

RESOURCE REVIEW

COMMUNITY AND FAMILY STUDIES

supplied by Louise Weihen

Websites...

www.boardofstudies.nsw.edu.au Board of Studies, NSW

*Search Community and family Studies - online multiple choice database (Trial tests), examination papers, syllabus, support documents, resource list, notes from marking centre

www.curriculumsupport.education.nsw.gov.au/index.htm NSW Department of Education and training – Curriculum Support

Select Years 7-12 from top menu bar, then click on PDHPE, followed by Stage 6 on the left-hand bar. Select Stage 6 CAFS for a range of sample programs and useful resources.

www.hsc.scu.edu/cafs NSW HSC Online

Includes syllabus, exams, assessment and resources.

<http://www.abs.gov.au/>

Lots of fantastic resources to use as stimulus material and for research. The Cumulative List of Articles Under Australian Social Trends is very useful and a good starting point.

<http://infocus.sl.nsw.gov.au/res/syllist.cfm?syllName=COMMUNITY%20%26%20FAMILY%20STUDIES>

In focus HSC assistance – State Library of NSW Community and Family Studies
Provides 97 articles and related data that cover the whole range of units and topics for this subject. An excellent resource.

<http://liac.sl.nsw.gov.au> Legal Information Access Centre – State Library of NSW State-wide service providing free access to information about the law. Legal Tool Kit has some excellent publications, many of them free.

www.familylawcourts.gov.au

www.familycourt.gov.au Family Court of Australia

Similar and linked sites with information you can download including brochures and booklets, fact sheets and other publications. Includes the most recent updates about changes to family Law Act. An excellent set of sites.

www.kids.nsw.gov.au NSW Commission for Children and Young People

Information on the Commission, child protection, child care, parenting, children in care and children's rights. The KIDS STATS on the menu bar is excellent!! It has overviews, tables and charts on family, child care, school and work, community, health, crime and safety, economic security and demographics. There are also some great ideas in Resources (speeches, kits) and Our Work for Kids (research, projects). Great resource for exam questions, IRP research and class activities.

www.napcan.org.au

Site is updated regularly ... so print of and save anything good you find as soon as you find it!!
Good brochures on importance of play, child safety and other related issues.

<http://childfriendly.org.au> Child Friendly Australia

Under Child Friendly Communities there is great information on child friendly initiatives, family and community workshops and community action networks that are great case studies to use. The TOOLBOX has materials including a positive parenting kit, a child friendly Australia community action kit, local tools and parenting brochures. Easy to navigate, clear and attractive site.

www.actf.com.au/learning_centre/senior_resources.htm Australian Children's Television Foundation

Study Kits for films and TV series distributed by the ACTF are designed for senior secondary, tertiary and community educators. Study guides are written by experts in particular areas of the curriculum. Each Study Kit is referenced to generic senior secondary and tertiary subjects from each state and territory.

Title	Resources in Study Kit	Subjects
<p>Australian Feature Rules Film</p> <p>Rated M: Medium level violence Drug Adult Themes</p>	<p>Film Synopsis Study Guide Media Kit Article Reviews</p>	<p>Aboriginal Studies Australian Studies Community and Family Studies English Media and Film Studies Studies of Society and Environment</p>
<p>My Brother Jack 2 part TV miniseries</p> <p>Rated M: Medium level violence Low level sex scenes Nudity Adult themes</p>	<p>Film Synopsis Study Guide Media Kit Article Resources for History Teachers</p>	<p>Australian Studies English History Media and Film Studies Studies of Society and Environment</p>
<p>Yolngu Boy Feature film</p> <p>Rated M 15+: Adult themes Low level course language</p>	<p>Introduction Film Synopsis Study Guide Press Kit Reviews and News Flash Trailer Behind the Scenes</p>	<p>Aboriginal Studies Australian Studies Community and Family Studies Dance English Media and Film Studies Studies of Society and Environment</p>
<p>House Gang TV series</p> <p>Rated PG: Low level course language Drug references</p>	<p>Study Guide</p>	<p>English Media and Film Studies Psychology SOSE and Citizenship Education Disability Studies Youth Studies Studies of Society and Environment</p>

<http://www.humanrights.gov.au/education/youthchallenge/> Youth Challenge

Resources and activities for teaching human rights and responsibilities. Each unit is designed to help students gain awareness about different human rights issues; the inception of the Universal Declaration of Human Rights, the impact of disability issues in schools, the various scenarios facing young people in the workplace, and the implications of sexual harassment in schools.

