government Department of Education and Training Website: https://www.education.gov.au/my-time-our-place
NPS MedicineWise	Provides practical tools like medicine lists, health trackers and evidence based information to help professionals and consumers make informed health decisions.	NPS MedicineWise Website: http://www.nps.org.au/
Oneplace QLD	A Queensland community services directory with over	QLD Government Oneplace Community Services Directory



Centre Support

Name	Description	Author
	48,000 listings, that helps get the right service at the right time. From parenting groups and classes to domestic and family violence support services, Oneplace is the go-to resource for children, families, community members and professionals looking to find local support in Queensland.	Websites: https://www.oneplace.org.au/
Parenting Research Centre	This organisation recognises the importance of parenting in improving outcomes for children. The website has links to professional networks which can support families with children who have learning difficulties (HealthyStart) and disabilities (My Time).	Parenting Research Centre Website: https://www.parentingrc.org.au/
Product Safety Australia	Provides information about consumer product safety standards and product recalls. It covers a range of child products including baby and child furniture and products.	Government - Australian Competition and Consumer Commission (ACCC) Website: https://www.productsafety.gov.au/
Raising Children Network	The Raising Children Network contains information about raising children and parenting which is vetted by an extensive panel of independent national experts including the Australian Government.	Raising Children Network (Australia) Limited Website: http://www.raisingchildren.net.au/
Starting Blocks	Starting Blocks provides parents with information about early childhood education and care eg: <ul style="list-style-type: none">• children's development milestones• what to expect from a centre• help with finding a children's service	Government - Australian Children's Education and Care Quality Authority (ACECQA) Website: https://www.startingblocks.gov.au/
Financial Support		
Child Care Subsidy	Child Care Subsidy is available to all families who are	Government Centrelink Website:



Name	Description	Author
	<p>Australian Residents if the child meets immunisation requirements and parents meet eligibility requirements. Entitlement is determined by an activity test which determines the number of hours of subsidised care to which families are entitled.</p>	<p>https://www.humanservices.gov.au/individuals/services/centrelink/child-care-subsidy</p>
<p>NDIS (National Disability Insurance Scheme)</p>	<p>The National Disability Insurance Agency implements the NDIS which aims to support a better life for many Australians with a significant and permanent disability, their families and carers.</p>	<p>Government Department of Human Services Website: https://ndis.gov.au/</p>
<p>Payments while a child is ill, injured or has a disability</p>	<p>Payments comprise:</p> <ul style="list-style-type: none"> • Carer Allowance - for people who care for a child with a disability at home. • Disability Support Pension (once your child is 16 years of age) - for people unable to work within next 2 years due to illness, injury or disability; • Assistance for Isolated Children - if your child cannot attend school locally because you live in a remote area or your child has special needs; • Pension Education Supplement (once your child is 16 years of age) - provides additional help for Disability Support Pension recipients who undertake study. 	<p>Government Centrelink Website: https://www.humanservices.gov.au/individuals/centrelink</p>
<h2 style="background-color: #c8e6c9; padding: 5px; margin: 0;">Health and Wellbeing</h2>		
<p>Australian Centre for Education in Sleep</p>	<p>The centre explains the health benefits of sleep and what happens to the body if you don't have enough. They produce high quality resources and services for all ages.</p>	<p>Australian Centre of Education in Sleep Website: http://www.sleepeducation.net.au/</p>



