



Child & Adolescent Health Care

Newsletter

August 2008 Issue #23

Web: www.awch.org.au | Email: awch@awch.org.au

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What's New.....

Now Available for loan in DVD format

from the AWCH Library



'John'



'A Two Year Old Goes to Hospital'

AWCH Conference



Children's Health Conference

Health Care for Kids

The People, The Map,
The Measure

17 to 18 NOVEMBER 2008

Manly Pacific Hotel
SYDNEY

AWCH and CHA are joining forces to highlight
the importance of advocating strongly for the healthcare needs
of children and young people in Australasia

Visit

kidsconference.org.au

for more information

Executive Officer's Report



Welcome to our August edition of Child and Adolescent Health Care E-news. We've had a busy time since our last publication in December (we've had a wedding and two babies!!) and I am very excited to update you on the developments of our recent projects. Read the [AWCH Annual Report](#) for a detailed account of our activities and projects.

Late News.....Late News.....Late News

Children and adults sharing hospital wards

AWCH has recently become aware that Sutherland Hospital (Sydney, NSW) has been caring for adults and children on the same hospital ward.

AWCH believes strongly that the needs of children in hospital are provided for most effectively when children are cared for in children's wards, without adult patients being present, and by specially trained staff. For these reasons, AWCH recommends that children be hospitalised in paediatric wards, separate from adult patients, and cared for by appropriately qualified staff. AWCH takes the view that children should not be accommodated with adults.

If you would like to support AWCH in raising concerns about this issue, you can comment on The St George and Sutherland Leader's website at <http://stgeorge.yourguide.com.au/news/local/news/business/bed-shortage-fears-children-adults-to-share-a-ward/802582.aspx>

Lismore Base Hospital reduces play program hours

Recently AWCH has become aware that Lismore Base Hospital has reduced play program hours. www.northernstar.com.au/storydisplay.cfm?storyid=3779821

AWCH is very concerned that the reduction in the provision of play services for children at Lismore Base Hospital has been undertaken without due consideration to the potential adverse outcomes for children, young people and their families.

AWCH has written and urged the hospital to consider seriously the detrimental effects and consequences that the reduction in play hours provided will have on the healthcare that Lismore Base Hospital provides to children and young people.

AWCH has also written a letter of concern to the Editor of the Northern Star newspaper. The letter was published in the newspaper's [Your Say](#) section on 13 August 2008.

AWCH Library

The AWCH Librarian position has been funded generously by the Children's Hospital at Westmead for 18 months. This funding ceased on 30 June and AWCH has committed funds in the 08-09 budget to fund this position until 31 December 2008.

During this time Jillian Rattray (AWCH librarian) has been keeping the online collection updated as well as assisting with enquiries. The collection can be accessed at:

- Journal articles www.chw.edu.au/parents/journal_articles/
- Book catalogue <http://library.wsahs.nsw.gov.au/>
- Audio-visual for loan www.awch.org.au/Library_list.htm

If you know of an organisation who might be interested in funding the AWCH Library and the librarian's position, please do not hesitate to contact AWCH to discuss what this involves.

Update on AWCH members and supporters

Congratulations to Kellie and Michael on the birth of their baby son, Curtis. Curtis looks like his sister, Sophie who is eager to spoil her baby brother.

We'd also like to congratulate Sarah and John on the birth of baby George Llewellyn. He will be a great playmate for Thomas who seems very pleased to have a baby brother to care for.

Best wishes to Gail and David who married in December 2007. We wish them both lots of happiness.

AWCH wishes June all the best in her new home and that Ted recovers well from his recent illness.

Congratulations to Rowena on her appointment as Communications Officer for AWCH.

Thank you to AWCH members and supporters

Thank you to Michelle, Peggy and Rowena for all their help with the Emergency Department Waiting Room Project; to Jenny and Peggy for 240 hours of volunteering at national office and last but not least, Tony for his generosity in assisting us with our printing projects.

A special thank you to all the board members for their continued support of the Association and in particular to Professor David Bennett for his outstanding leadership.

Many thanks to all the members and supporters who have contributed to enquiries to AWCH by making comment, feedback and providing valuable information over the last year. It really does make a difference!

AWCH Membership

Now we are into a new financial year, I would like to remind everyone that AWCH Membership is now due. Please visit our website [membership page](#) for more details or you can print a copy of the membership form [here](#). Remember you get reduced rates at this year's conference - more details at www.kidsconference.org.au - and don't forget to tell us if you introduce another person to membership during 2008-09.