<http://www.humanrights.gov.au/info%5Ffor%5Fteachers/>

The Human Rights and Equal Opportunity Commission (HREOC) has developed a structured online human rights education program as a direct response to increased demands for human rights education resources in schools and the relative absence of relevant published material. Has detailed links to curricula and includes strategies for teaching about international instruments and domestic laws, but most importantly, encourages students to explore the relevance of human rights to their own experiences and communities.

<http://www.abs.gov.au/>

Lots of fantastic resources to use as stimulus material and for research. The Cumulative List of Articles under Australian Social Trends is very useful and a good starting point.

<http://www.aifs.gov.au/index.html>

The Australian Institute of Family Studies

An Australian government statutory authority, established to promote the identification and understanding of factors affecting marital and family stability in Australia. Excellent publications with easy to read text and graphics (all useful for stimulus material as well as research). Some good topics include how Australian families spend their time, building relationships between parents and carers in early childhood, and tailoring parenting to fit the child. Access to *Family Matters* magazine also. Excellent links.

<http://www.aihw.gov.au/>

Australian Institute of Health and Welfare (AIHW)

Australia's national agency for health and welfare statistics and information. Publications on homelessness, aged and aged care, burden of disease, chronic disease, functioning and disability, indigenous Australians, rural health, population health, and children and youth. Includes great statistics and graphics on each.

<http://www.community.gov.au/>

Community portal helping Australian communities and community groups find relevant and up-to-date information. Lots of useful resources and links.

<http://www.familiesandwork.org/> Families and Work Institute

A nonprofit center dedicated to providing research for living in today's changing workplace, changing family and changing community. A US site but under Resources and Publications there are some good reports available to download (eg. Generation and Gender in the Workplace, Older Employees in the Workplace, Dual-Centric: A new Concept of Work-Life and Research on a Changing Workforce.)

www.mapnp.org/library/grp_skill/theory/theory.htm

Group Dynamics : Basic Nature of Groups and How They Develop

Provides a great starting point for researching many aspects of group dynamics, including stages of group development, communication, conflict management, group cohesiveness, group norms, leadership and decision making.

<http://www.workandfamily.nsw.gov.au>

Office of Department Industrial Relations
NSW Department of Commerce

Looks at many issues related to work and family, such as flexible work practices, parental leave, and adoption leave. Good publications, especially the Work and Family Guidebook.

<http://www.acys.info/home>

The Australian Clearinghouse for Youth Studies

A not-for-profit project funded by the Australian Government provides information on the complex and wide-ranging issues that affect young people today, from early adolescence to the early adult years. Particularly useful are Youth Studies Australia (quarterly peer reviewed journal), Youth Field Express (email newsletter), and Youth Facts and Statistics (quick information on young people).

<http://www.ncylc.org.au/croc/home2.html>

Australia's implementation of the Convention on the Rights of the Child (CROC). Includes the benefits, description, downloads, ebulletin and news.

<http://userwebs.cth.com.au/~gcutts/Management/20communication.htm>

Provides information on defining communication, components of communication, informal and formal communication, barriers to communication and effective communication.

<http://www.abc.net.au/heywire/issues/14.htm>

Great site with a series of decision making case studies by young people.

<http://www.abc.net.au/heywire/issues/21.htm>

Looks at changing communities through individual case studies about joining new communities, with the focus on multiculturalism in Australia. Provides useful links to other community issues such as small town blues, the good things about the country, distance and isolation, decision making, and coping with diversity and difference.

www.abacon.com/commstudies/groups/definition.html

Small Group Communication

Defines groups and offers links to other aspects of the study of group dynamics, including why people join groups, types of groups, group development, problem solving and decision making, groupthink, leadership, roles in groups and group conflict. There are useful activities and quizzes associated with each aspect.

<http://leadershipinfo.net>

Provides many useful links to a range of relevant topics on leadership, including describing leadership, leadership styles, leadership skills, comparing leadership and management and communication.

www.learner.org/discoveringpsychology/development/0_2.html

Discovering Psychology – Life Span Development

Outlines biological, cognitive and psychosocial development for various age groups that cover all stages of the lifespan. Very clear, useful site.

www.psy.pdx.edu/PsiCafe/KeyTheorists

Excellent site for browsing theorists related to the socialization of children. Includes Bronfenbrenner, Erikson and Piaget from the syllabus, and other possible theorists to study, such as Bandura, Gagne and Watson.

