Summary

- Keep an active eye on what your child does when connected to the Internet.
- Teach your child strategies to protect themselves online.
- Your child should only make online contact with people they already know – strangers who want to be your child’s online ‘friend’ may in fact be mature-age sex offenders.
- Report unwelcome contact to the relevant authorities.

The Internet can be a dangerous place for the unwary, particularly children. A person’s ‘digital footprint’ can be as easy to follow as their real footprints. Many parents worry about how to protect their children from Internet harm or unwelcome contact.

This may include harassment, bullying (known as ‘cyberbullying’), stalking or grooming (making friends with the purpose of having sexual contact at a later stage). It is important to explain the dangers of careless Internet use to your child and keep an active eye on their Internet use.

Teach your child to protect themselves online. A good starting point is to read through this fact sheet together. You can browse the online references for further information.

General safety suggestions for parents

Suggestions include:

- There is no substitute for parental supervision. Keep an active eye on what your child does online.
- Many people, including children, believe that Internet browsing is anonymous. Educate your child on the permanence of their ‘digital reputation’. Whenever they visit a website, share content, post something on a blog or upload information, they are adding to their ‘digital footprint’. This can be gathered under their real name and accessed by interested parties such as future employers or marketing departments. This may occur without you or your child’s consent or knowledge.
- Your child should only make online contact with people they already know. Strangers who want to be your child’s online ‘friend’ may in fact be mature-age sex offenders. Monitor your child’s online relationships.
- Ask that your child check with you first before filling in online forms. Emphasise the importance of never sharing personal information online.
- Install safety software on your computer so that you can restrict your child’s online activities to approved websites.

Social networking

A social networking site allows the user to interact online with friends, family members and strangers who have similar interests. Popular social networking sites include Facebook and MySpace. Users can communicate with others in many ways – exchange personal news, upload photographs and digital footage, and share links to interesting web pages.

Some of the potential risks of joining a social networking site include:

- The bits and pieces of information your child puts on their profile may give away their physical address. For example, if your child gives their full name, nominates their suburb and uploads school photographs, anyone who wishes to could pinpoint their location.
- Information about hobbies and interests provide an easy way for sex offenders to make friendly contact with your child.
- Anything published online must be considered a permanent record. The type of material posted by your child may harm their future job prospects. These days, employers routinely screen potential candidates by checking their ‘digital reputation’.

Social networking sites – safety suggestions for parents

Suggestions include:

betterhealth.vic.gov.au
• Limit personal information listed online. Your child shouldn’t post their full name, age, birth date, address, email, telephone numbers or school information. Encourage them to use a made-up screen name instead.
• Set your child’s profile to ‘private’ so that only confirmed friends can have access to their information. Go to the privacy section of the social networking site for more information on how to protect your child’s profile.
• Withdraw any address details. Do not post photographs that could give away the suburb – for example, pictures of your child and their friends in school uniform.
• Use the ‘no picture forwarding’ function so that your child’s photographs cannot be passed around to friends-of-friends and beyond.
• Stress the importance of never sharing passwords.

Unwelcome contact

Unwelcome contact includes harassment, bullying (known as ‘cyberbullying’ when it occurs online or using a mobile phone), stalking or grooming (making friends with the purpose of having sexual contact at a later stage). Like any unwanted contact, the source may be a stranger or it could someone known to you or your child. It may be an adult or another child.

Without your consent or knowledge, the person may:
• Piece together all of the publicly available information on your child to discover contact details such as the child’s physical address or school.
• Pose as a peer on social networking sites or chat rooms.
• Upload hostile, mean or embarrassing posts about your child onto chat rooms or social networking sites.
• Create a fake profile for your child on a social networking site to cause embarrassment or pain.
• Use your child’s posted email address to send hostile or inappropriate emails.

Unwelcome contact – suggestions for parents

Suggestions include:
• Report any unwelcome contact to the relevant authorities. Your Internet service provider (ISP), your child’s school or police will need proof. Make sure that you save copies of the unwelcome contact for evidence.
• Do not personally respond to the unwelcome person. Encourage your child to ignore all contact.
• Use privacy settings to block the unwelcome person from making further contact.
• Remove your child’s contact information from websites.