Thank you for your support during the past year and I encourage you to continue your involvement with AWCH. Together, as a group of parents, young people, community members and professionals, we can be strong advocates for child and adolescent health and increase awareness of the changes needed in the health system.

Anne Cutler
Executive Officer
AWCH

AWCH Ward Grandparent Scheme

The new Ward Grandparent Scheme at Campbelltown Hospital was launched on 12 March 2008, with our president, David Bennett representing AWCH at the launch. Two articles in local papers resulted in over 50 enquiries about volunteering with the Scheme; thirty information packs were sent out; one ward grandparent has commenced and five applications have been received! More enquiries are coming in and Campbelltown is busy preparing for the training sessions of the appointed ward grandparents.



Campbelltown-Macarthur Advertiser article

The process of setting up the Scheme with AWCH involvement is a good example of consumer and professional partnerships resulting in a very well prepared program of volunteering and the opportunity to raise AWCH profile in both the community and the health service.



The Ward Grandparents at The Children's Hospital at Westmead in Woman's Day magazine article

Our ward grandparents at The Children's Hospital at Westmead were recently given a pampering by Woman's Day magazine in recognition of the wonderful work they do for children and families. The article appeared on the magazine on 03 March 2008 and highlighted the wonderful work and dedication of the ward grandparents.

Abstracts were accepted from both Campbelltown and The Children's Hospital at Westmead to present different aspects of the AWCH Ward Grandparent Scheme at the 2008 conference.

Anti-Poverty Week



Join in Anti-Poverty Week
12 - 18 October 2008

Anti-Poverty Week in 2008 starts on Sunday 12 October and ends on Saturday 18 October. The UN's International Anti-Poverty Day is Friday 17 October.

The Week focuses on poverty around the world, especially in the poorest countries but also in wealthier countries such as Australia. Its main aims are to

- strengthen public understanding of the causes and consequences of poverty and hardship around the world and within Australia;
- encourage research, discussion and action to address these problems, including action by individuals, communities, organisations and governments.

Interest has been growing steadily in Australia in recent years and activities such as public lectures, workshops, conferences, debates, concerts, displays, sports days, media briefings and other events have been organised.

Last year, more than 300 organisations were involved in activities, with a total participation of more than 10,000 people around the country and more than 400 media references.

Some Plans and Suggestions

Everyone who wants to reduce poverty and hardship is encouraged to organise activities during the Week or join in some being organised by other people. The activities can be large or small, and activities at local levels are especially welcome.

Official opening activities will be organised on Sunday 12 October and Monday 13 October. It is suggested that people could organise local anti-poverty forums on Wednesday 15 October, perhaps inviting local MPs and mayors to attend. But activities can be on whatever topics, and whatever days, to suit their organisers.

It would be very helpful if organisers could provide details of their plans for posting on the special website, www.antipovertyweek.org.au, in order to encourage participation and stimulate action by other people.

The website also includes basic fact sheets, promotional material and links to sources of information and ideas about ways of reducing poverty and hardship.

To notify your plans or get further information, contact us at 1-300-797-290 or apw@antipovertyweek.org.au

Some Ideas for Anti-Poverty Week

Conferences	Seminars	Lobbying	Publications
Forums	Workshops	Public lectures	Petitions
Exhibits	Performances	Surveys	Rallies
Media events	Debates	Launches	



ANTI-POVERTY
12 – 18 October 2008 **WEEK**

Poverty and severe hardship affect more than a million Australians. Around the world more than a billion people are desperately poor.

In Anti-Poverty Week help fight poverty and hardship.

- » Why not organise a display, stall or award?
- » Maybe a workshop, lecture or forum?
- » How about a fundraiser, fact sheet or petition?

For information and ideas, visit www.antipovertyweek.org.au, email apw@antipovertyweek.org.au or call 1300 797 290.



Australian Parenting DVD



raising children network

AUSTRALIAN PARENTING DVD A WORLD FIRST

Australia has become the first country in the world to offer all new parents a comprehensive parenting resource on DVD.

The Raising Children DVD is the official companion to the Government supported, national parenting website, raisingchildren.net.au. Every family in Australia will receive a DVD upon the birth of their child as part of the Australian Government's new Parent Pack (distributed by Centrelink, along with the 'Baby Bonus' application forms).

