

### Where can I go for further information?

The **Better Health Channel** provides health and medical information to help individuals and their communities improve their health and wellbeing. It was established in May 1999 by the Victorian (Australia) State Government. See the '*Relationships and Family*' tab for a range of articles on various types of family relationships, improving relationships and managing conflict. See [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au).

**Family Relationship Services Australia** (FRSA) is the national peak body for family relationship and support services. FRSA supports community-based services that work with families, children and communities and work together with these services to strengthen the wellbeing, safety and resilience of families, children and communities. FRSA works collaboratively with the Australian Government and its agencies, related service networks, peak bodies and advocacy groups. See the '*Information*' link for a range of articles on topics such as family strengths, conflicts, step- and blended families and distance family relationships. See [www.frsa.org.au/site](http://www.frsa.org.au/site).

The **Raising Children Network**, funded under the Australian Government's Stronger Families and Communities Strategy, is a national website aimed at helping families care for their children. Articles on a range of topics, such as creating family routines and rituals and the types of chores preschoolers can be expected to do, are available at [www.raisingchildren.net.au](http://www.raisingchildren.net.au) under the '*Grown-ups*' tab. An article about healthy family relationships is also available on this website. A direct link is provided below:

- ▶ [www.raisingchildren.net.au/articles/families\\_that\\_work\\_well\\_-\\_cyh.html/context/312](http://www.raisingchildren.net.au/articles/families_that_work_well_-_cyh.html/context/312).

**Relationships Australia** (RA) is not-for-profit Australia-wide organisation that provides relationship support services for individuals, families and communities. RA offers services such as counselling, family dispute resolution and a range of family and community support and education programs. See [www.relationships.org.au](http://www.relationships.org.au) for more information. Articles relating to family relationships are accessible via the direct links below:

- ▶ *Partners – A Guide to Successful Relationships*: [www.relationships.org.au/relationship-advice/publications/partners-a-guide-to-successful-relationships.pdf](http://www.relationships.org.au/relationship-advice/publications/partners-a-guide-to-successful-relationships.pdf).
- ▶ *What about the Children? – Parenting Information*: [www.relationships.org.au/relationship-advice/publications/what-about-the-children.pdf](http://www.relationships.org.au/relationship-advice/publications/what-about-the-children.pdf).
- ▶ *Parenting Plan 'Share the Care' – Collaborative Parenting Apart* [www.relationships.org.au/relationship-advice/publications/parenting\\_plan.pdf](http://www.relationships.org.au/relationship-advice/publications/parenting_plan.pdf).



### Australian Institute of Family Studies

(AIFS) is an Australian Government statutory agency. Their role is to conduct research and communicate findings that affect family wellbeing to policy-makers, service providers and the broader community. Articles on a range of topics are available at [www.aifs.gov.au](http://www.aifs.gov.au) under the 'Publications' tab. An article about diverse families making a difference is also available on this website. A direct link is provided below:

- ▶ [www.aifs.gov.au/institute/pubs/factssheets/ssbrochure09/ssbrochure09.html](http://www.aifs.gov.au/institute/pubs/factssheets/ssbrochure09/ssbrochure09.html).

**Kidscount**, developed by the Australian Childhood Foundation, is a website for parents and carers that provides useful information about supporting children's development. It is available in a range of languages at [www.kidscount.com.au](http://www.kidscount.com.au). Information related to building healthy family relationships is available via a direct link provided below:

- ▶ [www.kidscount.com.au/english/chapter30.asp](http://www.kidscount.com.au/english/chapter30.asp).

**beyondblue** is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance-use disorders in Australia. Their mission is to provide a national focus and community leadership to increase the capacity of the broader Australian community to prevent depression and respond effectively [www.beyondblue.org.au/index.aspx](http://www.beyondblue.org.au/index.aspx).

A resource about strengthening family relationships, 'Taking Care of Yourself and Your Family' (John Ashfield, 2007) can be accessed via [www.beyondblue.org.au/index.aspx?link\\_id=7.980](http://www.beyondblue.org.au/index.aspx?link_id=7.980) under 'Family and Friends'.

The **Australian Psychological Society** is the largest professional association for psychologists in Australia. It spreads the message that psychologists make a difference to people's lives, through improving their health and wellbeing and increasing scientific knowledge. A tip sheet on understanding and managing relationship problems is available at [www.psychology.org.au](http://www.psychology.org.au) – See 'Tip Sheets' in the 'Publications and Products' tab for details.

**Early Childhood Australia** (ECA) is the peak national, non-profit, non-government organisation that acts in the interests of young children. They provide a range of options and outcomes to support growth and development of young children. ECA has gathered a range of articles on issues relevant to building healthy family relationships at [www.earlychildhoodaustralia.org.au](http://www.earlychildhoodaustralia.org.au). Direct links are provided below:

- ▶ [www.earlychildhoodaustralia.org.au/pdf/everyday\\_learning/LAH0903\\_sample.pdf](http://www.earlychildhoodaustralia.org.au/pdf/everyday_learning/LAH0903_sample.pdf).
- ▶ [www.earlychildhoodaustralia.org.au/pdf/everyday\\_learning/lah0502.pdf](http://www.earlychildhoodaustralia.org.au/pdf/everyday_learning/lah0502.pdf).



This resource and further information on the national KidsMatter Early Childhood initiative is available to download at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au). The KidsMatter Early Childhood team also welcomes your feedback which can be submitted through the website.



**Australian Government**  
**Department of Health and Ageing**



beyondblue



**Early Childhood Australia**  
A voice for young children

The KidsMatter Early Childhood information sheets are resources that have been developed in collaboration and with funding from the Australian Government Department of Health and Ageing. While every care has been taken in preparing this publication, the Commonwealth does not accept liability for any injury or loss or damage arising from the use of, or reliance upon, the content of this publication.