



FEBRUARY

24

JANUARY

25



KEEP BUBS STRONG BY STAYING INFORMED

Ask at your local Aboriginal Health Service to find out more about the Strong Bubs, Strong Families parenting groups near you.

FEBRUARY

KEEP BUBS STRONG BY STAYING INFORMED

MON	TUE	Wed	Thu	Fri	Sat	SUN
			1 HeartKids Awareness Month	2	3	4 World Cancer Day
5 Feeding Tube Awareness Week	6	7	8	9	10	11
12	13 Anniversary of National Apology	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

The SAWCAN Strong Bubs, Strong Families and Tackling Indigenous Smoking programs are here all year-round to support our Partner Organisations and communities to achieve better health outcomes for Mob and to keep you up to date with the current health and child development information.

Left to right - top to bottom: **Zena Wingfield** (Barngarla Woman), **Sonearae Bilney** (Wirangu, Kokatha, Mirning, Barngarla, Kaalamaya Kaprurn Woman), **Ishmaela Champion** (Kaalamaya, Kaprurn, Mirning Woman) **Mary-Anne Williams, Stephanie Dudley** (Wirangu, Adnyamathanha, Mirning, Kokatha Woman) with baby **Luana Warren** (Wirangu, Adnyamathanha, Deri, Antakirinja), **Tayla Schultz** with baby **Koa Schultz** and **Jacinta Smith** (Wirangu-Kokatha Woman) with baby **Armina Brandon** (Wirangu-Kokatha and South Sea Islander)

STRONG BORN



OUR MOB, STRONG BABIES, STRONG FUTURE

Keep bub STRONG by saying no to grog pre-conception, whilst pregnant and when breastfeeding.



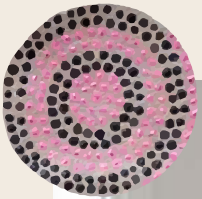
MARCH

OUR MOB, STRONG BABIES, STRONG FUTURE

MON	TUE	Wed	Thu	Fri	Sat	SUN
				1	2	3
					Melanoma March	World Hearing Day
4	5	6	7	8	9	10
				International Women's Day	National Day of Women Living with HIV	
11	12	13	14	15	16	17
Adelaide Cup Day	World Glaucoma Week		World Kidney Day			
18	19	20	21	22	23	24
Neurodiversity Celebration Week	Multiple Birth Awareness Week	World Oral Health Day	National Closing the Gap Day			
25	26	27	28	29	30	31
				Good Friday	Easter	Easter

STRONG BUBS, STRONG FAMILIES

Keep bub STRONG by getting regular
ASQ-TRAK screens.



APRIL

STRONG BUBS, STRONG FAMILIES

MON	TUE	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
Easter	Autism Awareness Day					
8	9	10	11	12	13	14
15	16	17	18	19	20	21
		Nature Play Week		Youth Homelessness Matters Day		World Creativity and Innovation Day
22	23	24	25	26	27	28
		World Immunisation Week				
29	30					
Heart Week						

ASQ-TRAK is an easy-to-use, culturally informed tool that highlights your bub's strengths and catches delays early.

Book in with your local Aboriginal Health Service today!

Left to right: **Shellander Champion** (Adnyamathanha, Kuyani, Mirning, Kaprun Woman), **Keera Bilney** (Barnjarla Woman), **Courtney Larking** (Barnjarla, Wirangu, Kokatha Woman) with baby **Yari Miller Junior** (Wirangu, Ballardong, Whadjuk)

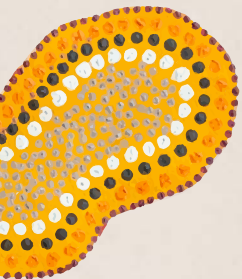
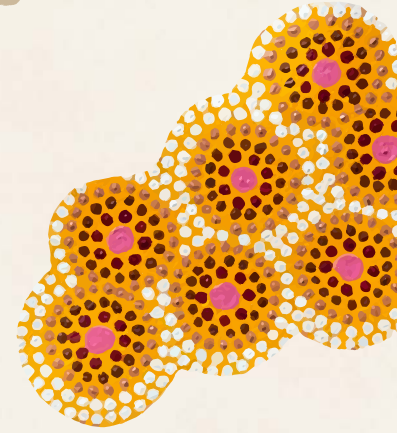
KEEP BUB STRONG BY NOT SMOKING OR VAPING THROUGHOUT YOUR PREGNANCY.

“I quit with the encouragement from my wife. I want to ensure I make healthier lifestyle choices for me and my children.”

Charlie, ex-smoker

“I want to set a good example for my children and stay healthy. I never liked the smell of cigarettes, so it has never become a habit for me.”