The Raising Children DVD is a comprehensive, quality assured guide to parenting children from birth to five, covering all the basics about child health, development and care, as well as information about family management and available resources.

Based on the quality assured content from the website and independently reviewed by a panel of experts, the DVD brings together reliable and practical information designed to give parents and carers options about the care and development of their children, enabling them to make informed decisions. It acts as a learning and reference tool that also promotes interaction with health professionals, family and friends.

Professionals working with parents, carers and children can draw on the information contained in the DVD and the extensive resources found at raisingchildren.net.au, for use in professional practice, or for onward referral.

At raisingchildren.net.au, you will find research-based articles, printable resources, referral sources and much more about raising children from birth to eight, in one user-friendly location. See [Parenting in Pictures](#) as an example. All materials are presented in a balanced and independent tone.



To view the website material, or to order your own copy of the DVD, go to the [Raising Children Website](#).

For further information on the Raising Children DVD or website, please email info@raisingchildren.net.au

The Raising Children DVD is also available for loan from the AWCH Library. For details visit www.awch.org.au/Raising_children.htm

A presentation about the DVD will be made at our 2008 conference in November.

Media Releases

Health Department Media Releases around Australia

ACT Health

06 August 2008	Supporting breastfeeding in the ACT Released
30 July 2008	School children asked to help name new hospital
22 July 2008	Health Ministers Work Together To Further Strengthen Health System
18 July 2008	Children Services Council Announced
02 July 2008	ACT Government Welcomes National Organ Donation Package
02 July 2008	Children and Young People Act 2008
29 June 2008	Over \$1.1 million funding announced for Health Promotion Projects
22 June 2008	\$200,000 to support carers in the ACT
20 June 2008	Construction Of New Paediatric Emergency Department Waiting Area Well Underway
17 June 2008	Raising Children's Voices
16 June 2008	Kids Pilot tackles childhood obesity

NSW Department of Health

06 August 2008	Report shows obesity rates are increasing amongst young adults
20 July 2008	If It's Not An Emergency - See Your GP
05 July 2008	Preschoolers munch and move their way to a healthier start in life
28 June 2008	Renewed measles warning
26 June 2008	New campaign for drug and alcohol awareness
18 June 2008	Great results in first statewide patient survey
21 May 2008	Fruit and veg eating targets Aboriginal families
08 May 2008	Smoking. Don't be a Sucker

NT Department of Health & Community Services

18 July 2008	Baby clinic goes rural
17 July 2008	Whooping Cough Warning for Katherine
26 June 2008	One-stop youth health shop opens in Palmerston
18 June 2008	Whooping cough warning in the NT
21 May 2008	New CD Translates to Good Oral Health

QLD Health

28 July 2008	Minister Welcomes Joint Paediatric Forum
16 July 2008	More Indigenous Children To Be Screened for Ear Disease
17 May 2008	Patient Group To Have A Direct Link To Health Minister

SA Department of Health

08 July 2008	SA Health warns against veterinary treatments for head lice
23 May 2008	State of the art equipment boosts SA's medical research capability

TAS Department of Health and Human Services

24 July 2008	New Programs for Tasmanian Children in Out of Home Care
3 July 2008	New Technology Improving Patient Safety
4 June 2008	More money for care

VIC Department of Human Services

24 June 2008	Brumby Outlines Blueprint For Comprehensive National Health Reform
20 June 2008	New Program Gives Extra Support To Local Refugees
2 June 2008	Nurse-On-Call Helps Patients And Hospitals
26 May 2008	Caring For Kids With A Life-threatening Condition

WA Department of Health

14 July 2008	Adults with whooping cough risk babies' health
11 July 2008	New campaign to raise awareness of emergency department alternatives
6 June 2008	WA Health invests in improving health outcomes for Indigenous Western Australians
5 May 2008	Campaign to fight increase in chlamydia rates

More Media Releases

26 June 2008	National Primary Health Care Partnership Launch
24 June 2008	Leaps and bounds in health, but some groups lag behind
20 June 2008	Tick, tock on the obesity clock - Battle against the bulge
19 June 2008	Growing Up in Australia: A Look Into The Lives Of The Under Seven Set
11 June 2008	Potential new vaccine to help against meningococcal disease
4 June 2008	Transport accidents and suicide top causes of injury death among youth
8 May 2008	The wonder years - most teenagers and parents get along fine

What young people can do when they are concerned about their health care



Concerned about your health care?

