

**NHS Greater Glasgow & Clyde  
Multilingual Health Information Directory**

**Child Health**

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## Scope

The child health topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by the Public Education Resource Library, NHS Greater Glasgow & Clyde. The research for this topic was carried out in the week beginning 30<sup>th</sup> April 2007 for one week only.

The sub-topics searched were

- Child health
- Breastfeeding
- Feeding new babies
- Handling babies
- Crying babies
- Cot death
- Child development
- Taking care of your baby
- Nutrition in toddlers
- Toilet training
- Meningitis
- Behavioural difficulties in children
- Hyperactive children
- Children and diabetes
- Down's syndrome
- Eczema
- Autism
- Asthma
- Immunisation
- Behaviour management
- Sleep patterns
- Tantrums
- Play
- Post natal depression
- Weaning
- Child safety

## **Specialist Child Health Sources**

### **Abuse and Child Cruelty**

#### **Barnardos**

<http://www.barnardos.org.uk/>

#### **Bullying Online**

<http://www.bullying.co.uk/>

#### **Childline**

<http://www.childline.org.uk/>

#### **International domestic violence and abuse agencies list.**

<http://www.hotpeachpages.net/>

#### **Kidscape**

<http://www.kidscape.org.uk/>

#### **NCH**

<http://www.nch.org.uk/>

#### **NSPCC**

<http://www.nspcc.org.uk/>

## Babies and young children

### **National Charity for Newborn Babies**

<http://www.bliss.org.uk/>

### **SIDS**

<http://www.sids.org.uk/>

### **The Association for Post Natal Illness**

<http://www.apni.org/>

## Child Nutrition

### **Breast Feeding Network**

<http://www.breastfeedingnetwork.org.uk/>

### **British Dietetic Association**

<http://www.bda.uk.com/>

### **British Nutrition Foundation**

<http://www.nutrition.org.uk>

### **Consensus action on salt and health**

<http://www.actiononsalt.org.uk/>

### **Diabetes UK**

<http://www.diabetes.org.uk/>

### **Eatwell**

<http://www.eatwell.gov.uk>

### **Food and Drink Federation**

<http://www.foodfitness.org.uk>

### **Food Standards Agency**

<http://www.food.gov.uk>

### **Healthy Living**

<http://www.healthyliving.gov.uk/>

### **Jane's Breast Feeding Resources**

<http://www.breastfeeding.co.uk>

### **La Leche League**

<http://www.lalecheleague.org>

### **Salt**

<http://www.salt.gov.uk>

## Parenting

### **Baby and Kids**

<http://www.babyandkids.co.uk/>

### **British Association of Play Therapists**

<http://www.bapt.info/>

### **Bullying Online**

<http://www.bullying.co.uk/>

### **Contact a family**

<http://www.cafamily.org.uk>

### **Downs Syndrome Association**

<http://www.downs-syndrome.org.uk/>

### **Education and Resources for Improving Childhood Continence**

<http://www.eric.org.uk>

### **Fathers Direct**

<http://www.fathersdirect.com>

### **Family and Parenting Institute**

<http://www.familyandparenting.org/>

### **Family Support**

<http://www.home-start.org.uk/>

### **Families Needs Fathers**

<http://www.fnf.org.uk/>

### **Gingerbread**

<http://www.gingerbread.org.uk>

### **National Family and Parenting Institute**

<http://www.nfpi.org>

**National Literacy Trust**

<http://www.literacytrust.org.uk/>

**One Parent Family Scotland**

<http://www.opfs.org.uk>

**One Plus One**

<http://www.oneplusone.org.uk/home.asp>

**Parents Online**

<http://www.parents.org.uk>

**Parentline Plus**

<http://www.parentlineplus.org.uk>

**Raising Kids**

<http://www.raisingkids.co.uk/>

**Relate**

<http://www.relate.org.uk/>

**Scottish Book Trust**

<http://www.scottishbooktrust.com/>

**Scottish Marriage Care**

<http://www.scottishmarriagecare.org/>

**Single Parent Action Group**

<http://www.singleparents.org.uk/>

**The Hyperactive Children's Support Group**

<http://www.irtbridges.org.uk/>

**The "Meet a Mum Association"**

<http://www.mama.co.uk/>

## Safety

### **Bicycle Helmut Initiative Trust**

<http://www.bhit.org.uk>

### **BSI Education**

<http://www.bsieducation.org>

### **Child Accident Prevention Trust**

<http://www.capt.org.uk>