Latoya, non-smoker



MAY

PUYU WIYA – FOR YOUR HEALTH, FAMILY AND COMMUNITY

MON	TUE	Wed	Thu	Fri	Sat	SUN
		1	2	3 Lung Health Awareness Month	4	5 World Hand Hygiene Day International Day of the Midwife
6	7 World Asthma Day	8	9	10	11	12 Mother's Day International Nurses Day
13	14 National Families Week	15 International Day of Families	16	17	18	19
20 National Volunteer Week	21	22	23	24	25 Kidney Health Week	26 National Sorry Day
27 National Reconciliation Week	28	29	30	31 World No Tobacco Day		

Charlie Jackson (Narungga, Ngarrindjeri, Kaurma Man),
Latoya Jessi-Lee Jackson (Wirangu, Kokatha Woman)

STRONG BORN



SAFE PREGNANCIES ARE MEN'S BUSINESS TOO

Keep bub STRONG by staying healthy and alcohol-free together.



JUNE

OUR MOB, STRONG BABIES, STRONG FUTURE

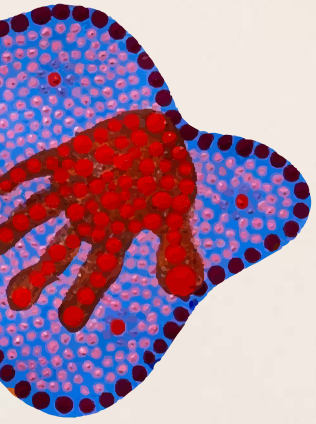
MON	TUE	Wed	Thu	Fri	Sat	SUN
					1	2
					PRIDE Month	Bowel Cancer Awareness Month
3	4	5	6	7	8	9
Mabo Day						
10	11	12	13	14	15	16
Men's Health Week			National Blood Donor Week		World Elder Abuse Awareness Day	
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Left to right: **Drew Allen** (Adnyamathanha Man),
Zia Allen (Wirangu), **Arlo Allen** (Wirangu), **Kadisha**
O'Loughlin (Wirangu, Wangatha Woman)

KEEP BUB STRONG BY CONNECTING WITH YOUR LOCAL ABORIGINAL HEALTH SERVICE.

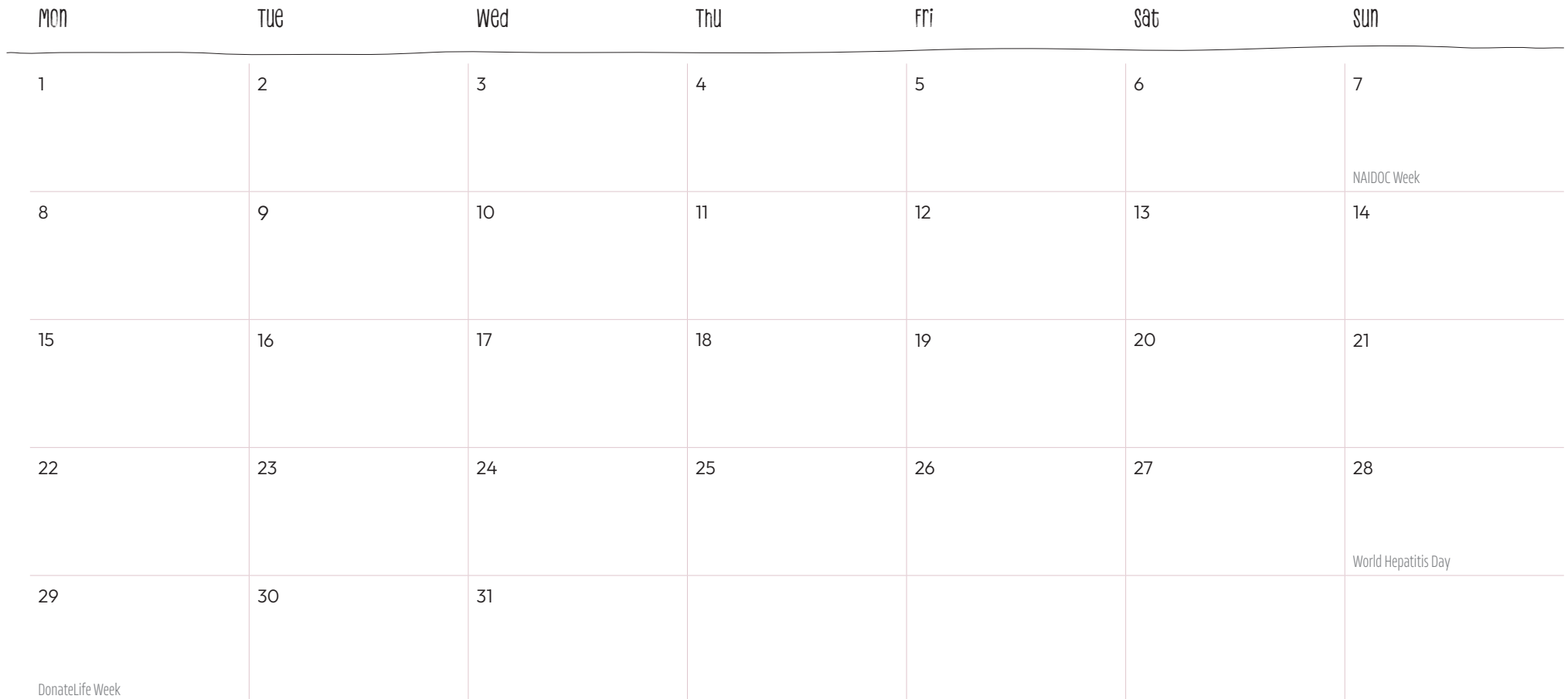
“As a child health worker, my role is to help support my Mob. Making sure our families are growing to live strong and healthy. Reaching developmental milestones... from our parents down to our next generation of children. This is what’s important to me.”