You have the right to receive appropriate health care. This includes that doctors and nurses respect your privacy and provide you with the best and most appropriate service they can. If you have any concerns it is a good idea to first discuss them with your doctor. You may prefer to talk to your family instead who can then talk to the doctor on your behalf. In most cases, the doctor or nurse will try to resolve your concerns.

If they do not respond to your complaint, or you are not satisfied with their actions, you can contact the Health Care Complaints Commission. If your health or safety is threatened or you have experienced sexual or physical assault you or your family should immediately contact the Commission.

If you are thinking of making a complaint to the Commission, call toll free on 1800 043 159 or 9219 7444 to discuss your concerns. The Commission uses interpreting services to assist you if your first language is not English.

The Commission is an independent body dealing with complaints about doctors, nurses and other health practitioners. The Commission also deals with complaints about hospitals, surgery centres and other health facilities.

For more information visit the Commission's website www.hccc.nsw.gov.au

Why can't I decide? Health care treatment for young people. www.kidsconference.org.au/

On 18 November 2008 during the Children's Health Conference, Keiran Pehm, Commissioner, Health Care Complaints Commission and Peter Hennessy, Executive Director, NSW Law Reform Commission NSW will present a joint presentation and paper outlining the major issues arising from the current law regulating consent for the medical treatment of young people.

Up for a party?

www.partyyourway.com.au/index.html



Welcome to [Party Your Way](http://www.partyyourway.com.au/index.html) – the site to help you have a great party while also keeping it safe.

This is the one stop party spot with advice and discounts from local suppliers, as well as the latest information on how to prevent any unexpected surprises during or after your party.

You can look after your guests by staying briefed on important issues such as drink driving, gate crashers and legal liabilities. That way there will be no headaches to deal with ... well, not on the night anyway!

Helping Young People Achieve (HYPA)™

Helping Young People Achieve (HYPA)™ has evolved as a forum to develop and implement strategies to enable all young people to achieve employment and well-being.

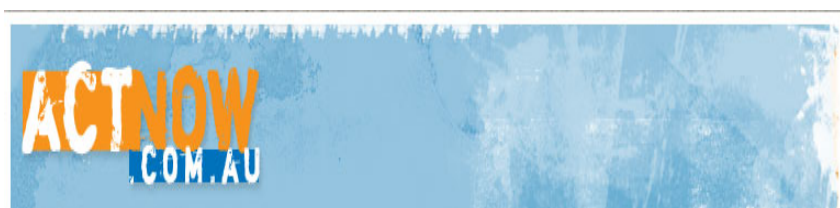


HYPA™ encompasses a range of initiatives, providing the opportunity for business and the community to get involved in a meaningful way to help young people achieve their potential in South Australia.

To find out more about HYPA™ visit www.hypa.net.au

ActNow

www.actnow.com.au/



'[ActNow](http://www.actnow.com.au/) is an awesome website for young people. It gives us information on important issues and makes them easier to understand. It's also a great place for people to get inspired on taking action.'

Melissa 20, ActNow volunteer

[ActNow](http://www.actnow.com.au/) knows that the more you understand about an issue the more you'll feel empowered to do something about it. Use [ActNow](http://www.actnow.com.au/) to find information on social, political, environmental, lifestyle and topical issues for a non-judgemental and factual snapshot of the bigger picture. All the content you find on ActNow is written by ActNow members who are young people just like you.

[ActNow](http://www.actnow.com.au/) is also a volunteering hub. Use the site to get in touch with over 200 organisations that are really keen to work with young people.

Children's Health Conference

Children's Health Conference | 17 to 19 November 2008 | Manly Pacific Hotel Sydney

Health Care for Kids

- The People, The Map and The Measure

Children's Hospitals Australasia (CHA) and the Association for the Wellbeing of Children in Healthcare (AWCH) are joining forces to highlight the importance of advocating strongly for the healthcare needs of children and young people in Australasia.

The conference will focus on three major themes:

The People, The Map and The Measure

The themes we have chosen will enable a detailed exploration of:

- **'the people'** – in particular the shared concerns among health professionals and the families struggling with serious health issues;
- **'the map'** – contemporary trends and developments in healthcare practice, policy and environments; and
- **'the measure'** – how we can best monitor, evaluate and improve the safety and quality of health care delivered to children and young people.