Centre Support

Name	Description	Author
Better Health Channel	Quality consumer health and wellbeing information.	VIC Government Department of Health Website: http://www.betterhealth.vic.gov.au/
Bringing Up Great Kids	Provides information and resources for parents/caregivers on raising children. The site language can change to help all nationalities.	Australian Childhood Foundation Website: http://kidscount.com.au/en
Camp Quality	Camp Quality is a children's charity committed to bringing fun therapy into the lives of children with cancer and their families.	Camp Quality Ltd Website: https://www.campquality.org.au/
CanTeen	CanTeen, The Australian Organisation for Young People Living with Cancer, is a national support organisation for young people (aged 12-24) living with cancer (including patients, siblings, bereaved siblings and offspring.)	Canteen Website: https://www.canteen.org.au/
Centre for Community Child Health	The Centre for Community Child Health is an internationally recognised centre of excellence supporting and empowering communities to continually improve the health, wellbeing and quality of life of children and their families, now and for the future. It provides clinical services, education, research and public health and has an Early Childhood Unit.	Centre for Community Child Health – Royal Children’s Hospital Melbourne Website: https://www.rch.org.au/ccch/
Child and Youth Health	Provides information and resources on pregnancy, parenting, child and youth health.	SA Government Website: http://www.cyh.sa.gov.au/Default.aspx?p=1
Child and Youth Health – Kids Site	This is a ‘Kids Only’ website providing health information or resources to 6-12 year olds.	SA Government Website: http://www.kids.cyh.com/
CHIPS	CHIPS is a Chronic Illness Peer Support program for young people living with any type of chronic illness or medical condition. The program is based in Melbourne at the Centre for Adolescent Health,	Centre for Adolescent Health, Royal Children’s Hospital Website: https://www.rch.org.au/chips/



Centre Support

Name	Description	Author
	Royal Children's Hospital and is also run from a number of locations, both metropolitan and regional, across Victoria. It also has a program established in New South Wales.	
Clown Doctors	The Humour Foundation is a national charity promoting the health benefits of humour. Clown Doctor programs are established in all major children's hospitals around Australia and some general hospitals and hospices.	Humour Foundation Website: http://www.humourfoundation.org.au/
Continence Foundation of Australia	The Continence Foundation is the national peak body promoting bladder and bowel health. The foundation provides resources and information about bladder and bowel control issues for children and adults.	Continence Foundation of Australia Website: https://www.continence.org.au/
CSIRO	CSIRO is Australia's national science research agency. Of particular interest to families is the information resources it provides on food safety including how to safely store and prepare food.	Federal Government corporate entity Website https://www.csiro.au/
Early Years Health and Development	Helps parents and educators with resources and information on social and emotion wellbeing, development and communication, healthy eating and physical activity, health, safety and hygiene practices, ear health and complex and additional needs.	QLD Government Department of Education Website: https://learningplace.eq.edu.au/cx/resources/file/d1fe14fb-4339-4210-80e7-27637e4e6411/1/portal/index.html
HealthDirect	A government-funded service that provides information about health topics, medicines and symptoms, and help locate relevant health services.	Government Department of Health Website: https://www.healthdirect.gov.au/
Heartkids	Victorian support group for parents, relatives and professionals caring for children with heart disease.	Heartkids Vic Inc. Website: https://www.heartkids.org.au/



Name	Description	Author
Kuekids Australia	Kuekids Australia provides information and links to support networks, especially for parents of children with uncontrolled epilepsy. Includes the Kuekids Australia mailing list to help parents, families and friends of children using the ketogenic diet who may also have food intolerance problems.	Kuekids Australia Website: http://home.iprimus.com.au/kuekids/home/
Make Healthy Normal	<p>Website that provides information about everyday healthy living including portals:</p> <ul style="list-style-type: none"> • Healthy Kids – information to support healthy eating and activity • Go4Fun – free healthy lifestyle program for 7-13 year olds • Get Healthy Info and Coaching – free telephone-based coaching helping people make lifestyle changes • 8700 – help people understand kilojoule information • Get Healthy At Work – tools and resources to help create an effective workplace health program • Active and Healthy over 50s – exercise program in your local area • Finish with the Right Stuff – promotion of healthy food and drinks at the canteen and water • Knockout Health Challenge – aim to reduce the rates of chronic disease in Aboriginal communities 	<p>NSW Government Department of Health Website: http://www.makehealthynormal.nsw.gov.au/</p> <p>Healthy Kids: http://www.healthykids.nsw.gov.au/ Go4Fun: https://go4fun.com.au/ Get Healthy Info and Coaching: http://www.gethealthynsw.com.au/ 8700: https://www.8700.com.au/ Get Healthy At Work: http://www.gethealthyatwork.com.au/ Active and Healthy over 50s: http://www.activeandhealthy.nsw.gov.au/ Finish with the Right Stuff: http://www.rightstuff.health.nsw.gov.au/ Knockout Health Challenge: http://www.nswknockouthealthchallenge.com.au/</p>
Maternal and Child Health	The Maternal and Child Health Service, a free universal service for Victorian families with children from birth to	VIC Government Department of Human Services Website: http://www.education.vic.gov.au/earlychildh