Relationships Australia ...some excellent materials

Remember the website ... add it to your favourites!

www.relationships.com.au → About Us → Reports & Submissions → State of Relationships in Australia Survey

Excellent 2003 survey about a variety of issues (eg. parenthood, work and relationships, birth rates), including some great graphs which could be used in exams and assessment tasks etc.

www.relationships.com.au → About Us → Surveys & Statistics → The Rest (Relationship Statistics)

A broad series of fact sheets in a one-page format providing up-to-date information and statistics. Some topics include same sex couples, families, parents as grandparents, fathers in Australia, childcare, adoptions ... and they are added to periodically. Easy to read format and very relevant data.

www.relationships.com.au → About Us → Reports & Submissions → Submission to Human Rights and Equal Opportunity Commission
“Striking the Balance: Women, men, work and family”
Discussion Paper

The submission looks at issues like identity and work, conflict in families and other factors affecting the balance between work and family. Provides suggested strategies and analyses the reasons for the imbalances that exist.

www.relationships.com.au → About Us → Resources → Fab Abs

A collection of recent research abstracts that provide excellent starting points for research, and are useful to help explain literature reviews. Some examples of topics are work life balance, parenting, infertility, stepfamilies, ageing, part-time work ... and they are added to periodically.

Publications to download...

www.aihw.gov.au/publications/phe/ayp03/ayp03.pdf

Australia's young people; their health and well-being 2003
AIHW, Canberra AIHW Catalogue # PHE50

www.aihw.gov.au/publications/dis/ddsa/ddsa.pdf

Disability and disability services in Australia based on an extract of *Australia's Welfare 2005*
AIHW, Canberra AIHW Catalogue # DIS43

http://www.tai.org.au/Publications_Files/DP_Files/DP47SUM.pdf

Kinnear, P. (2002) *New families for changing times*, The Australian Institute, Discussion Paper # 47, June

Discusses family change in Australia, new family structures that have emerged and family functions.

www.lawsociety.com.au/page.asp?partid=18121 *Older people and the law* can be downloaded and printed (140pages)

Parenting is often about highs and lows - from exhilaration to exasperation (and back again)!

So use this website as a resource for education, child development, health and safety, as well as other major areas of interest when parenting the two-pluses.

We are all parents, with 12 children ranging in age from newborn to 15 years - eight aged between three and six!

We **are** our readers!

Past edition topics include Parenting, Child Development, Education, Family Health and Discipline, Each edition has a series of articles related to the particular topic, as well as regular features on Nutrition, Safety, Health Notes, Playing to Learn, and Family Life. A great article in the Discipline revisited edition is *What worries today's kids?*

CHILD DEVELOPMENT

Discipline revisited

Practical strategies for teaching children self control

From a position of strength

Building your child's emotional intelligence

FAMILY LIFE

Managing the morning rush

Developing routine habits in your kids to save sanity

Education costs tamed

It's never too soon to start saving for future education costs.

Mumtalk

Caught short - the fascination of those 21st century eco-loos

Dad's view

Am I being un Australian? Thoughts on having the 'third' for the country



Winter 2007

We revisit the guidance method of discipline; how to get the family out of the door in the morning in one piece; savings options for future education costs and just how safe is your child's booster seat?

NUTRITION

Family friendly food

A new twist on mum's roast lamb

DR JOHN Q & A

What worries kids today?

SAFETY

Booster seats

How safe is your preschooler's car seat?

FAMILY HEALTH

Coughs and colds; rotavirus, kids' energy requirements; mouthguards?

This page provides links to some of the products of those studies. If you know which topic interests you, then find it in the index box below and click the link.

Groups: An Introduction	Research Methods	Individuals and Groups	Formation
Cohesion, Development, & Teams	Structure	Influence	Power
Productivity	Decision-making	Leadership	Conflict
Intergroup Conflict	Groups in Context	Groups and Change	Crowds and Collective Behavior
Online Resources	Teaching Resources	Group Groups (Labs, Professional Associations, Centers, etc.)	References to Groups Note: A slow download

Teaching Resources

The materials in this section continue to be developed. Be sure to check back for updates

Lectures (powerpoint files) ...some samples ...see more on the page ...