Harmful or inappropriate content

You need to protect your child from Internet material that is inappropriate, frightening or illegal. Your child may inadvertently stumble across such material if they:
• Use a search engine for a legitimate topic and get a link to an inappropriate site
• Click on hyperlinks or pop-ups
• Open junk mail or spam
• Play an online game
• Open an email attachment.

In other cases, children (particularly older children and teenagers) may purposefully seek out inappropriate content.

Harmful or inappropriate content – suggestions for parents

Suggestions include:
• Monitor your child’s Internet use. Put the computer in a common area within the household such as the kitchen.
• Teach your child strategies to protect themselves online.
• Help your child when they need to perform an online search.
• Install filters on your computer and on your server. Talk with your ISP for more information.
• Bookmark approved websites. Tell your child to stick to these websites whenever they browse online.
• Advise your child to avoid risky activities like clicking on pop-ups.
• Report content you consider harmful or inappropriate by lodging a complaint with the content supplier or the Australian Broadcasting Authority.

Where to get help

Your Internet service provider (ISP)
NAPCAN (National Association for Prevention of Child Abuse and Neglect) Tel. (02) 9269 9200
Smart Online Safe Offline website.
Content Assessment Hotline Manager, Australian Communications and Media Authority or Email online@acma.gov.au or fax (02) 9334 7799
Crime Stoppers Tel. 1800 333 000
Child Wire (ECPAT in Australia) Tel. 9645 8911 or 1800 99 10 99
Your state police service
Australian Federal Police (AFP) – with this online form, you can report inappropriate online behaviour or child exploitation to the AFP

Things to remember

betterhealth.vic.gov.au
Keep an active eye on what your child does when connected to the Internet.
Teach your child strategies to protect themselves online.
Your child should only make online contact with people they already know – strangers who want to be your child’s online ‘friend’ may in fact be mature-age sex offenders.
Report unwelcome contact to the relevant authorities.

**References**

- *How to stay in control – social networking* [online], Think U Know, Australian Federal Police. More information here.
- *Help and advice on cyberbullying* [online], Think You Know. More information here.
- *Cybersmart checklist* [online], Smart Online Safe Offline. More information here.
- *Unwanted contact* [online], Cybersmart. More information here.

**Send us your feedback**

- Rate this website
- Your comments
- Questions
- Your details

1/4 How would you rate this website?

- Excellent
- Good
- Average
- Fair
- Poor

Next Submit Now Cancel

**Send us your feedback**

- Rate this website
- Your comments
- Questions
- Your details

Please note that we cannot answer personal medical queries.
If you are looking for health or medical advice we recommend that you:

- talk to your doctor or pharmacist
- dial triple zero (000) in an emergency
- ring NURSE-ON-CALL Tel. 1300 60 60 24.

2/4 Your Comments

Tell us who you are Select an option

Enter your comments below (optional)

Next Submit Now Cancel

**Send us your feedback**

- Rate this website
- Your comments
- Questions
- Your details

3/4 Questions

What are you here to do? Looking for information on

Did you find what you were looking for?

- Yes
- No

Next Submit Now Cancel

**Send us your feedback**
Send us your feedback

Thank you. Your feedback has been successfully sent.

More information

Parents

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- Parenting basics
- Family structures
- Communication identity and behaviour
- Raising healthy children
- Common childhood health concerns
- Immunisation
- Keeping yourself healthy
- Children with special needs
- Child safety and accident prevention
- Child protection and family violence
- Grief and trauma
- Support for parents