We also want to explore these themes in the context of common elements across all themes:

- Early intervention
- Culturally sensitive and appropriate services
- Working in partnerships
- Research, evaluation and continuous improvement

The Conference Is For:

- Health professionals from Paediatric and Child Health Nursing, Medical & Hospital Practice, Paediatric and General Practice, Community Health, Play & other creative therapies, Mental Health, Psychology, Allied Health, Child Protection
- Young People, Parents and Carers
- Support Groups, Volunteers and Children's Charities
- Practitioners specialising in early childhood, youth, education and disability services
- Professionals in Administration, Research, Policy, Safety & Quality Child health practice from: Government, Universities, Community Services, Health services, Child Protection Services, Management and Planning

Keynote Speakers:

Dr Christine Bennett is the current Chair of the Hospitals and Health Reform Commission, Chief Medical Officer at MBF and formerly a paediatrician, with experience in the health care industry as a specialist clinician, strategist and planner and chief executive in both the public and private sectors.



Hugh Mackay is a psychologist, social researcher and the author of eleven books. He has made a life-long study of the attitudes and behaviours of the Australian community and is one of the pioneers of qualitative social research in this country, having undertaken his first experiments with qualitative methodology in 1962. He is currently an adjunct professor in the Centre for Applied Philosophy and Public Ethics. He writes a weekly column for the Sun-Herald and the West Australian, and occasionally for the Sydney Morning Herald and The Age. He is also a frequent broadcaster on ABC radio.

Associate Professor Colleen Hayward is Manager, Kulunga Research Network Telethon Institute for Child Health Research. She is a senior Noongar woman with family ties throughout the South-West of Western Australia. She has an extensive negotiation, advocacy, policy and management background in a range of government and non-government areas and was previously deputy Chief Executive Officer of the Aboriginal Legal Service of WA. Other experience covers areas including health, education, training, employment, housing.



Dr. Charles J. Homer is a founder and the Chief Executive Officer of the National Initiative for Children's Healthcare Quality (NICHQ), Inc., a non profit organization focused exclusively on improving quality of health care for children. Dr Homer is also a pediatrician and serves as an associate professor of the Department of Society, Human Development and Health at the Harvard University School of Public Health and an Associate Clinical Professor of Pediatrics at Harvard Medical School.

Jeremy Medlock is nineteen, currently studying in his second year of Animal and Veterinary Bioscience at the University of Sydney. He was diagnosed with cancer on his sixteenth birthday in 2004, and spent 2005 undergoing chemotherapy at The Children's Hospital at Westmead.



Prof. Kim Oates is a paediatrician with particular interests in child development, child protection and hospital administration. He held the foundation Douglas Burrows Chair of Paediatric and Child Health at the University of Sydney from 1985 to 1997. He was Chief Executive of the Children's Hospital at Westmead from 1997 to 2006.

Dr Karen Wayman is Director of Family-Centered Care at the Lucile Packard Children's Hospital, and in the Stanford University School of Medicine Department of Pediatrics California USA.

The Convenors:



[The Association for the Wellbeing of Children in Healthcare \(AWCH\)](#)

AWCH is a national not-for-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 in Australia.



[Children's Hospitals Australasia \(CHA\)](#)

CHA is a not-for-profit organisation that supports children's hospitals and health services to achieve excellence in clinical care, through advocacy, networking and the sharing of knowledge & evidence underpinning best practice.

Keep up with all the latest developments online at:
www.kidsconference.org.au

ABC & Other Health Updates

New research centre for ethics in children's medicine

www.abc.net.au/worldtoday/content/2008/s2331162.htm

Simon Lauder

The World Today - 11 August 2008

The Royal Children's Hospital in Melbourne is setting up a new centre to deal with the ethical dilemmas of treating sick children.

The centre will help medical staff make tough decisions, such as whether a dying child has the right to refuse treatment and whether children should be told they're likely to develop a genetic condition in the future.

Hospital infections could be halved by clean hands: research

www.abc.net.au/worldtoday/content/2008/s2312023.htm

Tanya Nolan

The World Today - 23 July 2008

The Australian Commission for Safety and Quality in Health Care has presented its report to health ministers meeting in Canberra today.

It has found that around 200,000 people each year are contracting infections within the healthcare system.