- [An Introduction to Group Dynamics](#). The proverb states the beginning of wisdom is to call things by their right names. This lecture heeds this advice by examining various ways to define a group and the typical characteristics of groups. It also reviews several assumptions, both historical and contemporary, that influence how theorists and researchers conceptualize and study groups.
- [Studying Groups](#). How do researchers test their theories and hypotheses about groups and their dynamics? This lecture divides the scientific enterprise into three components: a) measuring group and individual-level processes; b) testing hypotheses in case studies, experimental, and non-experimental designs; and c) developing theories that explain group processes.
- [The Individual and the Group](#). Philosophers and social scientists have long pondered “the master problem” of social life: What is the connection between the individual and society, including groups, organizations, and communities? This lecture suggests humans have a strong need to be part of social groups, and that their identities are grounded in their individual qualities and in their group memberships
- [Formation](#). Groups spring from many sources and serve many purposes, but this lecture examines three sets of factors that can create a group where none existed before: the personal qualities of the people who are seeking membership, the nature of the situation that prompts people to affiliate with one another, and the feelings of liking that draw members to each other.
- [Cohesion and Development](#). Groups, like all living things, develop over time. The group may begin as a collection of strangers, but uncertainty gives way to cohesion as members become bound to their group by strong social forces. Cohesion, though, is not just a sense of group unity, but a multifaceted process that influences a wide range of interpersonal and intragroup processes. This lecture reviews both the causes and consequences of group cohesion and the implications for understanding teamwork.
- [Structure](#). Personality cannot be seen, but it nonetheless shapes individual’s actions and reactions. Similarly, group processes are shaped by unobservable, but influential group structures. Just as the structure of personality can be described in a variety of ways, so have different theorists stressed diverse structural qualities in their analyses of groups. This lecture emphasizes norms, roles, and inter-member relations (status, attraction, and communication).

- [Power](#). People influence other people: this assumption is the cornerstone of group dynamics. But in some cases this influence can be extraordinarily strong. Rather than subtly influencing members' opinions and choices, powerful people and groups can change members in dramatic ways. We will use the concept of power to explore obedience to authority, bases of power, and the metamorphic effects of power.
- [Decision Making](#). When obstacles prevent people from achieving their goals, they engage in problem-solving to identify solutions. In many cases they perform these cognitive activities as isolated individuals, but when the information to be processed is considerable or the potential consequences monumental, they do this cognitive work in groups. Here we examine the processes that facilitate and undermine collective decision making, including groupthink.
- [Leadership](#). What is leadership? Is it power over other people? Is it a special talent that the lucky possess and that the unlucky can never hope to gain? Why do some become leaders, and others followers? And can we distill leadership down to a set of maxims? This lecture examines these questions by defining leadership, by examining the process of leadership emergence, and by reviewing theories of leadership effectiveness.
- [Conflict](#). Group members do not always get along well with one another. Even in the most serene group one member may irritate another; with little warning the group's atmosphere may transform from one of tranquility to one of hostility. Here we examine conflict by considering inputs (roots of conflict), processes (conflict escalation), and outputs (ways of managing conflict).
- [Intergroup Relations](#). Hate, as Gordon Allport explained in *The Nature of Prejudice*, is usually a group-level emotion. People rarely hate specific people, yet they often hate entire groups. This lecture considers the factors that set the stage for conflict between groups, changes that conflict bring to groups, and ways to resolve conflicts.
- [Groups in Context](#). Groups exist in any number of distinct physical locations: from classrooms, museums, factories and boardrooms to coal mines, battlefields, and even space capsules. The physical qualities of these places—temperature, type of lighting, furniture arrangements, noise—substantially influence group dynamics, but so do the social features of the setting. This lecture reviews these processes, focusing on four contexts: environmental settings, behavior settings, interpersonal settings (small-group ecology), and territorial settings.
- [Groups and Change](#). The use of groups as agents of change dates back many years, but it was Lewin who stated the basic "law" of group therapy in its most simple form: "It is usually easier to change individuals formed into a group than to change any one of them separately" (1951, p. 228). This lecture reviews these applications, with a focus on therapeutic and support groups.