Centre Support

Name	Description	Author
	school age, aims to promote healthy outcomes for all children and families.	ood/mch/default.htm
Murdoch Children's Research Institute	The largest research institute in Australia specialising in child health. Many of their child health research projects also improve and benefit the health of adults eg. cerebral palsy, cancer, muscular dystrophy, diabetes, asthma, allergies, deafness, infectious diseases, genetic conditions, depression and behavioural problems.	Murdoch's Children's Research Institute Website: https://www.mcri.edu.au/
NHMRC	Australia's leading expert body promoting the development and maintenance of public and individual health standards and the author of 'Staying Healthy' publications.	National Health and Medical Research Council Websites: http://www.nhmrc.gov.au/
National Premmie Foundation (NPF)	The NPF is the peak body that provides support to families who experience premature birth or neonatal loss.	National Premmie Foundation Website: http://www.prembaby.org.au/
Nip Allergies in the Bud	This online site supported by ASCIA and Allergy & Anaphylaxis Australia contains advice about identifying allergic reactions and introducing solid food.	National Allergy Strategy https://preventallergies.org.au/
Poisons Information Centre	The National Poisons Information Centre has offices in each State and Territory which provide poison information/first aid fact sheets and resources.	State governments Website: https://www.poisonsinfo.nsw.gov.au/ https://www.childrens.health.qld.gov.au/chg/our-services/queensland-poisons-information-centre/ http://www.austin.org.au/poisons https://knowinjury.org.au/directory/wa-poisons-information-centre/
QEC, Victoria	QEC offers specialised parenting programs and advice to families with children under 4 years old.	QEC Website: http://www.qec.org.au/
Raising Children Network	The Raising Children Network contains information that is about raising children and parenting that is vetted by an extensive panel of	Raising Children Network (Australia) Limited Website: http://www.raisingchildren.net.au/



Name	Description	Author
	independent national experts including the Australian Government.	
Red Nose	<p>Red Nose contains information and publications on SIDS (sudden infant death), grief/bereavement issues and safe sleeping for use by parents, health professionals, researchers, school teachers and children. The website also links to:</p> <ul style="list-style-type: none">• the home pages of State/Territory SIDS and Kids organisations, which provide grief/bereavement counselling services to families who have experienced the sudden and unexpected death of a child up to six years of age• a list of events and activities	Red Nose Website: https://rednose.com.au/
St John Ambulance	St John Ambulance helps people in sickness, distress or danger. They have many online resources including first aid fact sheets in different languages.	Charity Website: https://stjohn.org.au/
Starlight Foundation of Australia	Dedicated to brightening the lives of critically, chronically, and terminally ill children between the ages of four and eighteen by granting wishes, providing Starlight Express Rooms and Starlight Fun Centres for the latest in bedside entertainment. Site includes kid's section, parent's section and links to other sites.	Starlight Foundation of Australia Website: https://starlight.org.au/
The Early Years Count	The Early Years Count provides resources and information for 0-5 years to support learning and development through play, care, encouragement, numeracy and literacy. 90% of a child's brain development	QLD Government Department of Education Website: http://earlyyearscount.earlychildhood.qld.gov.au/



Name	Description	Author
	occurs in this period.	
Very Special Kids	Very Special Kids is a Victorian organisation that improves the quality of life for families who have a child with a progressive life-threatening illness.	Very Special Kids Website: http://www.vsk.org.au/
Vitamin K for Newborn Babies	Vitamin K for Newborn Babies - Information for Parents provides straight forward information and advice on the importance of all newborn babies receiving vitamin K.	National Health and Medical Research Centre Website: https://www.nhmrc.gov.au/guidelines-publications/ch38
Health and Wellbeing – Resources		
Australian Dietary Guidelines 2013	These dietary guidelines highlight the groups of foods and lifestyle patterns that promote good nutrition and health. Each guideline deals with a key health issue and is like a piece of the good health puzzle.	National Health and Medical Research Council Website: https://www.nhmrc.gov.au/guidelines-publications/n55
Infant Feeding Guidelines 2012 Infant	Guidelines provide advice and recommendations on breastfeeding, the introduction of solids, preparing infant formula and other common health related concerns.	National Health and Medical Research Council Website: http://www.nhmrc.gov.au/guidelines/publications/n56
NSW Police Legacy	There are Police Legacies in most States and Territories which care for members of the police service and their families. The NSW Policy Legacy issues a Child Safety Handbook which includes information about child protection, water and sun safety, bullying and cyberbullying	NSW Police Legacy Website: https://www.policelagacynsw.org.au/
Staying Healthy – Preventing infectious diseases in early childhood education and care services 5 th edition	Guidelines describe infectious diseases and outlines how services can prevent and control the spread of infection eg lists recommended exclusion periods for various infectious diseases. It also contains information on responding to children who	Website: http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/ch55_staying_healthy_childcare_5th_edition.pdf Exclusion periods See Table 1.1: PAGE 24 – 26