Fact Sheet released on Alcohol involved deaths of young people in Australia

http://www.cnet.ngo.net.au/component/option,com_/Itemid,0/option,content/task,view/id,35575/

National Coroners Information System (NCIS),

11 July 2008

A fact sheet about deaths reported to a Coroner between 2003 and 2006 of those aged 13-25 years with a BAC of greater than or equal to 0.05g/100mL has been released. This report uses data from the NCIS.

[Click here to download fact sheet.](#)

Let's get virtual

<http://www.abc.net.au/health/thepulse/stories/2008/07/10/2299900.htm>

Peter Lavelle

10 July 2008

Interactive soccer, tennis and golf - idle entertainments, or are they actually good exercise? UK researchers put them through their paces.



Genetic screening test for Stickler syndrome

www.abc.net.au/rn/healthreport/stories/2008/2294777.htm

Presented by Norman Swan

7 July 2008

Stickler syndrome is a genetic abnormality that can cause life-threatening spinal conditions, premature arthritis, blindness and deafness. A genetic screening test which was developed by researchers at the Murdoch Children's Research Institute in Melbourne, will now be offered to Victorians for free.

Chance discovery sheds light on SIDS

www.abc.net.au/science/articles/2008/07/04/2294434.htm?site=science&topic=health

ABC/Reuters

4 July 2008

An imbalance of a key brain chemical could be the cause of cot death, after a chance discovery by researchers in Italy.



While the researchers say it is unlikely the molecular mechanism is the same in humans, they believe their findings may one day help identify babies at greatest risk (Source: iStockphoto)

Teen years officially a pain in the neck

www.abc.net.au/science/articles/2008/07/03/2291046.htm?site=science&topic=health

Dani Cooper

03 July 2008

Australian researchers have proven what high school students have long suspected, being a teenager can be a real pain in the neck.

Type 1 diabetes on the rise

www.healthnews.infoxchange.net.au/news/detail.chtml?filename_num=219167

Befekir Kebede - Infoxchange Australia

03 July 2008

In an unprecedented escalation, more than two children are diagnosed with Type 1 diabetes every day in Australia, a new study shows.

The study by the Australian Institute of Health and Welfare, released on 3 July 2008, says there were over 6,000 new cases of Type 1 diabetes in children aged 14 or less between 2000 and 2006.

According to the report, the rate of incidence of Type 1 diabetes in that age group is increasing in Australia at almost three per cent every year.

Confident kids, healthy adults

www.abc.net.au/health/thepulse/stories/2008/06/26/2286532.htm

Peter Lavelle

26 June 2008

Kids who have high levels of self-confidence and self-esteem and are in control of their lives grow up to be healthy adults, according to researchers from the Universities of Glasgow and Edinburgh.

How much sugar?

Check out the [sugar interactive](#) to see how some common foods contribute to your daily sugar total.



Books & Resources

John' aged 17 months, for 9 days in a residential nursery

Young Children in Brief Separation

Robertson Films - DVD

For two days John tries to attach himself to a nurse, but because they are not assigned to individual children no nurse attends to John long enough to understand him and answer his needs. He is not mothered or protected from attacks by the other children. Food and routines are strange, and the father's visits can do little to ease the situation. John becomes increasingly distressed, and eventually sinks into hopeless apathy. At reunion he rejects his mother.



Available for loan from the AWCH Library www.awch.org.au/Library_list.htm

A Two Year-Old Goes To Hospital

James Robertson - DVD

Classic film showing the suffering of a little girl in hospital separated from her mother

.A vivid study of the problem of admitting to hospital a child who is too young to be effectively prepared for the experience or to be made contented in the absence of her mother.

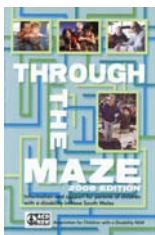


This film has been designated "of national and historic importance" and a copy is being preserved in the National Archives.

Available for loan from the AWCH Library www.awch.org.au/Library_list.htm

Through the Maze

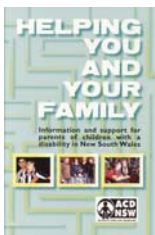
Association for Children with a Disability



Through the Maze is a comprehensive guide to disability services in NSW for families, parents and carers. This handy booklet will help guide you 'through the maze' to identify and access the services most helpful to your child and family.

Helping You and Your Family

Association for Children with a Disability



A booklet for families with a child who is newly diagnosed with a disability.

Both books are written by parents of children with a disability so the books are full of handy hints and coping mechanisms.