Parenting basics

- Children and health services
  There is a range of subsidised and free health services, including services for mental health and dental health, available for children in Victoria...
- Family and child support services
  There are many government funded family support services available to help parents and young people deal with family issues...
- Happy families
  It might be valuable to occasionally evaluate the dynamics of your family to ensure that everyone is as happy as they could be...
- Healthy budget - tucker talk tips
  You can buy more food if you spend most of your money on basic healthy foods like bread, cereals, fruit and vegies...
- Parenthood and your relationship
  The birth of your first child can significantly change your relationship with your partner and may impact on other relationships...
- Parenting children through puberty
  Puberty is a time of great change for your child, and for you as a parent too. You can help your child in many practical ways, mostly by being reassuring...
- Parenting on your own
  A person can become a single or sole parent for many different reasons. You may have chosen to start a family on your own, you may be separated or divorced, or your partner may have died. As a...
- Parenting services
  Parenting is one of the most important tasks we undertake but it doesn't always come naturally...
- Raising Children Network
  Raising Children Network is an online parenting resource providing research-based information...
- Travelling with children
  If your child is old enough, involve them in planning a trip so they can get excited about it...
Family structures

- 10 tips for happier step-parenting
  Give your undivided attention when your child asks for it...

- Adoption
  Adoption can give a secure family life to children who can't live with their birth family...

- Empty nest syndrome
  The grief of empty nest syndrome often goes unrecognised, because an adult child moving out of home is seen as a normal, healthy event...

- Foster care
  Foster care is temporary care of children up to 18 years by trained, assessed and accredited foster carers...

- Kinship care
  Kinship care is the care provided by relatives or a member of a child's social network when a child cannot live with their parents...

- Moving out of home – tips for parents
  If you don't approve of your child's reasons for moving out, try to keep the lines of communication open...

- Parenting on your own
  A person can become a single or sole parent for many different reasons. You may have chosen to start a family on your own, you may be separated or divorced, or your partner may have died. As a...

- Parenting when you’re a foster carer
  As a foster carer, you are providing a safe and supportive home for a child or teenager who can’t live with their family of origin. You may face challenges that affect you physically, emotionally and...

- Permanent care
  After experiencing abuse, neglect or rejection, many children are slow to put their trust in anyone...

- Single parenting
  In single-parent households, issues such as holidays or major family purchases are more likely to be decided with the children...

- Stefamilies
  Becoming part of a stepfamily involves adjusting to a number of changes...

- Surrogacy
  Surrogacy is a form of assisted reproductive treatment (ART) in which a woman carries a child within her uterus on behalf of another person or couple...

Communication, identity and behaviour

- 10 tips for managing sibling rivalry
  Teach your children to sort out minor differences themselves...

- Body image and young people - staying positive (video)
  The pressure on young girls and boys to be physically perfect is creating an epidemic of children and teenagers with low self-esteem and negative body image. Reporter Flip Shelton introduces us to the...

- Body image – tips for parents
  Give your child opportunities to appreciate their body for what it can do, rather than what it looks like...

- Bullying
  Parents can help with bullying by supporting their child and involving the authorities to find solutions...

- Children and shyness
  If your child's shyness is especially debilitating, you may like to consider professional help from a counsellor or psychologist...

- Children and sibling rivalry
  Sibling rivalry is a common problem, particularly among children who are the same sex and close together in age...

- Discipline and children
Disciplining your child means teaching them responsible behaviour and self-control.

- Family conflict
  It is normal to disagree with each other from time to time and occasional conflict is part of family life.

- Parenting on your own
  A person can become a single or sole parent for many different reasons. You may have chosen to start a family on your own, you may be separated or divorced, or your partner may have died. As a...

- Party safely – tips for parents
  With a few simple plans in place, a good time can be had by all at a teenage party -- even the parents...

- Peer pressure
  Peer groups can be a very positive influence on your teenager's life.

- Sex education - tips for parents
  Mothers are more likely to talk about intimate, emotional and psychological aspects of sex than fathers.

- Talking to primary school children about sex
  Some parents find it hard to talk with their primary age children about sex, but help is available.

- Teenagers and communication
  Accept that your adolescent may have a different view of the world and respect their opinions.

- Young children and communication
  Children thrive with words of encouragement and praise.

Raising healthy children

- A Healthy Start to School
  A Healthy Start to School – a guide for parents of children in their foundation year of school.

- Children – keeping them active
  A young child is naturally active, so build upon their inclinations to use their body.

- Children's diet - fruit and vegetables
  If you eat and enjoy fruit and vegetables every day, your child may eventually follow your lead.