### **Children's Fire and Burn Trust**

<http://www.childrenfireandburntrust.org.uk>

### **Children's Play Council**

<http://www.ncb.org.uk>

### **Collaboration for Accident Prevention and Injury Control (CAPIC)**

<http://www.capic.org.uk>

### **European Child Safety Alliance**

<http://www.childsafetyeurope.org>

### **EuroSafe**

<http://www.eurosafe.eu.com>

### **Headway**

<http://www.headway.org.uk>

### **Health and Safety Executive**

<http://www.hse.gov.uk>

### **Fire Service**

<http://www.fireservice.co.uk>

### **Hedgehogs**

<http://www.hedgehogs.gov.uk>

**Institute of Home Safety**

<http://www.instituteofhomesafety.co.uk>

**Kerbcraft**

<http://www.kerbcraft.org>.

**Let's Decide – Walk Wise**

<http://www.dft.gov.uk/>

**PACTS**

<http://www.pacts.org.uk/index.html>

**ROSPA**

<http://www.rospace.co.uk>

**Safe Routes to School**

<http://www.saferoutestoschools.org.uk>

**Slower speeds Initiative**

<http://www.slower-speeds.org.uk>

**Think**

<http://www.thinkroadsafety.gov.uk>

## Child Health Multilingual Resources Directory

### Abuse

<b>12 alternatives to hitting your child</b>	<b>Before you hit a child – stop and think</b>		
Description	Information for parents.	Description	Information about preventing child abuse.
Format	Leaflet	Format	Leaflet
Language	Chinese, English	Language	Arabic, Chinese, English, Russian, Turkish
Cost	Free	Cost	Free
Published	2003	Published	2004
Contact	NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a>	Contact	NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a>

## Addiction

<b>Family matters – how to approach drug issues with your family</b>	
Description	Information about talking to children about drug issues.
Format	Leaflet
Language	Arabic, Chinese, English, Punjabi, Russian, Turkish
Cost	Free to download
Published	2005
Contact	New South Wales Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a>

## Anorexia and Bulimia

<p><b>Anorexia and bulimia.</b></p> <p>Description Information regarding the issues around anorexia and bulimia.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Anorexia nervosa in children and young people</b></p> <p>Description Brochure briefly describes anorexia nervosa and the effects on children – especially girls.</p> <p>Format Leaflet</p> <p>Languages Arabic, Cantonese, Chinese, English, Mandarin</p> <p>Cost Free</p> <p>Published August 2002</p> <p>Contact Children's Hospital at Westmead <a href="http://www.healthtranslations.vic.gov.au/">http://www.healthtranslations.vic.gov.au/</a></p>
<p><b>Anorexia nervosa in children and young people</b></p> <p>Description A parents guide to recognising signs of an eating disorder.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>	<p><b>Understanding eating disorders</b></p> <p>Description Presents the facts about eating disorders and what parents can do about it.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>

## Dental

<p><b>Caring for babies' teeth</b></p> <p>Description Guide to keeping a baby's teeth healthy.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Punjabi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Tooth tip 1 (0-1 years)</b></p> <p>Description Tooth tips 0-12 months, for parents, grandparents and carers.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Somali, Turkish</p> <p>Cost free</p> <p>Published Unknown</p> <p>Contact Dental Health Services Victoria <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>
<p><b>Tooth Tip 2 (1-2 years)</b></p> <p>Description Tooth tips 1-2 years old, for parents, grandparents and carers.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Somali, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Dental Health Services Victoria <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>	<p><b>Tooth Tip 3 (2-6 years)</b></p> <p>Description Tooth tips 2-6 years old, for parents, grandparents and carers.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Somali, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Dental Health Services Victoria <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>