The books are available for free to families and carers. Contact the Association for Children with a Disability on 1300 851 603 for more information.

Healthy Kids Website

www.healthykids.nsw.gov.au

Good food habits and daily physical activity – if your child has these, they're well on the way to a healthy life. But achieving this isn't always so simple. This website shows you how to do it and links you to many other sites on this important topic.



'Go for 2&5' Website

www.gofor2and5.com.au

Eating plenty of fruit and vegies not only contributes to good health, but also protects against a number of diseases and helps maintain a healthy weight.

From this website you can find out about the benefits of fruit and vegies, nifty ways to get more fruit and vegies into your day, plus some super simple tasty recipes.



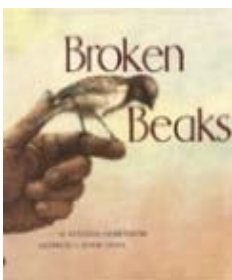
Oral Health for Babies and Infants

www.ada.org.au/babiesandinfants.aspx

As part of a community campaign to promote good oral health care for babies and toddlers the Australian Dental Association (ADA) has developed oral hygiene guidelines and tips for parents and carers of young children.

Broken Beaks

Nathaniel Lachenmeyer & Illustrated by Robert Ingpen



"Broken Beaks" explains to children, by using the story of a small sparrow and the kindness of a homeless man, how we can change our attitudes to homelessness and the plight of the mentally ill on our streets. A beautiful story of human interest on the social crisis facing the world today, easily explained to children. Readers of all ages will be profoundly moved by this inspiring story.

With beautiful four colour illustrations throughout by internationally acclaimed artist Robert Ingpen "Broken Beaks" will be a welcome addition to children's literature.



Reports

The State of Our Public Hospitals: June 2008 Report released

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-ahca-sooph-index08.htm>

The State of Our Public Hospitals, June 2008 Report provides a snapshot of public hospital activity in 2006-07. The State of Our Public Hospitals report includes a focus on Indigenous Australians in hospitals and includes a feature chapter titled State and Territory Public Hospital Performance Reporting.

The 2008 Report is based on data collected in 2006-07. The aim of the report is to inform the Australian public about the performance of hospitals by providing information on the hospitals, their patients and the range of services provided.

This year the report has a focus on Indigenous Australians with a feature chapter titled Indigenous Australians in Hospitals.

The 2008 Report also includes a feature chapter titled State and Territory Public Hospital Performance Reporting which covers how state and territories are currently reporting individual hospital performance.

The complete report or individual chapters may be viewed at
[The State of Our Public Hospitals: June 2008 Report](#)

Australia's Health no.11

<http://www.aihw.gov.au/publications/index.cfm/title/10585>

Australia's Health 2008 is the 11th biennial health report of the Australian Institute of Health and Welfare. It's the nation's premier source of statistics and informed commentary on: - patterns and determinants of health and illness - health across the life stages - the supply and use of health services - expenditure and workforce - and health sector performance. If you're interested in health, this is THE essential reference for your bookshelf.

[Australia's Health](#) can be viewed online for free.

Progress of the Northern Territory Emergency Response Child Health Check Initiative: Health Conditions and Referrals

<http://www.health.gov.au/internet/main/publishing.nsf/Content/nterchciProgressReport>

The report provides information on the number and types of health conditions identified and the number and types of referrals made as part of the child health checks. The checks analysed for this report were undertaken from July 2007 to May 2008.

[PDF printable version of Progress of the Northern Territory Emergency Response Child Health Check Initiative: Health Conditions and Referrals \(PDF 754 KB\)](#)

Children's sense of safety: Children's experiences of childhood in contemporary Australia

www.childhood.org.au/downloads/Childrens%20sense%20of%20safety%202008.pdf

This report seeks the views of children and young people about their experiences of childhood in Australia today. The findings of a survey of Australian children and young people aged between 10-14 years suggested that even though on the surface the vast majority of children surveyed believe that Australia is a good place to grow up in, many of them reflect an undercurrent of worry and concern for their own safety and the protection of other children. The internet, in particular, is perceived as a new source of anxiety and threat for a large number of children and young people.

Australia 2020 Summit - Final Report

www.australia2020.gov.au/final_report/index.cfm

The Prime Minister announced the public release of the Final Report of the Australia 2020 Summit on 31 May 2008.