Name	Description	Author
	become ill through infection control and hygiene measures.	
Student Wellbeing Hub	The Hub provides resources for teachers, families and students to promote children’s wellbeing, including Australian Student Wellbeing Framework to help children deal with bullying and cyberbullying.	Education Services Australia for Australian Government Department of Education and Training Website: https://www.studentwellbeinghub.edu.au/
Be You	The Be You Program includes a wide range of resources to help early childhood educators, families, community members and professionals understand more about mental health, including how to support children experiencing mental health issues.	Australian Government Department of Health Website: https://beyou.edu.au/
Healthy Eating and Physical Activity		
Achievement Program	Victorian initiative focusing on improving children’s health and wellbeing. Resources and strategies integrate the National Quality Standard (NQS).	Government Achievement Program Website: http://www.achievementprogram.health.vic.gov.au/early-childhood-services
Advisory Panel on the Marketing in Australia of Infant Formula (APMAIF)	APMAIF monitors compliance with and advises the Government on the Marketing in Australia of Infant Formula: Manufacturers and Importers (MAIF) Agreement. The MAIF agreement aims to ensure safe and adequate nutrition for infants eg. through appropriate marketing and promotion of breast milk.	Government Department of Health and Ageing Website: http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-foodpolicy-apmaif.htm
Choice – Food for Kids	Interactive database which provides information on the nutritional content of popular foods. Site uses traffic light system and is backed by independent dieticians.	Choice Website: https://www.choice.com.au/babies-and-kids/feeding-children
Diabetes Australia	Diabetes Australia is committed to reducing the impact of diabetes through leadership, prevention, management and research.	National body Website: https://www.diabetesaustralia.com.au/



Centre Support

Name	Description	Author
	There are online resources to support healthy eating and lifestyles.	
Early Years Health and Development	Helps parents and educators with resources and information on social and emotion wellbeing, development and communication, healthy eating and physical activity, health, safety and hygiene practices, ear health and complex and additional needs.	QLD Government Department of Education Website: https://learningplace.eq.edu.au/cx/resources/file/d1fe14fb-4339-4210-80e7-27637e4e6411/1/portal/index.html
Eat for Health	Website contains information and resources related to the Australian Dietary Guidelines, advice and tips on eating well and calculators to help estimate energy needs and the number of serves needed from the five food groups.	National Health and Medical Research Council Website: https://www.eatforhealth.gov.au/
Food Allergy Education – National Allergy Strategy	The National Allergy Strategy aims to improve the health and quality of life of Australians with allergic diseases. There are free online courses and resources to help manage allergies, including some specifically for people in food service jobs.	Australasian Society of Clinical Immunology and Allergy (ASCI) and Allergy & Anaphylaxis Australia (A&AA) National Allergy Strategy www.nationalallergystrategy.org.au Website: https://www.foodallergyeducation.org.au/ Website: https://foodallergytraining.org.au/
Food Standards Australia & New Zealand	Food Standards Australia & New Zealand develop standards that regulate the use of ingredients, processing aids, colourings, additives, vitamins and minerals. Website includes a food allergen portal with links to best practice food allergen resources.	Food Standards Australia New Zealand Website: http://www.foodstandards.gov.au/Pages/default.aspx
Fresh for Kids Program	Fresh for kids has recipes and activities to encourage increased consumption of fruit and vegetables by school aged children.	Sydney Markets Limited Website: http://www.freshforkids.com.au/
Get Up and Grow	Website provides resources and guidelines for children and adults on nutrition and physical activity.	Government Department of Health and Ageing Website: http://www.health.gov.au/internet/main/pu