## Infant Nutrition and Health

<p><b>Bottle feeding your baby</b></p> <p>Description Information covering the main issues of bottle feeding your baby.</p> <p>Format Leaflet</p> <p>Language English, Somali, Turkish.</p> <p>Cost 20 pence each</p> <p>Published 2005</p> <p>Contact Health Information East London <a href="http://www.hiel.nhs.uk/">http://www.hiel.nhs.uk/</a></p>	<p><b>Bottle feeding your baby</b></p> <p>Description A fact sheet provides general information for carers about how to bottle-feed babies</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese Simplified, Chinese Traditional, English, French, Russian, Somali</p> <p>Cost free</p> <p>Published Unknown</p> <p>Contact Health Information Translations <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>
<p><b>Breast feeding your baby</b></p> <p>Description Information promoting the benefits of breast feeding.</p> <p>Format Leaflet</p> <p>Language English, Somali, Turkish.</p> <p>Cost 20 pence each</p> <p>Published 2005</p> <p>Contact Health Information East London <a href="http://www.hiel.nhs.uk/">http://www.hiel.nhs.uk/</a></p>	<p><b>Candida (thrush) in babies</b></p> <p>Description A fact sheet provides general information about Candida (thrush) in babies, how it occurs, what may cause it, how it is treated.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Somali, Turkish</p> <p>Cost Free</p> <p>Published 2002</p> <p>Contact St Vincent's Hospital Melbourne – Department of Dermatology <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>
<p><b>Caring for your new baby at home</b></p> <p>Description Information on looking after a newborn baby.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Coping with your baby's crying</b></p> <p>Description A fact sheet provides general information about coping with baby's crying</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese Traditional, English, Russian, Somali</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Health Information Translations <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>
<p><b>Croup and bronchiolitis – child health fact sheet</b></p> <p>Description Information about croup and bronchiolitis.</p> <p>Format Leaflet</p> <p>Languages English, Somali, Turkish</p> <p>Cost free</p> <p>Published Unknown</p> <p>Contact DHS-Office for Children <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>	<p><b>Good ways to settle babies under six months: a parent's guide</b></p> <p>Description A parents' guide to settling babies.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>

<p><b>How breastfeeding works</b></p> <p>Description Tips on breastfeeding.  Format Leaflet  Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free  Published 2003  Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>How to sterilise bottles and utensils</b></p> <p>Description Guide to sterilising babies bottles and teats.  Format Leaflet  Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free  Published 2004  Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Is the baby too hot or too cold?</b></p> <p>Description A guide to keeping a baby at a comfortable temperature.  Format Leaflet  Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free  Published 2003  Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Is your baby at risk of developing asthma?</b></p> <p>Description A guide to reducing the risk of asthma in babies.  Format Leaflet  Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free  Published 2004  Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Jaundice in newborn babies</b></p> <p>Description Fact sheet on jaundice.  Format Leaflet  Language Arabic, Chinese, English, Turkish</p> <p>Cost Free  Published 2003  Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>MMR</b></p> <p>Description Information on MMR immunisations.  Format Leaflet  Language Turkish and Urdu.</p> <p>Cost Free  Published 2005  Contact NHS Direct  <a href="http://www.nhsdirect.nhs.uk/">http://www.nhsdirect.nhs.uk/</a></p>
<p><b>Nappy Rash</b></p> <p>Description Information on nappy rash.  Format Leaflet  Language Turkish and Urdu.</p> <p>Cost Free to download  Published Unknown  Contact NHS Direct  <a href="http://www.nhsdirect.nhs.uk/">http://www.nhsdirect.nhs.uk/</a></p>	<p><b>Nappy rash</b></p> <p>Description A fact sheet providing information about nappy rash, how it occurs, what may cause it, and how it is treated.  Format Leaflet  Languages Arabic, Chinese, English, Russian, Somali, Turkish</p> <p>Cost Free  Published 2002  Contact St Vincent's Hospital Melbourne – Department of Dermatology  <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>