Activities

- [What is your leadership strategy?](#) Find out at "Leadership Strategies, LCC. Click on "Test Yourself."
- [A demonstration of heuristic thought](#) processes (takes about 3 minutes to perform)
- [The Myers-Briggs](#) is one of the most popular tests of personality and behavior current in use in organizations and businesses. Here is an on-line version, and a place to go to get help [interpreting your score](#).
- Some people are more group-oriented than others--test your own preferences by taking the [social anxiety test](#) on-line.
- And then there are differences in communication styles. Try this short measure of [communication style](#).
- [Experiential exercises](#) developed by Dr. Suler at Rider University

ABC Radio ... Podcasts ... a great resource!

www.abc.net.au/services/podcasting.help.htm Scroll down and click on some of these for some interesting ideas ... such as,

774 Poditorial

Influential newspaper, radio and television editors and news directors discuss story selection, media behaviour, ethics and current matters of controversy

Bush Telegraph (Michael Mackenzie)

An entertaining look at rural and regional issues around Australia. It's current, it's topical and it's an in-depth look at what makes life outside our capital cities unique. Our far-flung reporters take us along as they experience life in rural and regional Australia - on farms, in towns and in the bush - and we hear first-hand from the people who live there. On Fridays we explore the fascinating world of food, from the way we grow it to the final pleasure of eating, and all the delicious bits in between. Each day Country Viewpoint offers a unique social commentary from people who live outside the capital cities.

Hindsight

The only program on Australian radio devoted exclusively to social history. It offers new perspectives on well-known aspects of the past and brings to light those stories long-ignored on the public record. The memories of ordinary Australians are woven into complex, credible and satisfying documentaries. Hindsight is published every Sunday.

Life matter (Richard Aedy)

A unique daily interview program about social change and day-to-day life. Looks at what is affecting our daily health and wellbeing at home, at work and at school. Samples ... The Aged Care Maze, Wellbeing-crisis and cohesion.

Nightlife (Tony Delroy)

Catch up with what happened on Nightlife tonight, each night of the week, any time you want! Sample ... last Tuesday – What makes a good leader?

Self Improvement Wednesday (Richard Glover)

A program where you get to test your recall abilities on a range of topics. Includes a quiz to test your memory and understanding of topic each week.

The Conversation Hour (Richard Fidler)

Get to know great Australians and international guests as they enjoy a cuppa and a yarn
Samples ... Ben Jennings and Rocky Jordon from the Big Issue - The Big Issue magazine was launched in Australia in June 1996, after first being established in London 5 years earlier. Now 10 years old, the Australian version has helped literally hundreds of homeless and unemployed people grab the opportunity to work, and to improve their life circumstances. Paul Harpur - At the age of 14, he was hit by a train in an accident that rendered him completely blind. He's certainly never let that stop him achieving his dreams though - his aims were to become a world-class sprinter, and a lawyer, and now, at the age of 27, he can say he's achieved both.

The Form Guide (James Valentine)

Each week James considers what we do in a range of challenging contemporary situations. James and his listeners consider a range of tricky matters, such as whether it's ok to 'google' new friends or work colleagues to find out more about them, or is it acceptable to invite friends to your 40th birthday and ask them to pay their own way? Each week we present a new range of dilemmas, and explore what the prevailing attitude looking for solutions. This is a segment about what we do, not what we should do.

Books...

(2004) *The Leading Edge Preliminary: Community and Family Studies*, Harcourt Education, Victoria ISBN 174081407X

Includes exam style questions on each topic.

(2004) *The Leading Edge HSC: Community and Family Studies*, Harcourt Education, Victoria ISBN 1740814010

Includes exam style questions on each topic.

Harrison, J. (2002) *Excel Senior High School: Community and Family Studies*, Pascal Press, NSW ISBN 1740203097

Comprehensive study guide on the course.

Hastings, S (-) *Community and Family Studies*, Preliminary Resources – Books 1, 2, 3; HSC Resources Books 1, 2, 3, 4, 5, Titan Education, Sydney

A series of resources that covers each of the Preliminary and HSC core and option topics.

Includes programs, outlines, worksheets, answers ICT activities, assessment tasks, independent research tasks, and exam style questions.

Hughes, R.L., Ginnett, R.C., Curphy, G. J. (2001) *Leadership: enhancing the lessons of experience*, (4th edition) Irwin-McGraw Hill, USA.

This is an easy to read text that comprehensively covers many aspects of leadership. Includes discussion of power and influence, groups and their leaders, theories of leadership. Interesting historical and contemporary leaders are used as case studies to illustrate ideas.