- Dr Margaret's Story (video)
  Access to vaccines has changed lives and protects our children from crippling diseases such as polio.

- Eating disorders and adolescents
  Often, an eating disorder develops as a way for an adolescent to feel in control about what's happening in their life.

- Healthy eating tips
  A good balance between exercise and food intake is important to maintain a healthy body weight.

- Immunisation – deciding which vaccines you need
  Everyone's immunisation needs are different and are influence by your health, lifestyle, age and occupation.

- No Jab No Play
  No Jab No Play – from 1 January 2016, all parents/guardians seeking to enrol their child at an early childhood service in Victoria must provide evidence that the child is fully immunised for their age.

- Obesity in children - management
  If your child is overweight, you can help by making healthier lifestyle choices for yourself.

- Parenting on your own
  A person can become a single or sole parent for many different reasons. You may have chosen to start a family on your own, you may be separated or divorced, or your partner may have died. As a...
Parent's guide for active girls

Physical activity is an important part of health and wellbeing, and girls should remain active as they grow up.

Soft drinks, juice and sweet drinks - children

Encourage children to drink and enjoy water. Sweet drinks such as juice, cordial and soft drinks may cause health problems for children if consumed in large amounts.

Youth suicide – the warning signs

All suicide threats are serious. You don't have to be a trained professional to help a person contemplating suicide.

Common childhood health concerns

Abdominal pain in children

Children may feel stomach pain for a range of reasons and may need treatment.

Allergies explained

Allergy occurs when the body overreacts to a 'trigger' that is harmless to most people.

Anxiety and fear in children

You can help your child overcome anxiety by taking their fears seriously and encouraging them to talk about their feelings.

Asthma, children and smoking

Exposure to second-hand smoke increases the risk of children developing asthma and provokes more frequent asthma in children with asthma.

Asthma in childhood - triggers (video)

Parents and children talk about some of the factors that can cause a child's asthma to flare up.

Back pain in children

Children with back pain may grow into adults with chronic bad backs, so it is important to encourage sensible back care.

Bedwetting

Bedwetting is a problem for many children and punishing them for it will only add to their distress.

Behavioural disorders in children

Untreated behavioural disorders in children may mean they grow up to be dysfunctional adults.

Bronchiolitis

Bronchiolitis is a common chest infection in babies under six months of age.

Chest infections

A chest infection affects your lungs, either in the larger airways (bronchitis) or in the smaller air sacs (pneumonia).

Chickenpox

Chickenpox is highly contagious, but it is generally mild and gets better without the need for special treatment.

Children and vomiting

Mild vomiting is normal in most babies and improves over time.

Children's feet and shoes

A child learning to walk receives important sensory information from the soles of their feet, and shoes can make walking more difficult.

Choking

Don't slap a choking person on the back while they are upright - gravity may cause the object to slip further down their windpipe.

Colds

Cold viruses are spread by sneezing, coughing and hand contact.

Colic

Caring for a crying baby with colic can be stressful, so take some time out to calm down.

Constipation and children

A healthy diet, plenty of fluids, exercise and regular toilet habits can help relieve constipation in children.
Coughing and wheezing in children
Coughing and wheezing in babies can be distressing for you and your baby, but in most cases symptoms can be relieved at home.

Cradle cap
Cradle cap is not contagious and it is not caused by poor hygiene or bad parenting.

Croup
Croup is a viral infection of the throat and windpipe that causes noisy breathing, a hoarse voice and a harsh, barking cough.

Cysts
Cysts may be as small as a blister or large enough to hold litres of fluid.

Dental anxiety and phobia
Dental anxiety is common, but there are ways to help you manage it. Talk to your dentist about which strategies are right for you.

Dental treatment
Modern techniques mean that dental and oral health treatment is almost always painless.

Depression explained
The most important thing is to recognise the signs and symptoms and seek support.

Ear infections
It is estimated that around four out of five children will experience a middle ear infection at least once.

Epilepsy in children
Children with epilepsy generally have seizures that respond well to medication, and they enjoy a normal and active childhood.

Feet - problems and treatments
Correctly fitted shoes help you avoid foot and leg pain or injury.

