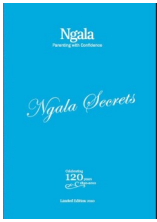


Ngala Resources

Books



NEW LIMITED EDITION—NGALA SECRETS

Commemorating Ngala's 120 years of supporting families, Ngala have released a beautifully presented hard back book of 'Ngala Secrets'. This book contains both the Secrets of Good Sleepers and the Secrets of Good Eaters. Stocks are limited so only available while stocks last.

The Secrets of Good Sleeper—2nd Edition (2010)

This book guides sleep for families of children aged 0-5. Content includes information on why sleep is important, how much sleep children need and provides information that will assist families to improve their children's sleeping patterns.



The Secrets of Good Eaters—2nd Edition (2010)

A guide to nutrition for families with children 0-3 years of age. Includes information on Breastfeeding, using infant formula, introducing solids and feeding toddlers.

DVD/CDs

Feeding my baby: the first year

This DVD is a helpful resource for parents who want to learn more about introducing solids to their baby. It provides parents with an evidence-based overview of nutrition for their baby during the first twelve months of life. For professionals, this DVD is also available as part of a pack. It comes with a CD ROM containing a Facilitators Manual and handouts which may be useful when conducting nutrition sessions with new parents.



Breast feeding is best for everyone (2009)

The DVD looks at, encouraging breastfeeding until six months of age, why breast feeding is best for everybody, dad's part in achieving breastfeeding success, maintaining breastfeeding and introducing solids, easy ways to express and store breast milk, and how breastfeeding supports in your community. Produced in six languages: Dinka, Swahili, Arabic (Sudanese), Kirundi and Tigrinya. Running time approx. 20 minutes

Building Brains CD for Professionals

This educational CD contains 3 presentations and accompanying facilitators notes outlining the importance of early brain development. The presentations cover—How Your Child's Brain Grows, What the Brain Does, Children Grow with Love.



Sleep DVD Series

The sleep series of three DVD's provide a guide to the sleep needs of babies and children. Information includes; how children sleep, how much sleep to expect, how to prepare environments to encourage sleep and how to improve sleep. Running time approx. 20 minutes each. Sleep Like A Baby for babies aged up to 7 months. And So To Sleep for babies & children aged 7 months to 2 years



P.L.A.Y. Parents Learning About You DVD Series

This series of four DVD's looks at how play and everyday activities can be used to enhance a child's development. Information includes different ways to play with children, how to encourage language and communication skills through play, encouraging exploration through play and how to teach new skills as children grow. DVDs cover 0-1 year, 1-2 years 2-3 years and 3-4 years. Running time approx. 25 mins each.



Ngala Parenting Tip Sheets and Reference Guides



Parenting Tip Sheets & Guides

Ngala produce a range of tip sheets and reference guides that may be useful to parents or professional working with families with babies and young children. Please see order for variety of Tip Sheets.

To order phone 9368 9370 or purchase online at

www.ngala.com.au