Sonearae Bilney, Child Health
Coordinator, Yadu Health
Aboriginal Corporation



JULY

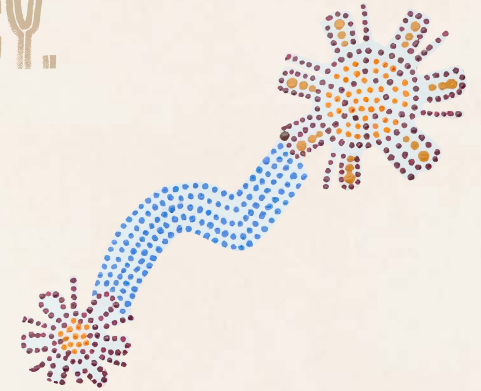
STRONG BUBS, STRONG FAMILIES



MON	TUE	Wed	Thu	Fri	Sat	SUN
1	2	3	4	5	6	7 NAIDOC Week
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 World Hepatitis Day
29 DonateLife Week	30	31				

Sonearae Bilney (Wirangu, Kokatha, Mirning, Barngarla, Kaalamaya Kaprurn Woman) with baby **Surae Bilney-Kruger** (Wirangu, Kokatha, Mirning, Barngarla, Kaalamaya Kaprurn, Arrernte, Malakmalak)

KEEP BUB STRONG BY STAYING SMOKE AND VAPE-FREE DURING YOUR PREGNANCY.



“I started smoking as a teenager. Before my grandfather passed, he asked me to stop smoking, so now I don’t smoke, and I don’t vape. I have been smoke-free for 8 years.”

Terrance, ex-smoker

“I’ve never smoked because my mum smoked while pregnant with me and I had respiratory issues when I was younger.”

Lorraine, non-smoker



AUGUST

PUYU WIYA – FOR YOUR HEALTH, FAMILY AND COMMUNITY

MON	TUE	Wed	Thu	Fri	Sat	SUN
			1 World Breastfeeding Week	2	3	4 Jeans for Genes National Aboriginal and Torres Strait Islander Children's Day
5 National Homelessness Week	6	7 Dental Health Week	8	9 Red Nose Day International Day of World's Indigenous People	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Speech Pathology Week	27	28	29	30	31 Daffodil Day	

STRONG BORN



KEEP BUB STRONG BY NOT DRINKING Grog

Because looking after yourself means STRONG born babies and a STRONG future for our Mob.



National Alcohol Countermeasures Campaign
National Alcoholism and Alcohol Abuse Helpline

SEPTEMBER

OUR MOB, STRONG BABIES, STRONG FUTURE

MON	TUE	Wed	Thu	Fri	Sat	SUN
						1 Father's Day
2	3	4 Indigenous Literacy Day World Sexual Health Day	5	6	7	8
9 International Fetal Alcohol Spectrum Disorder Awareness Day	10 World Suicide Prevention Day	11	12 R U OK? Day	13	14	15
16	17	18 Dementia Action Week	19	20	21 World Alzheimer's Day	22
23	24	25	26	27	28	29 World Heart Day
30						

Left to right: **Peter** (Kokatha, Wirangu, Noongar), **Zoe McAllister** (Noongar Woman), **Isaiah** (Anangu, Noongar) and **Trevor Johncock** (Wirangu, Mirning Man)

KEEP BUB STRONG BY CONNECTING AND SOCIALISING WITH OTHER MUMS.



Did you know?
Local parenting or mums
and bubs groups are a great
way to improve the social
and emotional wellbeing of
both mum and bub.