Fever - children
Fever is a way in which the body fights infection. A fever is not dangerous and does not always indicate a serious illness.

Fever - febrile convulsions
A febrile convolution is a fit that occurs in children when they have a high fever.

Food allergy and intolerance
Food allergy is an immune response, while food intolerance is a chemical reaction.

Gastroenteritis in children
Gastroenteritis or Gastro can be dangerous for very young babies. Gastro is common in young children and spreads easily. Gastro is a bowel infection which causes diarrhoea (runny or watery poo) and...

Growing pains
Growing pains may cause a lot of pain but they are harmless and can respond to simple treatments.

Hand, foot and mouth disease
Good personal hygiene is essential to prevent the spread of hand, foot and mouth disease to others, both for those infected and their carers.

Head lice (nits)
No product can prevent head lice, but regular checks can help prevent the spread.

Hearing problems in children
The earlier that hearing loss is identified in children, the better for the child's language, learning and overall development.

Immunisation history statements for children
By law, parents or guardians must provide an Immunisation History Statement when enrolling children in any childcare service, kindergarten or primary school in Victoria.

Immunisations - vaccinations in Victoria, Australia (video)
Vaccinations are encouraged for all individuals living in the state of Victoria, Australia. The immunisation program in Victoria may be different than other countries, and individuals who have moved.
• Jaundice in babies
  If your baby is full-term and healthy, mild jaundice is nothing to worry about and will resolve by itself within a week or so.

• Lactose intolerance
  Symptoms of lactose intolerance include bloating, gas, abdominal pain and diarrhoea.

• Male Circumcision
  Male circumcision involves the surgical removal of the foreskin of the penis.

• Melissa's story (video)
  Melissa shares her story of how her baby caught chickenpox at 5 weeks old.

• Meningococcal disease
  Do not leave young adults alone if they suddenly develop a fever because they may become seriously ill very quickly.

• Nappy rash
  Most babies get nappy rash at some stage, no matter how well they are cared for.

• No Jab No Play
  No Jab No Play – from 1 January 2016, all parents/guardians seeking to enrol their child at an early childhood service in Victoria must provide evidence that the child is fully immunised for their age.

• Obesity in children - causes
  Once children are overweight, it takes a lot of effort for them to return to a healthy weight.

• Obesity in children - management
  If your child is overweight, you can help by making healthier lifestyle choices for yourself.

• Oral conditions - young children
  Oral thrush, mouth ulcers and cold sores are common oral conditions in babies and young children.

• Pain management (acute) - children
  If you think your child is in pain, always see your doctor for diagnosis and treatment.

• Pinworms
  Despite the unsavoury reputation, a pinworm infection (worms) is relatively harmless and easily treated.

• Tooth decay - young children
  Every child is at risk of tooth decay, but good feeding habits and oral care can help prevent decay in baby teeth.

• Whooping cough
  The major symptom of whooping cough is a severe cough, which is often followed by a 'whooping' sound.

**Immunisation**

• No Jab No Play
  No Jab No Play – from 1 January 2016, all parents/guardians seeking to enrol their child at an early childhood service in Victoria must provide evidence that the child is fully immunised for their age.

• Flu (influenza) – immunisation
  Influenza immunisation is recommended for people in known high risk groups.

• A Healthy Start to School
  A Healthy Start to School – a guide for parents of children in their foundation year of school.

• Fight flu this winter
  Fight flu this winter. Protect yourself – get vaccinated.

• Pre-immunisation checklist
This immunisation checklist will help you prepare so you know what to expect and what information you will need to give your GP or clinic staff before your immunisation.

- Immunisation history statements for children
  By law, parents or guardians must provide an Immunisation History Statement when enrolling children in any childcare service, kindergarten or primary school in Victoria.

- Childhood immunisation
  Being immunised from an early age helps protect your child against serious childhood infections.

- Immunisation – common questions
  We answer some common questions about immunisation, including how immunisation works, why it's important and where you can be immunised.

- Immunisations for older people
  Immunisations are important for you as you get older, because your immune system can become less effective at protecting you from some diseases.