Cornelius, H., Faire, S & Cornelius, E. (2006) *Everyone Can Win – Responding to Conflict Constructively*, (2nd edition) Simon & Schuster, Sydney

Focuses on conflict resolution and concepts of leadership and management. This is a book about relationships and how to manage them well. It is equally relevant for those who lead, manage and relate to people in any context – be it workplace, social, family, community or school. This book is interactive and invites the reader's participation. The exercises lead the reader on a personal journey of self discovery. The material presented is easy to access and very practical.

Weihen, L. (2005) *Community and Family Studies Teacher CD Rom*, pdhpe.com ISBN 0975752340

Relevant textbook that covers all preliminary topics, all HSC core topics and Individuals and Work. Also has useful introductory section on concepts such as an ecological framework, gender construction, research skills and concept maps, and study and exam preparation skills.

Ziegler, H. (2004) *Changing lives, changing communities*, (Revised edition) Wesley Mission, Melbourne.

Considers the different people who make up communities, and proposes that all members deserve to be respected and treated as valued members of the community.

Journals/Magazines...

ACHPER *Active and Healthy Magazine*

A magazine for Physical Educators, Health Educators and Fitness Leaders. The emphasis is on informative articles of interest to practitioners and for use in the classroom or on the field. Also includes book reviews and reports on significant ACHPER events and projects.

ACOSS *Australian Journal of Social Issues*

A quarterly magazine that includes articles on poverty research in Australia, the Australian Welfare System, Indigenous issues, children and family, community and social capital and the evolution of drugs and drug users in Australia, on youth transitions, contracting and community development, homelessness and older Australians and connections between domestic violence and employment

Current Information Services (CIS) *Current Social Issues*

A hard copy journal which brings together selected and reformatted newspaper articles from all the major metropolitan newspapers into a fortnightly journal. Issues have contained topics such as civil rights, poverty, bullying, Aboriginal peoples, alcohol and adolescents, child protection, child welfare and family violence.

Australian Institute of Family Studies *Family Matters*

A research journal and the principal means by which the Australian and international community is informed about Institute and other family-related research. It contains the latest Institute research and contributions from Australia's most respected social scientists, social policy analysts, service provider and research agencies. All research papers are subject to a formal review process. Most issues have a particular theme or focus, such as Indigenous children, families and communities; children in context; family relationships through life; fertility - the debate, the trends, the aspirations; a diverse array of articles about the family in Australia; and work and family life - our workplaces, families and futures

Stepfamily Association of SA Inc. *Good Parenting*

Includes a broad range of articles on themes such as single parents, parenting teenagers, the role of grandparents in co-parenting, parenting styles, and many other relevant areas.

ACOSS *Impact*

A news quarterly that looks at issues such as how technology, social trends and government policy will shape the community and welfare sector and the lives of disadvantaged Australians by 2020.

eContent Management Pty Ltd *Journal of Family Studies*

A refereed international journal with two issues per year. The focus of the Journal is on the wellbeing of children in families in process of change. It publishes research articles and practical papers of interest to academics, researchers, administrators, educators, mediators, lawyers, and

clinicians. The aim of the Journal is to bring together the best research and practices available to support children and families through periods of transition, especially when those periods are associated with high levels of conflict.

Derwent & Howard Junior

A guide to raising a happy family. Includes expert advice, it is a bi-monthly magazine dedicated to Australian parents of children aged up to eight. Information on the latest research and news including education, health, nutrition and behaviour, Junior also includes all the latest on family shopping, fashion, lifestyle and entertainment.

Time Inc. Practical Parenting

A monthly Australian parenting magazine introducing pregnant women to motherhood and offering insightful advice and support on pregnancy, new borns, toddlers and pre-schoolers. Articles are useful for the parent's and parent-to-be'.

Derwent & Howard Pregnancy & Baby

Includes articles relating to pregnancy emotions, diet needs and birth choices all the way to a toddler's sense of humour and his cognitive development. With features from a range of writers, it also has one of the most in-depth resources sections around, covering the gamut of pregnancy, birth and your baby. Plus, there's shopping ideas, fashion bonanzas and brilliant expert advice on health, development, natural parenting - the lot.

Sydney's Child

A reputable guide for parents that includes the very latest information on a wide range of parenting topics, children-in-mind' reviews of books, movies and music, a comprehensive events calendar, the chance to interact with other parents through the letters to the editor section, and a vast directory of products and services specifically geared towards children and families.