



## **BACKGROUND**

26 August 2004

### **Celebrating 10-years care in south-west Sydney**

**Leading parenting centre and tertiary hospital Karitane today celebrated 10-years of caring for families in south-west Sydney with a range of multicultural activities and the launch of two new important parenting resources.**

Details of Karitane's 10 year celebrations are as follows:

#### **Launch of Karitane's new video *Asleep at Last! – A guide to settling babies 6-18 months***

*Asleep at Last!* provides parents with practical strategies for helping their 6 –18-month-old child to learn to soothe themselves to sleep. It highlights the changing sleep needs of children, how to recognise tired signs in older babies, preparing children for sleep and the benefits of a sleep routine.

Using real families from culturally diverse backgrounds the video presents a realistic picture of the impact of sleeping difficulties on families and the importance of being supported by a partner, family, friends and health professionals.

The essential *Six Steps to Settling* discusses the principles parents can use to the varying needs of their child and family based on building trust through repeated interaction so baby feels safe and settled.

The video is divided into 8 sections including:

- 1) How much sleep
- 2) Tired signs in older babies
- 3) Preparing for sleep
- 4) A settling routine
- 5) Six steps to settling
- 6) Further strategies
- 7) From cot bed
- 8) The benefits of sleep

Order forms will be available on the Karitane web site or by phoning (02) 9794 1800.

## **Karitane Aboriginal artwork**

Fairfield major Mr Nick Lalich unveiled Karitane's new Aboriginal artwork *Creation* by local Aboriginal artist Ms Shareen Clayton. The painting was commissioned by Karitane Board to depict the organisation's parental support for Aboriginal families and will be featured in the front foyer to welcome all Aboriginal families.

## **The Baby Map**

NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) executive director Mr Jorge Aroche re-launched *The Baby Map*, an important communications tool for parents.

Produced in partnership with STARTTS and the Auburn Migrant Resource Centre Families First Project, The Baby Map encourages parents to participate in and enjoy their child's development through interaction and play.

The map was initially developed to assist refugee families, after STARTTS identified that families who had experienced torture and trauma often had difficulty communicating with each other.

Written from the perspective of a baby at various stages of development the map provides parents with creative ideas on how to play with their children from birth to three years.

The map encourages the development of a secure attachment between a baby and its parents during early childhood, important for a child's ongoing social, emotional and behavioural development.

Consistent with the multicultural diversity of south-western Sydney the map is available Bosnian, Serbian, Vietnamese, Spanish and Arabic.

## **10-year Staff Service Awards**

Karitane is a parenting support service that values its staff as much as it cares for its families. The organisation is proud to award 18 staff members for 10 or more years of continual service.

Karitane's celebrations started with an official Welcome to Country by Aboriginal elder of the Gandangara Local Aboriginal Land Council Aunty Norma Shelley and an aboriginal dance performance by Thullii Dreaming's Youth Dancers. Anh-Linh Pham from Karitane's Volunteer Program wrote a song for Karitane, sang by Vietnamese singers and a belly dancer provided more entertainment.

For more information about Karitane go to: <http://www.swsahs.nsw.gov.au/karitane/>

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**For further information please contact Katie Perry on (02) 9828 6848 or 0417 697 079.**