<p><b>Preparation of formula feeds</b></p> <p>Description Instruction for preparing formula feeds.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Skin care in babies and young children</b></p> <p>Description A fact sheet provides general information for carers about how to take care of babies and children's skin.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Somali, Turkish</p> <p>Cost free</p> <p>Published 2002</p> <p>Contact St Vincent's Hospital Melbourne – Department of Dermatology <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>
<p><b>Settling a baby to sleep</b></p> <p>Description A guide for parents to help their babies settle.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Starting your baby on family foods</b></p> <p>Description Weaning information for babies.</p> <p>Format Leaflet</p> <p>Language English, Somali, Turkish.</p> <p>Cost 20 pence each</p> <p>Published 2005</p> <p>Contact Health Information East London <a href="http://www.hiel.nhs.uk/">http://www.hiel.nhs.uk/</a></p>
<p><b>Stress – it affects babies too</b></p> <p>Description A guide for parents to help children cope with stress.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Teach your baby to drink from a cup</b></p> <p>Description A guide for parents on how to teach children to use a cup.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Teething</b></p> <p>Description Information on teething.</p> <p>Format Leaflet</p> <p>Language Turkish and Urdu.</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact NHS Direct <a href="http://www.nhsdirect.nhs.uk/">http://www.nhsdirect.nhs.uk/</a></p>	<p><b>The Complementary Feed. (FS No 9)</b></p> <p>Description Guide to giving complementary feeds during breastfeeding.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>

## General Health Issues

<p><b>A guide to immunisations for babies up to 15 months</b></p> <p>Description A parents guide.            Format leaflet            Language Arabic, Chinese, Punjabi, Urdu, Turkish            Cost Free to download            Published 2004            Contact Health Scotland  <a href="http://www.healthscotland.com/index.aspx">http://www.healthscotland.com/index.aspx</a></p>	<p><b>Bedwetting in children</b></p> <p>Description Information about bedwetting in children and adolescents.            Format Leaflet            Language Arabic, Chinese, English, Russian, Turkish            Cost Free            Published 2005            Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Coughs and colds in children</b></p> <p>Description Information about treating coughs and colds in children.            Format Leaflet            Language Arabic            Cost Free            Published 2004            Contact Patient UK  <a href="http://www.patient.co.uk/">http://www.patient.co.uk/</a></p>	<p><b>Head Lice – detection, treatment and prevention</b></p> <p>Description A4 leaflet, covering what are head lice, detection of headlice and treatments and prevention.            Format Leaflet            Language English, Somali, Turkish            Cost 20 pence each            Published 2005            Contact Health Information East London  <a href="http://www.hiel.nhs.uk/">http://www.hiel.nhs.uk/</a></p>
<p><b>Happy playtime makes happy children</b></p> <p>Description An illustrated guide to play.            Format Leaflet            Language Arabic, English            Cost Free            Published 2005            Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Hospital and children</b></p> <p>Description General information about children going into hospital.            Format Leaflet            Language Turkish, Urdu            Cost Free            Published Unknown            Contact NHS Direct  <a href="http://www.nhsdirect.nhs.uk/">http://www.nhsdirect.nhs.uk/</a></p>
<p><b>How to get your children moving</b></p> <p>Description A parents' guide to encouraging activity in children.            Format Leaflet            Language Arabic, Chinese, English, Russian, Turkish            Cost Free            Published 2004            Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>MMR</b></p> <p>Description A parents guide.            Format leaflet            Language Cantonese, Punjabi, Urdu, Turkish            Cost Free to download            Published 2005            Contact Health Scotland  <a href="http://www.healthscotland.com/index.aspx">http://www.healthscotland.com/index.aspx</a></p>

