

Education and Professional Development Resources

ONLINE TRAINING

❖ **What women want to know – Pregnancy and Alcohol**

The 'The 'Women Want to Know' project encourages health professionals to routinely discuss alcohol and pregnancy with women and to provide advice that is consistent with the National Health and Medical Research Council's Australian Guidelines to Reduce Health Risks from Drinking Alcohol. For more information on this project and resources: <https://www.midwives.org.au/shop/women-want-know-pregnancy-and-alcohol-free-course>

❖ **Aboriginal and Torres Strait Islander Safe Infant Sleeping**

A FREE online eLearning course from the Queensland Health Clinical Skills Development Service (CSDS). The course aims to provide Aboriginal and Torres Strait Islander health practitioners with accurate and current evidence-based information about sudden unexpected deaths in infancy and fatal sleeping accidents, and the infant care practices demonstrated to reduce the risk of infant death. It also seeks to support staff in all acute and community facilities that care for families with young infants to practise, demonstrate, and actively promote safe sleeping environments known to reduce the risk of sudden infant death and fatal sleeping accidents. www.sdc.qld.edu.au/courses/123

❖ **Brief Interventions for a Healthy Lifestyle: Maternity and Child Health**

A FREE online eLearning course from The Queensland Health Clinical Skills Development Service (CSDS) which introduces the concept of brief intervention. The course provides guidance on how you can conduct brief interventions with clients about making healthy lifestyle choices that limit substance use, encourage healthy eating and incorporate physical activity into daily life. www.sdc.qld.edu.au/courses/226

TOOLKITS

❖ **The Training Manual and Audit Tools** have been developed by the Secretariat of National Aboriginal and Islander Child Care (SNAICC 2014). The training manual and audit tools have been created to support inter-agency partnerships in child and family service delivery for Aboriginal and Torres Strait Islander children and families. The publications provide a framework and tools for measuring progress towards achieving genuine partnership goals. www.snaicc.org.au/

❖ **Tool kit: Coping with sorrow, loss and grief - Aboriginal and Torres Strait Islander**

Lifeline's Coping with sorrow, loss and grief tool kit provides information about understanding what grief is, developing some strategies to help cope with sorrow, loss and grief, understanding what friends and family can do and where to go for help. www.mindhealthconnect.org.au/#!/partner-content/www-lifeline-org-au-articledocuments-584-coping20with20sorrow20loss20and20grief-pdf-asp

WEBINARS

- ❖ **The Australian Research Alliance for Children and Youth (ARACY)** post links to previous Webinars on their site as audio and PDF files – great for in-service sessions!
www.aracy.org.au/publications-resources/categories?id=5
- ❖ **TSU Webinars** found at;
<http://www.heti.nsw.gov.au/Rural-and-Remote/Training-and-support-unit-for-aboriginal-mothers-babies-and-children/TSU-Webinars/>

MULTIMEDIA

- ❖ **Aboriginal animations - Stories for Children** These animations aim to promote the social and emotional wellbeing of Aboriginal children. Each animation provides a story that highlights key messages about the day-to-day caring of Aboriginal children's wellbeing by parents, families and communities
<https://www.kidsmatter.edu.au/atsi-resources/aboriginal-animations/animations-and-themes>
- ❖ **Stories for keeping strong – Keep yourself healed (Beyondblue April 2015)**
Health workers play an important role in their community and the complex and challenging nature of the job can lead to depression, anxiety and burnout if workers do not take care time to look after themselves. Victorian Social and Emotional Wellbeing Workers share their practical tips and strategies for keeping strong and well. [Duration 7:13] www.youtube.com/watch?v=fcNNA_xgx-Q

POSTERS AND HANDBOOKS

- ❖ **Breastfeeding and You: A handbook for Antenatal Educators (Commonwealth of Australia 2015)**
The aim of this handbook is to contribute to breastfeeding promotion and support in the key antenatal stage, by providing information and resources on breastfeeding and adult learning to antenatal educators, program managers and health professionals who inform and support expectant women, their partners and families.
<http://www.health.gov.au/internet/main/publishing.nsf/Content/bay>

SCHOLARSHIP AND OPPORTUNITIES

- ❖ If you are an Aboriginal person wanting to study, or currently studying, nursing or midwifery at university, you can apply for support and assistance under the NSW Aboriginal Nursing and Midwifery Cadetship program:
<http://www.health.nsw.gov.au/nursing/aboriginal-strategy/Pages/aboriginal-cadetships.aspx>
- ❖ Scholarships are available from the Ministry of Health for both qualified nurses and midwives and those considering a career in nursing and midwifery:
www.health.nsw.gov.au/nursing/scholarship/Pages/default.aspx
- ❖ Thinking about a career move into Nursing or Midwifery? Take a look at the information available on the Nursing and Midwifery Office, NSW Ministry of Health's website: www.health.nsw.gov.au/nursing/employment/Pages/default.aspx