

BOOKS 4 Babies

giving books

sharing love

connecting through stories

Books for Babies is a new initiative of Dungog Shire Community Centre and aims to give every baby born in the Dungog Shire area a book pack to nurture and encourage a love of reading from birth. Each pack will include a beautiful book, book mark, library book bag and information on the importance of reading to children from birth with tips and hints on how to make reading easy and fun with babies.

Books for Babies is about investing in our children's future through growing readers. A love of reading is a gift, but it also empowers children with the skills and abilities they need for a life of learning. Through Books for Babies we are giving the gift of a book to every baby born in the Dungog Shire.

Reading to babies is a beautiful way to connect with your baby, share quiet time with each other and share stories of your childhood. It also encourages pre-literacy and social skills for a flying start to life, develops a child's communication skills, supports their wellbeing and helps build strong and loving relationships between parent and baby.

Sharing stories and reading to babies helps set children up for a life time of loving to read, of building skills that will help them in their lifelong learning, but also help children explore the wonder, joy of relaxation and love of reading and sharing stories.

Newcastle Permanent funded this project, and by doing so are investing in the future of every baby born in the Dungog Shire.

As well as giving Books for Babies book packs the program will also hold a number of free, fun, family books and reading activities across the Dungog Shire in the coming months. These activities will focus on encouraging and supporting families to read with their babies and young children, to connect with their local libraries – a great resource for book lovers, as well as support families to build social and support networks for them and their babies.

Giving a book to every baby born in our community we hope to nurture and share a lifelong love of reading.



A row of five colorful tote bags (pink, teal, purple, green, orange) with the text "This library belongs to BOOKS & Babies" and the "80/20" logo. The bags are arranged in a slightly overlapping manner, showing their handles and straps.

Background to the development of the project:

BOOKS 4 Babies
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**Bookmark
this date**

Thurs 11 May 10am
Dungog Library
for our launch of
Books 4 Babies

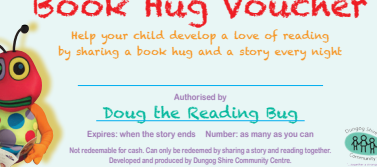
Doug the Reading Bug
will read some stories.
Enjoy cupcakes & milkshakes.
Get your book gift.

**Giving a book pack to every
baby born in our community
we hope to nurture &
share a lifelong love of reading.**

Read more at www.duganddoris.org.au

 0800 1133 • www.duganddoris.org.au

**CHARITABLE
FOUNDATION**





Book Hug Voucher

Help your child develop a love of reading
by sharing a book hug and a story every night

Authorised by
Doug the Reading Bug

Expires: when the story ends Number: as many as you can

*Not redeemable for cash. Can only be redeemed by sharing a story and reading together.
Designed and produced by Dunsig Shire Community Centre.*


[illegible]

Developing strong support networks for the project has been important to ensure that families are connected with the project, but more importantly the project brings benefit, learning and joy to families. Extensive consultation around how the project should develop, what resource materials should be

BOOKS 4 Babies

developed and what they should look and feel like and validating and recognising the important role health services, libraries, playgroups and early learning centres play in the lives of families and babies has been vital in establishing strong and sustainable project partners. Project partners include: family care Cottage – Early Childhood Health, the Dungog library and local playgroups.

The project launched on Thursday 11th May at Dungog Library, with over 30 families attending. 75 packs have been given to families so far and the feedback has been very positive.

Services giving out the packs report that it is a wonderful way to engage with new families, it makes new parents feel more relaxed and valued. It also gives the family worker something fun to do with the family – read a book to their new baby. This activity helps role model positive interacts and builds relationships.

Feedback from families has been of great appreciation and thanks for such a lovely gift from their community. Parents have reported that they love reading to their baby, that it is nice to have something to do with their baby that is about spending time together beyond care giving.

The library has reported more young families becoming members and playgroups have reported more new mums are coming along to playgroups with their babies.

Next steps:

- Continue to roll the project out across the Shire with smaller project launch events in other townships.
- Continue to raise the awareness of the importance of reading to children from birth with a range of reading related events and public messaging on a range of platforms – newspaper, facebook, school and childcare centre newsletters
- Creation of a website to support the projects sustainability as well as provide support to families to engage in literacy with their children.



Talk
• Sing
• Play
• Read
a book
today



Reading tips
for babies

Be Comfortable

Turn off the TV or radio and find somewhere comfortable for you and your baby.

Be Silly

Read in different voices and use sounds to make the story more fun.

Make a Routine

Try and spend 10 mins a day reading with your baby or share 1 book together a day. For example read with them at bed time each day.



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Alison Wright & Elizabeth Nelson,
Hunter New England Health

Lower Hunter Sector Newsletter

Family Care Cottage – Child and family health Nursing Services

Bette Nelson, Child and Family Health Nurse for Dungog and Alison Wright, Nurse Unit Manager, Family Care Cottage, Child and Family Health Nursing Service attended the launch of the Books 4 Babies, along with local families at the Dungog Library on 11th May 2017. Books for Babies is a new initiative by Dungog Shire Community Centre funded by Newcastle and Dungog Shire and aims to give every new baby born in the shire a book pack to encourage a love of reading. The program will also build a number of free reading activities across the shire. Health Nursing Service is pleased to support this program and will work with the Dungog Community Centre to ensure all newborn babies born in the shire receive a book pack.

Congratulations

Karissa Mangruder has been appointed as the new Acting NCM of the Emergency Department at The Midland Hospital. Karissa is not new to the organisation as she has been working in the Clinical Nurse Educator in the ED since 2012. We congratulate Karissa on her appointment and wish her well!

Eye Movement Desensitisation and Re-Processing (EMDR) Training at The Midland Hospital.

Hunter Valley Psychologists from CAMHS, HVRHS and MHSOP collaborated to secure a \$4000 HETI Allied Health Workplace Learning Grant towards an Introductory Workshop of Comprehensive Training in EMDR. Allied Health staff members across the District were invited to submit expressions of interest and 15 participants from the disciplines of Psychology and Social Work were selected to attend the training. The training occurred from 15-20 May 2017 at The Midland Hospital and included an introductory practical workshop followed by an extensive pre-workshop program of didactic instruction and reflection. Graham Taylor (Clinical Psychologist, Therapist Training) who facilitated the training said "the quality of the staff selected to attend the training was evident on day one... as they were able to practice the skills learnt with minimal instruction or supervision". Special thanks to Sharon Reed, Cath Wood, Chris Wilson, Pete Apostolatos, Bianca Pargett, Karen Markway, Kathryn Clarke and HETI for making this opportunity possible. Thanks also to the Allied Health Staff who fulfilled the organisational requirements of the training and to the Team and Service Managers for supporting staff attendance. Grant funding applications for 2017 to 2018 are being assessed and staff members are considering completing the Advanced Workshop later in the year. Photo: Alison Wright practices EMDR on Kate Rodgers under the supervision of Graham Taylor with Kate Nelson taking notes.

Update your payment summaries details before tax time

The end of financial year is fast approaching which means payment summaries for 2016-17 will soon be available. Staff can log into Stafflink Equities Self Service to make their personal details up to date. This will ensure you receive your payment summary on time, at the correct address and by your preferred method. Your address in Stafflink will be the address that appears on your payment summary and will also be the address that payment summaries are posted to for any employees who may have finished employment with any other NDH Health agency during the financial year.