Centre Support

Name	Description	Author
		blishing.nsf/Content/phd-early-childhood-nutrition-resources
Good for Kids, Good for Life	Program designed to support NSW ECEC services and schools in promoting healthy eating and physical activity. Program supports the NSW Ministry of Health's <u>Live Life Well @ School</u> and <u>Munch & Move</u> programs.	NSW Government Local Health District Website: http://www.goodforkids.nsw.gov.au/ https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx
Grow Me Safely	This interactive website contains information about gardening with children, including safe plants to grow and toxic plants which should be avoided.	Kidsafe Website: http://www.kidsafensw.org/growmesafely/
Heart Foundation	As well as research, advocacy and support for people living with heart conditions, the Heart Foundation also educates helps people make healthy choices. There are a range of resources including healthy recipes online.	Charity Website: https://www.heartfoundation.org.au/
Kids at Play	ACT government initiative to promote healthy habits from birth to 5 years old. Website provides information, tips and resources to families and educators about physical activity, healthy eating, screen time and drinking tap water.	ACT Government Health Website: https://goodhabitsforlife.act.gov.au/kids-at-play/
Move Well Eat Well	Tasmanian government initiative supporting the healthy development of children and young people through promoting physical activity and healthy eating as a normal positive part of every day.	TAS Government Department of Health and Human Services Website: http://www.movewelleatwell.tas.gov.au/
Munch & Move	NSW government initiative to support the healthy development of children from birth to 5 years by promoting physical activity, healthy eating and reduced screen time. Training and resources for educators in NSW are offered.	NSW Government Ministry of Health, Department of Education, Office of Sport and the Heart Foundation HealthyKids Website: https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx



Name	Description	Author
Natures Play QLD	Nature Play is a collaborative organisation working with partner groups to encourage the community to value unstructured outdoor play and supports families to priorities it in children’s lives. It is aimed at Queensland communities but contains relevant information for all communities.	Queensland Outdoor Recreation Foundation, QLD Government Department of National Parks, Sport and Racing. Website: https://www.natureplayqld.org.au/
Neat Eats Initiative	Promotes nutritious food and provides access to healthy recipes. You can also submit your own recipes	Children’s Week Association of Queensland Website: https://neateats.com.au/
Nutrition Australia	Provides resources including recipes which promote healthy eating	Non-profit community based organisation Website: http://www.nutritionaustralia.org/
Parents’ Voice	The Parents’ Voice is an on-line forum for parents to voice their views on children's food and physical activity issues, and to collectively advocate for the improvement of children's food and physical activity environments eg reduced marketing targeted at young children, and making neighbourhoods safer and more child-friendly.	Parents’ Voice Website: https://parentsvoice.org.au/
Right Bite Policy for Schools and Preschools	The ‘Right Bite Policy’ classifies food and drink into three categories – red, amber and green – according to their nutritional or ‘healthy eating’ value. Schools and preschools can use the policy to encourage healthier eating.	SA Government Department of Education Website: https://www.education.sa.gov.au/teaching/projects-and-programs/eat-well-sa/developing-healthy-food-policies-schools-and-preschools
Healthy Eating and Physical Activity – Resources		
Nutrition for Children	Includes dietary guidelines for children and adolescents, fact sheets and recipes.	Peak Body – Australian Nutrition Foundation Inc. Website: http://www.nutritionaustralia.org/national/resources
Physical Activity and Sedentary Behaviour Guidelines	Guidelines provide advice and recommendations on the amount and type of physical activity for different ages. Website has a range of	Government Department of Health Website: http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines



Name	Description	Author
	publications eg. Brochures and fact sheets.	
Immunisation		
Australian Childhood Immunisation Register	The Immunisation Register maintains immunisation records for children whom live in Australia up to their 20th birthday, helping Australian parents to ensure that their children grow up healthy and are fully immunised.	Government Health Insurance Commission Website: https://www.humanservices.gov.au/individuals/services/medicare/australian-immunisation-register?utm_id=9
Immunisation	State websites provide information about vaccines, their benefits, when you should receive them and what they protect people from.	ACT: Health Website: http://health.act.gov.au/our-services/immunisation NSW: Save the Date to Vaccinate Website: http://www.immunisation.health.nsw.gov.au/ NT: Government Website: https://nt.gov.au/wellbeing/healthy-living/immunisation QLD: Government Website: https://www.qld.gov.au/health/conditions/immunisation SA: Health Website: http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+topics/health+conditions+prevention+and+treatment/immunisation TAS: Department of Health and Human Services Website: https://www.dhhs.tas.gov.au/publichealth/communicable_diseases_prevention_unit/immunisation VIC: Department of Health and Human Services Website: https://www2.health.vic.gov.au/public-health/immunisation WA: Department of Health Website: http://www.healthywa.health.wa.gov.au/Healthy-living/Immunisation
Immunise Australia Program	Website provides information on standard childhood	Government Population Health Division, Department of Health and Ageing



Centre Support

Name	Description	Author
	immunisation, helping families make informed decisions about immunisation.	Website: http://www.immunise.health.gov.au/
Inclusion Support		
AllPlay	This program aims to support inclusivity of children and young people with developmental challenges and disabilities in an education setting through the development of practical online evidence-based resources and training for teachers, families and children.	Deakin University and VIC DET https://allplaylearn.org.au/
Amaze	Raises awareness and influences positive change for people on the autism spectrum and their families/supporters. They provide independent information and resources to individuals, families, professionals, government and the wider community. Amaze is the peak body for people on the autism spectrum and their supporters in Victoria.	Amaze Website: http://www.amaze.org.au/
Autism Speaks	Dedicated to promoting solutions, across the spectrum and throughout the lifespan, for the needs of individuals with autism and their families. Through advocacy and support, they help increase the understanding and acceptance of people with autism. They also focus on advancing research into causes and better interventions for autism spectrum disorder and related conditions.	Autism Speaks Website: https://www.autismspeaks.org/
Cerebral Palsy Alliance	The Alliance aims to help everyone living with neurological and physical disabilities live comfortable, independent and inclusive	Cerebral Palsy Alliance Website: https://www.cerebralpalsy.org.au/ Planner for Parents Website:



Centre Support

Name	Description	Author
	lives. They also provide fact packs and planners for parents to help plan for their children's future.	https://www.cerebralpalsy.org.au/wp-content/uploads/2013/04/Life_Tools_Child_Parent.pdf
Early Links	Early Links is an inclusion support service that provides early childhood intervention and support for children from birth to 8 years old who have a developmental delay – or at risk of developing one – or a disability. Support is offered in the home, school and community setting by providing clear and accurate information to help understand how to support children's developing skills.	Early Links Inclusion Support Service Website: http://www.earlylinks.org.au/
Family Referral Service	Helps bring together NSW families, support services and community resources so that children and young people can feel safe and well. They work with all services to find out what best supports young people, families and children, and what can be done to improve community resources.	NSW Government Family Referral Service Website: http://www.familyreferralservice.com.au/
HSNet	HSNet is a comprehensive directory of human and justice services across New South Wales.	NSW Government Human Services Network Website: https://www.hsnet.nsw.gov.au/
Inclusion Works!	Formerly called 'Noah's Ark', Inclusion Works! aims to be the lead organisation in the development and delivery of educational resources and services to enhance learning, development and inclusion for all children.	Inclusion Works! Website: http://www.inclusionworks.com.au/
Oneplace QLD	A Queensland community services directory with over 48,000 listings, that helps get the right service at the right time. From parenting groups and classes to domestic and family violence support services, Oneplace is the go-to resource for children, families,	QLD Government Oneplace Community Services Directory Websites: https://www.oneplace.org.au/