<p><b>MMR Discussion Pack</b></p> <p>Description A4 2 loose leaf binder on MMR.</p> <p>Format leaflet</p> <p>Language Cantonese, Punjabi, Urdu, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Health Scotland <a href="http://www.healthscotland.com/index.aspx">http://www.healthscotland.com/index.aspx</a></p>	<p><b>Self-esteem in young children under five</b></p> <p>Description A guide to developing self-esteem in young children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Talking to your child during daily activities</b></p> <p>Description Tips on helping children develop language skills.</p> <p>Format Leaflet</p> <p>Language Chinese, English</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Talking to your child in your language</b></p> <p>Description Tips to developing language skills in children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Play is all about learning – A guide for parents of children 0 – 2½ years</b></p> <p>Description A guide to learning and play.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	

## Medical Conditions

<p><b>A Parent's Guide To Newborn Screening For Phenylketonuria, Congenital Hypothyroidism and Cystic Fibrosis</b></p> <p>Description A parents guide.            Format Guide            Language Chinese, English, Turkish, Urdu            Cost Free            Published Unknown            Contact Health Scotland  <a href="http://www.healthscotland.com/">http://www.healthscotland.com/</a></p>	<p><b>A Parent's Guide To The Screening Test For Spina Bifida and Down's Syndrome</b></p> <p>Description A parents guide.            Format Guide            Language Chinese, English, Turkish, Urdu            Cost Free            Published Unknown            Contact Health Scotland  <a href="http://www.healthscotland.com/">http://www.healthscotland.com/</a></p>
<p><b>Asperger Syndrome</b></p> <p>Description Information about aspergers syndrome.            Format Leaflet            Language Arabic, Chinese, English, Farsi, French, Somali, Turkish, Urdu            Cost Free to download            Published Unknown            Contact Multikulti  <a href="http://www.multikulti.org.uk/">http://www.multikulti.org.uk/</a></p>	<p><b>Asthma and children: a guide to coping</b></p> <p>Description Parents' guide to coping with childhood asthma.            Format Leaflet            Language Arabic, Chinese, English, Russian, Turkish            Cost Free            Published 2004            Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Autism – how to help and understand your child</b></p> <p>Description Parents' guide to managing a child with autism.            Format Leaflet            Language Arabic, Chinese, English, Turkish            Cost Free            Published 2004            Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Bronchiolitis</b></p> <p>Description Information on bronchiolitis.            Format Leaflet            Language Arabic, Chinese, English            Cost Free            Published 2003            Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Constipation (1 year and beyond)</b></p> <p>Description Parents' guide to constipation – symptoms and treatment.            Format Leaflet            Language Arabic, Chinese, English, Turkish            Cost Free            Published 2004            Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Bringing up children with Down Syndrome</b></p> <p>Description Facts about Down Syndrome and the value of early education.            Format Leaflet            Language Arabic, Chinese, English, Russian, Turkish            Cost Free            Published 2005            Contact NSW Multicultural Health Communication  <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>