OCTOBER

STRONG BUBS, STRONG FAMILIES

MON	Tue	Wed	Thu	Fri	Sat	SUN
	1 Breast Cancer Awareness Month	2	3	4 World Smile Day	5	6 World Cerebral Palsy Day
7 Labour Day	8	9	10 World Homeless Day World Mental Health Day	11	12	13
14	15 National Carers Week	16	17	18 Loud Shirt Day: Kids with Hearing Loss Developmental Language Disorder Awareness Day	19	20
21 Children's Week: The Right of Children to Enjoy Childhood	22	23	24	25	26	27 Grandparents' Day
28	29	30	31			

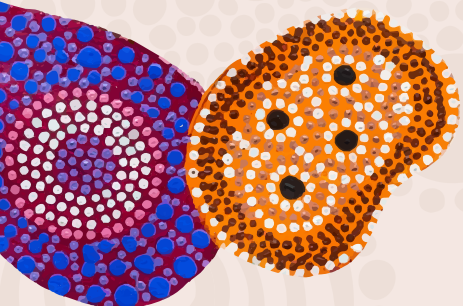
Left to right: **Stephanie Dudley** (Wirangu, Adnyamathanha, Mirning, Kokatha Woman) with baby **Luana Warren** (Wirangu, Adnyamathanha, Deri, Antakirinja), **Jacinta Smith** (Wirangu-Kokatha Woman) With baby **Armina Brandon** (Wirangu-Kokatha and South Sea Islander) and **Tayla Schultz** with baby **Koa Schultz**

STRONG BORN



KEEP BUB STRONG BY NOT DRINKING GROG

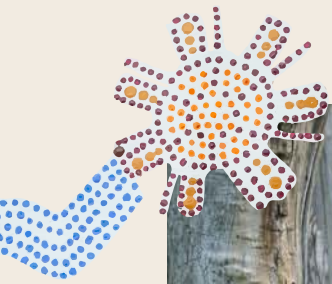
Did you know that whatever mum drinks, bub does too? Drinking grog can give your baby Fetal Alcohol Spectrum Disorder which is a life-long disability.



NOVEMBER

OUR MOB, STRONG BABIES, STRONG FUTURE

MON	TUE	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
Remembrance Day		World Kindness Day	World Diabetes Day			
18	19	20	21	22	23	24
	International Men's Day	World Children's Day				
25	26	27	28	29	30	
International Day for the Elimination of Violence Against Women						



STRONGER TOGETHER

Keep bub STRONG by helping communities to be smoke, vape and alcohol-free while pregnant. We all have a role to play in keeping Mob strong.

DECEMBER

TOGETHER WE CAN CREATE CHANGE

MON	TUE	Wed	Thu	Fri	Sat	SUN
						1 World AIDS Day
2	3 International Day of Persons with Disabilities	4	5 International Volunteer Day	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas Day	26 Boxing Day	27	28	29
30	31 New Year's Eve					

Here at SAWCAN, our elves are busy increasing capacity at your local Health Service to create strong bubs, strong families and strong communities.

We wish your family a safe and happy Christmas!



JANUARY 2025

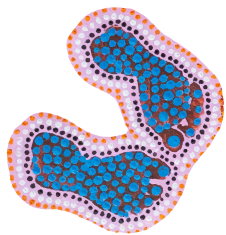
STRONG BUBS, STRONG FAMILIES, STRONG CULTURE

MON	TUE	Wed	Thu	Fri	Sat	SUN
		1	2	3	4	5
					World Braille Day	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	International Day of Education	Survival Day

This artwork symbolises the journey between mums and bubs connecting from birth.

The 'X' in the middle represents four family tribes on the West Coast coming together as one, from Yalata, Koonibba, Ceduna and Thevenard.

The artwork was developed by participants from the Yadu Healthy Mums Strong Bubs Project and local artist Janine Gray.



SOUTH AUSTRALIAN WEST COAST ACCHO NETWORK (SAWCAN) CALENDAR

The SAWCAN Strong Bubs, Strong Families and Tackling Indigenous Smoking programs are committed to supporting better health outcomes for Aboriginal children and their families across the Eyre and Far West Coast of South Australia.

For more information on SAWCAN and our programs please follow us on our social pages by scanning the QR code.



ACKNOWLEDGEMENTS

This calendar was produced by:
the South Australian West Coast ACCHO Network (SAWCAN).

A special thank you to the SAWCAN Partnering Organisations for their contribution to this resource, namely, Yadu Health Aboriginal Corporation, Nunyara Aboriginal Health Service, Port Lincoln Aboriginal Health Service, Tullawon Health Service and Oak Valley Health Service.

We thank all our local ambassadors who gave their time to participate in this important health promotion resource.

We would like to acknowledge the following funding organisations for their ongoing support: Paul Ramsay Foundation 'Strengthening Early Years Project', National Aboriginal Community Controlled Health Organisation (NACCHO) and Tackling Indigenous Smoking Initiative funded by the Australian Government Department of Health.