Name	Description	Author
	community members and professionals looking to find local support in Queensland.	
Mental Health		
Australian Association for Infant Mental Health	The Association is a national organisation of professionals who hold workshops and seminars to promote knowledge about social and emotional development in 0 to 3-year-olds. They also provide resources to support help support children's wellbeing.	Australian Association for Infant Mental Health Website: https://www.aaimhi.org/
Australian Association for the Wellbeing of Children in Healthcare (AWCH)	AWCH is a national, non-profit organisation of parents, professionals and community members who work together to ensure the emotional and social needs of children, adolescents and their families are recognised and met within hospitals and the health care system.	Government Department of Health and Ageing Website: http://www.awch.org.au/
Be You	Previous programs Response Ability, KidsMatter, MindMatters and Headspace have joined together to form 'Be You'. The new Program is committed to building early learning service and school capacity to promote positive mental health and wellbeing for children from the early years up to 18. The Program includes a wide range of resources to help early childhood educators, families, community members and professionals understand more about mental health, including how to support children experiencing mental health issues.	Australian Government Department of Health Website: https://beyou.edu.au/
Birdie's Tree	Storybooks and resources to help parents and carers support babies and young children's mental health following natural disasters.	Developed by the Queensland Centre for Perinatal and Infant Mental Health Website: https://www.childrens.health.qld.gov.au/natural-disaster-recovery/



Centre Support

Name	Description	Author
The Brave Program	An online program which provides parents and caregivers of young children with information and skills to help their child overcome fears and anxiety.	Funded by Beyond Blue, supported by Uniquest and affiliated with University of Queensland, Griffith University and University of Southern Queensland Website: https://brave4you.psy.uq.edu.au/preschool-program
Bullying. No Way!	Part of the Safe and Supportive School Communities (SSSC) group that involves members working together to help schools create learning environments where every student and school community member is safe, supported, respected and valued.	Federal Department of Education Website: https://bullyingnoway.gov.au/
Children of Parents with a Mental Illness	Information, resources and support for children of parents with mental illness.	Emerging Minds Website: http://www.copmi.net.au/
Early Years Health and Development	Helps parents and educators with resources and information on social and emotion wellbeing, development and communication, healthy eating and physical activity, health, safety and hygiene practices, ear health and complex and additional needs.	QLD Government Department of Education Website: https://learningplace.eq.edu.au/cx/resources/file/d1fe14fb-4339-4210-80e7-27637e4e6411/1/portal/index.html
Emerging Minds	Emerging Minds assist professionals, organisation and families with the skills to identify, asses, and support children at risk of mental health conditions. Website has lots of free resources.	Emerging Minds Website: https://emergingminds.com.au/
Head to Health	Head to Health helps find digital mental health services for children and adults from some of Australia's most trusted mental health organisations. There are apps, online programs, online forums, phone services and a range of digital information resources.	Federal Department of Health https://headtohealth.gov.au/
Healthy Families - beyondblue	Healthy Families gives you the information, knowledge and	Beyondblue Website:



Name	Description	Author
	confidence to support the young people in your life. They also help people take care of their own mental health and wellbeing.	https://healthyfamilies.beyondblue.org.au/
Wellbeing Australia	Wellbeing Australia brings together people and organisations committed to developing healthy relationships, with a particular emphasis on family, education and the workplace. Website has list of tools, resources and links to relevant organisations.	Not for profit network Website: https://www.wellbeingaustralia.com.au/
Indigenous Culture		
Big Learning Life – The Early Years Count	Resources, information and stories from communities, families and Elders to support the learning of Indigenous children.	QLD Government Department of Education Website: http://earlyyearscount.earlychildhood.qld.gov.au/type/biglearninglife/
Deadly Story	Deadly Story is a resource that aims to support Aboriginal children and young people in growing their knowledge of their culture, country and community.	VACCA, SNAICC, Koorie Heritage Trust, Federation of Victorian Traditional Owners Corporation and VIC Government Department of Health and Human Services Website: https://www.deadlystory.com/ http://www.vacca.org/ http://www.snaicc.org.au/ http://korieheritagetrust.com.au/ https://fvtoc.com/ https://dhhs.vic.gov.au/
SNAICC – The National Voice for Our Children	SNAICC is the national non-government peak body representing the interests of Indigenous children. Website provides access to information and resources to support Aboriginal and Torres Strait islander children and families.	Secretariat of National Aboriginal and Islander Child Care Website: http://www.snaicc.org.au/
Learning		
The Digital Lunchbreak (NSW)	This website assists children with finding online resources and activities to do at home in their lunchbreak, around learning hours and on weekends.	Office of the Advocate for Children and Young People Website: https://www.digitallunchbreak.nsw.gov.au/