<p><b>Children with head injury</b></p> <p>Description Fact sheet providing information for parents or guardian whose child has just suffered a head injury.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English</p> <p>Cost free</p> <p>Published 2003</p> <p>Contact Children's Hospital at Westmead <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>	<p><b>Febrile convulsions</b></p> <p>Description How to cope with febrile convulsions.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Fever</b></p> <p>Description A guide to recognising fever in young children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Gastroenteritis – Child Health Fact Sheet</b></p> <p>Description Information on what is gastroenteritis and how it is passed.</p> <p>Format Leaflet</p> <p>Languages Chinese, English, Somali, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact DHS – Office for Children <a href="http://www.healthtranslations.vic.gov.au/">http://www.healthtranslations.vic.gov.au/</a></p>
<p><b>Gastroenteritis in children</b></p> <p>Description A guide to recognising and treating gastroenteritis in young children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Hand, foot and mouth disease</b></p> <p>Description Information about hand, foot and mouth disease.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Herpes simplex (cold sores)</b></p> <p>Description A fact sheet providing information about herpes simplex in children, how it occurs, what may cause it and how it can be prevented and treated.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Somali, Turkish</p> <p>Cost free</p> <p>Published 2002</p> <p>Contact St Vincent's Hospital Melbourne – Department of Dermatology <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>	<p><b>Middle ear infection – child health fact sheet</b></p> <p>Description Information on what is middle ear infection.</p> <p>Format Leaflet</p> <p>Languages Chinese, English, Somali, Turkish</p> <p>Cost free</p> <p>Published Unknown</p> <p>Contact DHS – Office for Children <a href="http://www.healthtranslations.vic.gov.au/">http://www.healthtranslations.vic.gov.au/</a></p>

<p><b>Problems with asthma? What you can do at home</b></p> <p>Description How changes in the home can reduce the risk of asthma attacks.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Urinary tract infection in children</b></p> <p>Description A parents' guide to recognising and treating babies and children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>What is Methicillin Resistant Staphylococcus Aureus (MRSA)?</b></p> <p>Description A guide to MRSA.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Punjabi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	

## Nutrition

<p><b>Healthy food and active lifestyle = happy life for my family</b></p> <p>Description A guide to healthy lifestyles for Arabic speakers.</p> <p>Format Leaflet</p> <p>Language Arabic, English</p> <p>Cost Free to download</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Helping children maintain a healthy weight</b></p> <p>Description Advice to help avoid weight problems in children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>How to pack a healthy lunchbox for children under five</b></p> <p>Description Healthy lunches for young children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Making food fun for children and parents</b></p> <p>Description Guide to avoiding feeding problems in young children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Milk and Young Children. (Arabic Version)</b></p> <p>Description A guide to milk drinking in children over 12 months.</p> <p>Format Leaflet</p> <p>Language Arabic, English</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Milk and Young Children. (Chinese Version)</b></p> <p>Description A guide to milk drinking in children over 12 months.</p> <p>Format Leaflet</p> <p>Language Chinese, English</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Nutrition for kids</b></p> <p>Description Information for parents on healthy food.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	

## Mental Health

<p><b>Anorexia nervosa in children and young people.</b></p> <p>Description A guide for parents to recognise eating disorders in young people.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Anxiety and children.</b></p> <p>Description Information regarding issues of anxiety and children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Anxiety in children.</b></p> <p>Description An overview about anxiety, how it can affect children and describes how parents can find out if these worries should be considered serious</p> <p>Format Leaflet</p> <p>Languages Arabic, Cantonese, English, Mandarin</p> <p>Cost free</p> <p>Published August 2002</p> <p>Contact Children's Hospital at Westmead <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>	<p><b>Anxiety in children – what we should know as parents?</b></p> <p>Description A guide for parents in recognising anxiety in children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>Behavioural problems and conduct disorder.</b></p> <p>Description A leaflet outlining the signs and treatments for behavioural and conduct disorders.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>ADHD and hyperkinetic disorder.</b></p> <p>Description A leaflet outlining the signs and treatments for ADHD and hyperkinetic disorder.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>