- Why immunisation is important
  Immunisation saves lives. It protects you, your family and your community. And it also helps protect future generations by eradicating diseases.

- Immunisation – deciding which vaccines you need
  Everyone's immunisation needs are different and are influenced by your health, lifestyle, age and occupation.

- Immunisations – catch-ups and boosters
  If you’ve recently arrived in Australia or missed out on an immunisation for any reason, you may need catch-up doses.

- How to find your vaccination records
  If you’ve recently arrived in Australia or missed out on an immunisation for any reason, you may need catch-up doses.

- Melissa’s story (video)
  Melissa shares her story of how her baby caught chickenpox at 5 weeks old.

- 10 tips for secondary students on how to deal with immunisation
  10 tips for secondary students on how to deal with immunisation.

- Immunisation – DTP, polio, hep B and Hib
  A number of combined immunisations against diphtheria, tetanus and other infectious diseases are available to provide protection at various life stages.

- Immunisations for work
  Some jobs have a higher risk of exposure to infectious diseases, so if your job is one of these, it’s a good idea to check your immunisation status.

- Immunisation and pregnancy
  Immunisation can protect a woman and her unborn baby against many infectious diseases.

- Dr Margaret's Story (video)
  Access to vaccines has changed lives and protects our children from crippling diseases such as polio.

- Ros’ Story (video)
  Talk to a qualified medical expert like your doctor to find out more about immunisation.

- Caitlin and Liam's story (video)
  Find out how important you and your child's immunisation is to the most vulnerable members in our community.

- Immunisations – vaccinations in Victoria, Australia (video)
  Vaccinations are encouraged for all individuals living in the state of Victoria, Australia. The immunisation program in Victoria may be different than other countries and individuals who have moved.

- Immunisation in secondary schools
  Some immunisations are recommended for all Australian teenagers.

- Children and health services
  There is a range of subsidised and free health services, including services for mental health and dental health, available for children in Victoria.

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**Keeping yourself healthy**

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**betterhealth.vic.gov.au**
10 tips for happier step-parenting
Give your undivided attention when your child asks for it ...

10 tips for managing sibling rivalry
Teach your children to sort out minor differences themselves ...

10 tips to prepare your child for high school
Visit the school before the school year starts ...

Abdominal pain in children
Children may feel stomach pain for a range of reasons and may need treatment...

About child, family and relationship services (video)
Services include parent education to maternal and child healthcare, child care, crisis support, child protection, family violence and relationship services...

Acne
Acne is common and can make people of all ages feel embarrassed, but treatments can help if acne is causing distress ...

Addiction
Addiction is a craving to use a substance or to repeat a behaviour ...

Adoption
Adoption can give a secure family life to children who can't live with their birth family ...

A Healthy Start to School
A Healthy Start to School – a guide for parents of children in their foundation year of school ...

A Healthy Start to School
A Healthy Start to School – a guide for parents of children in their foundation year of school ...

Alcohol and drugs - dependence and addiction
Asking for help when you first suspect you have an alcohol or drug problem is important. If you think you have an addiction, speak to your local doctor or phone DirectLine ...

Alcohol and drug treatments and programs
Counsellors, doctors and other healthcare professionals can help if you have a problem with alcohol or drugs ...

Alcohol and teenagers
Alcohol is responsible for most drug-related deaths in the teenage population ...

Alcohol consumption – when things don't go to plan (video)
Don't give up if your plan doesn't work the first time ...

Alcohol explained
The size of a standard drink can vary according to the type of alcohol ...

Alcohol - how much is too much? (video)
Youth Central journalist Soren Frederiksen asks young people what they think is the limit for safe drinking and comes up with some interesting results ...

Alcohol - tips to turning down drinks (video)
Saying no can be hard. There are things you can do to make it easier ...

Allergies explained
Allergy occurs when the body overreacts to a 'trigger' that is harmless to most people ...

Amphetamines
Amphetamines are psychostimulant drugs that speed up the workings of the brain ...

Anabolic steroids
Prolonged misuse of steroids can cause liver damage and severe mood swings ...