This report is intended to provide a record of the Australia 2020 Summit and recommendations on each of the discussion areas for consideration by the Australian Government. It is based on ideas put forward by participants during the Summit discussion sessions, outcomes from preliminary Summit events and ideas generated from public submissions received prior to the Summit.

The State of the World's Children 2008

www.unicef.org/sowc08/docs/sowc08.pdf



The State of the World's Children 2008 assesses the state of child survival and primary health care for mothers, newborns and children today. These issues serve as sensitive barometers of a country's development and wellbeing and as evidence of its priorities and values. Investing in the health of children and their mothers is a human rights imperative and one of the surest ways for a country to set its course towards a better future.

SPACE TO CARE: Children's Perceptions of Spatial Aspects of Hospitals

<http://www.cscy.group.shef.ac.uk/research/spacetocare.htm>

Although recent National Health Service documents have emphasised the need to make hospitals more child-centred, up until now, for the most part, it is adults who have been consulted about what this might mean. There has been little research that has explored what children think about hospitals and how, as patients, they experience them. This research, funded by the ESRC, seeks to understand how different spatial environments impact upon children's experiences of hospitalisation. It does do this by considering: the physical characteristics of the different spaces provided for children within different hospital settings; the kinds of social interactions and health care practices that are facilitated or prohibited in those spaces; children's use of different spaces in hospitals and the meanings and values that they attribute to them; and the extent to which age, gender or medical conditions might work to vary children's perceptions and use of different hospital spaces.

Participant observation and interviews are currently being carried out in a variety of hospital settings. This includes work directly with children and young people, (between the ages of 4 and 16 years) using a repertoire of child-centred research tools that enables them to describe and reflect upon their experiences in hospital wards and out patients' departments.

Services

Association for Children with a Disability NSW

www.acdsw.org.au/

Provides information and support to parents and families who have a child or young adult with any type of disability or developmental delay across NSW.

Young People In Nursing Homes National Alliance

www.ypinh.org.au/

A national organisation that promotes the rights of young disabled Australians with high and complex support needs living in residential aged care facilities (or at risk of placement there), to have choice about where they live and how they are supported.

www.vaccination.org.au

www.vaccination.org.au/aboutus/home.html



This website is provided for parents. It answers common questions and contains immunisation news, articles and links to other sites.

The Royal Far West Children's Health Scheme (NSW)

www.royalfarwest.org.au/children_services.html

The Royal Far West Children's Health Scheme and Services for the Aged is committed to creating Healthy Country Children.

Each year more than 3000 children from about 330 country locations travel to the Scheme's Manly complex to access specialist medical and allied health care that is not available in their local communities.

Grandparents Raising Grandchildren

www.raisinggrandchildren.com.au/

A resource point for grandparents raising their grandchildren in NSW. You'll find legal and financial information, support groups and learn from the experience of others.

Kids Health Info (KHI)

www.rch.org.au/kidsinfo/index.cfm?doc_id=3665

The Royal Children's Hospital website providing fact sheets for parents/carers on medical conditions, tests and procedures to help you better understand or care for your child with a health problem.



Raising Children Network

<http://raisingchildren.net.au/>

Information for Australian mothers, fathers, grandparents and anyone else who has responsibility for the care of children, as well as for professionals and agencies working with families and children.

Tourette Syndrome Association of Australia (TSAA) Inc

<http://www.tourette.org.au/index.php>

A voluntary and non-profit organisation consisting of people with TS, their families, health and education professionals and other interested and concerned people. Disseminates educational materials in the fields of health care, education and welfare service, provides telephone counselling and operates support groups.

Parent Project Australia Inc (PPA)

www.parentproject.org.au/html/s01_home/home.asp

Duchenne Muscular Dystrophy(DMD) community information and support website. 100% voluntary organization reliant upon the concern of professionals and supporters; and the efforts of parents who earn their own living whilst caring for boys and young men living with Duchenne.

kidscount

www.kidscount.com.au/website/default.asp



A website for parents that is all about childhood. It has information that can help you to raise happy and confident children. Information is available in 16 community languages.

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For more information about items in this newsletter or should you wish to provide feedback please contact:

Anne Cutler

Executive Officer

Email: awch@awch.com.au

Phone: 02 9817 2439

Fax: 02 9879 4346

Web: www.awch.org.au

Bldg 7, Gladesville Hospital

Cnr Victoria & Punt Roads

GLADESVILLE NSW 2111