<p><b>Child and Adolescent Mental Health Problems – Family Help Kit.</b></p> <p>Description Resource providing an overview of the most common mental health problems that may affect children and adolescents</p> <p>Format Booklet</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost free</p> <p>Published 2001</p> <p>Contact Transcultural Mental Health Centre <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>	<p><b>Children who soil and wet themselves.</b></p> <p>Description A leaflet outlining issues surrounding why children soil and wet themselves.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>Children who do not go to school.</b></p> <p>Description A leaflet outlining why children do not go to school.</p> <p>Format Leaflet</p> <p>Language Arabic</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Crisis management – children in crisis.</b></p> <p>Description Fact sheet listing common reactions of children to traumatic events and suggests ways of helping them</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Somali</p> <p>Cost free</p> <p>Published 1999</p> <p>Contact DHS – Operations, Regional Operations Performance State Emergency Recovery Unit <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>
<p><b>Depression in children.</b></p> <p>Description A parents' guide for coping with depression in children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Disruptive disorders in children.</b></p> <p>Description Parents guide to recognising and coping with disruptive disorders in children</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Punjabi, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2002</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>

<p><b>Helping children with concentration problems</b></p> <p>Description A guide to Attention Deficit Hyperactivity Disorder.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact New South Wales Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Preventing youth suicide</b></p> <p>Description Information on risk factors and what can parents do.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>
<p><b>Schizophrenia in young people</b></p> <p>Description How to recognise the signs of schizophrenia in young people.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>	<p><b>Self-esteem in young children under five</b></p> <p>Description A guide for parents to develop self-esteem in young children</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost free</p> <p>Published Unknown</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.healthtranslations.vic.gov.au/">http://www.healthtranslations.vic.gov.au/</a></p>
<p><b>Stress it affects children too</b></p> <p>Description How parents can help their children cope with stress.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a></p>	<p><b>Teenagers and crisis</b></p> <p>Description Fact sheet listing common reactions to trauma and suggests ways for adults to help teenagers deal with crisis.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Somali</p> <p>Cost free</p> <p>Published January 1999</p> <p>Contact DHS – Operations, Regional Operations Performance State Emergency Recovery Unit <a href="http://www.healthtranslations.vic.gov.au/">http://www.healthtranslations.vic.gov.au/</a></p>

<b>Teenage moods – what is common what is not</b>		<b>Traumatic stress in children</b>	
Description	How parents can recognise the difference between normal moods and signs of mental illness.	Description	A leaflet outlining issues surrounding traumatic stress in children and how to get help.
Format	Leaflet	Format	Leaflet
Language	Arabic, Chinese, English, Russian, Turkish	Language	Arabic
Cost	Free	Cost	Free
Published	2004	Published	Unknown
Contact	NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/mhcs/index.html">http://www.mhcs.health.nsw.gov.au/mhcs/index.html</a>	Contact	The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a>

## Safety

<p><b>Car seat safety</b></p> <p>Description This presents information about car seat safety.</p> <p>Format Fact sheet, Audio, Multimedia, Web Video</p> <p>Language Arabic, English, Russian, Somali</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact Healthy Roads Media <a href="http://www.healthyroadsmedia.org/">http://www.healthyroadsmedia.org/</a></p>	<p><b>Care of your child in hot weather – Child Health Fact Sheet</b></p> <p>Description Information about hot weather and keeping children safe.</p> <p>Format Leaflet</p> <p>Languages English, Somali, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact DHS – Office for Children <a href="http://www.healthtranslations.vic.gov.au">http://www.healthtranslations.vic.gov.au</a></p>
<p><b>How safe is your kitchen?</b></p> <p>Description A guide to food poisoning.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Lead poisoning in children</b></p> <p>Description This information presents preventative information for lead poisoning in children.</p> <p>Format Fact sheet, Audio, Multimedia, Web Video</p> <p>Language English, Russian,</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact Healthy Roads Media <a href="http://www.healthyroadsmedia.org/">http://www.healthyroadsmedia.org/</a></p>
<p><b>Making your home a safer place</b></p> <p>Description A guide on home safety.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Teaching children good sense on the road</b></p> <p>Description A parents guide to road safety for children.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>
<p><b>When food causes disease</b></p> <p>Description A guide to preventing food poisoning.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Which foods should be kept in the fridge?</b></p> <p>Description Advice on food storage.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>