Children with special needs
- Autism spectrum disorder (ASD)
  ASD is a complex disorder that affects a person's ability to interact with the world around them.
- Autism spectrum disorder - tips for parents
  Autism spectrum disorder is a lifelong condition, but you are not on your own and there are plenty of professionals and groups who can help.
- Cognitive disability and sexuality
  People with intellectual disability can express their sexuality in satisfying ways.
- Disability - schooling choices
  If your child has a disability, you need to consider extra issues when your child starts school.
- Down syndrome and family support
  For a person with Down syndrome, being included in all aspects of family life can lead to a successful life within the community.
- Down syndrome and health
  There are a number of significant health and medical issues that are more common in people with Down syndrome.
- Down syndrome and learning
  You should focus on what your child with Down syndrome can do, rather than what they can't do.
- Physical disability and sexuality
  Sexuality is a key part of human nature. Expressing sexuality in satisfying ways is important for everyone, including people with a disability. Some people with disability may need additional support.
- Sex and chronic illness
  Sexuality is a key part of human nature. Expressing sexuality in satisfying ways is important for everyone, including people with a disability. Some people with disability may need additional support.

Child safety and accident prevention

- Animals and child safety
  Children should always be closely supervised near animals and taught how to behave safely around pets.
- Bicycle safety and children
  As they grow and develop, and with the help of adults, children become increasingly aware of how they can manage their own safety and become safer road and bicycle users.
- Body image – tips for parents
  Give your child opportunities to appreciate their body for what it can do, rather than what it looks like.
- Bullying
  Parents can help with bullying by supporting their child and involving the authorities to find solutions.
- Child safety and injury prevention
  By making a few practical changes to your home, you can dramatically reduce the risk of injury to your child.
- Child safety – at home
  The best way to reduce the risk of injury to children is to remove a potentially dangerous item or add a safety product.
- Child safety in the car
  Taking care to restrain children correctly while travelling in a car is the best way to prevent injuries.
- Farm safety – children
  Children who live on farms are at greater risk of injury and death than their parents or other farm workers.
- Hot weather and child safety
  Babies and children can quickly lose body fluids in hot weather, which can lead to dehydration.
- Internet safety for children
  A child's digital footprint can be as easy to follow as their real footprints.
Mobile phone safety for children
Teach your child strategies for responding to mobile phone bullying.

Playgrounds and child safety
Play environments can be safe and beneficial for your child. With proper planning, you can make sure your child gets plenty of playtime activity.

Poisoning and child safety
Call the Poisons Information Centre on 13 11 26 immediately if you suspect your child has been poisoned or given the wrong medicine or the wrong dose of medicine.

Road and traffic safety for children
As they grow and develop, and with the help of adults, children become increasingly aware of how they can manage their own safety, and become safer road users.

Water safety for children
Toddlers are most at risk of drowning because they are mobile and curious but don't understand the danger of water.

Child protection and family violence

Bullying
Parents can help with bullying by supporting their child and involving the authorities to find solutions.

Child abuse - reporting procedures
Any person who believes, on reasonable grounds, that a child needs protection can notify Child Protection.

Child Protection Service
Child Protection provides child-centred, family-focused services to protect children from harm caused by abuse within the family.

Family violence - tips for children
Kids are not to blame for violence at home, it's not your fault and it's not a special secret.

Parenting support to help prevent abuse
There is a range of non-government agencies available to help families under stress in caring for their children.

Recognising when a child is at risk
Too many children are physically, sexually and emotionally abused and when this happens, it is up to adults to speak up.

Sexual abuse - helping your child
As a parent, you have an important role in helping your child recover from sexual abuse.

Grief and trauma

Death of a baby
Miscarriage, stillbirth or neonatal death is a shattering event for those expecting a baby, and for their families. Grief, relationship stresses and anxiety about subsequent pregnancies are common in.

Grief and children
It can be difficult to talk to a child about death, but it is important to be honest with them.

Grief – support services
People who have support from family and friends are less likely to suffer poor health after bereavement and loss.

Recent arrivals, asylum seekers and family support services
Provides an overview of family support programs and health services available to refugees and asylum seekers living in Victoria.

Sudden unexpected death in infants (SUDI and SIDS)
You can reduce your baby's risk of sudden unexpected death by providing a safe sleeping environment and avoiding tobacco smoke.

Trauma and children - newborns to two years
Babies and toddlers can be as affected by trauma as any other family member.

Trauma and children – tips for parents
Tell your child the facts about a distressing or frightening experience using language they can understand.

- **Trauma and children - two to five years**
  Preschoolers may not have the words but will show their distress at traumatic events through changes in behaviour and functioning.

- **Trauma and families**
  When a family is affected by trauma, everyone will react in a different way.

- **Trauma and primary school age children**
  Children look to their parents or carers to judge how to deal with a crisis.

- **Trauma and teenagers - common reactions**
  A teenager may be deeply upset by a traumatic event, but not share their feelings with their parents.

- **Trauma and teenagers - tips for parents**
  Teenagers may turn to friends rather than parents for support in times of trauma and distress.

- **Trauma - reaction and recovery**
  It is normal to have strong emotional or physical reactions after a distressing or frightening event, and help is available.

- **Youth suicide – the warning signs**
  All suicide threats are serious. You don't have to be a trained professional to help a person contemplating suicide.

**Support for parents**

- **About child, family and relationship services (video)**
  Services include parent education to maternal and child healthcare, child care, crisis support, child protection, family violence and relationship services.

- **A Healthy Start to School**
  A Healthy Start to School – a guide for parents of children in their foundation year of school.

- **A Healthy Start to School**
  A Healthy Start to School – a guide for parents of children in their foundation year of school.

- **Children and health services**
  There is a range of subsidised and free health services, including services for mental health and dental health, available for children in Victoria.

- **Community health centres**
  A community health centre is publicly funded and offers a range of health services to local residents.

- **Early support for a child with disabilities**
  For children diagnosed with a disability, getting the support they need as early as possible will give them the best chance of minimising the long-term effects of the disability.

- **Family and child support services**
  There are many government funded family support services available to help parents and young people deal with family issues.

- **Foster care, permanent care and adoptive parent support services**
  Provides an overview of the financial and family support services available to foster carers, families providing permanent care and adoptive parents.

- **Maternal and child health services**
  Your local maternal and child health service will be a great source of support after your baby is born.

- **Parenting centres support families**
  Early Parenting Centres help families whose children have sleep, feeding or other difficulties.

- **Parenting children through puberty**
  Puberty is a time of great change for your child, and for you as a parent too. You can help your child in many practical ways, mostly by being reassuring.

- **Parenting on your own**
  A person can become a single or sole parent for many different reasons. You may have chosen to start a family on your own, you may be separated or divorced, or your partner may have died. As a...
Parenting support to help prevent abuse
There is a range of non-government agencies available to help families under stress in caring for their children.

Phototherapy at Home
Jaundice is very common in newborns, so it’s nothing to be too worried about. Treatment is very easy and safe. It all happens using blue light from a special blanket that you wrap your baby in.

Recent arrivals, asylum seekers and family support services
Provides an overview of family support programs and health services available to refugees and asylum seekers living in Victoria.

Relationship support services
You may need outside help to resolve problems and ensure your relationship stays healthy and strong.

Year 12 exams - managing stress
Help your child manage stress during exams by getting them to use good study habits, eat well, exercise, relax, sleep and keep things in perspective.

Related Information
- A Healthy Start to School
A Healthy Start to School – a guide for parents of children in their foundation year of school.

- A Healthy Start to School
A Healthy Start to School – a guide for parents of children in their foundation year of school.

- Asthma explained
Asthma cannot be cured, but with good management people with asthma can lead normal, active lives.

- No Jab No Play
No Jab No Play – from 1 January 2016, all parents/guardians seeking to enrol their child at an early childhood service in Victoria must provide evidence that the child is fully immunised for their age.

- Mobile phone safety for children
Teach your child strategies for responding to mobile phone bullying.

Home
Related information on other websites
- Cybersmart
- Smart Online, Safe Offline
- Think U Know, Australian Federal Police

Content Partner
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