

## Getting Advice and Support online: Lesson 3

The Internet has many websites that focus on providing help for people with preschool children. These can range from small websites maintained by everyday people like you through to big commercial websites. A lot of useful information can be found on websites of official organisations such as Plunket.

The advice and support available on websites can include:

- ✓ Finding help on a specific subject; such as medical advice or education.
- ✓ Parenting advice; for instance how do you appropriately discipline your child?
- ✓ Activities for your child to do offline.

The following are some websites with useful advice and support for you and your child:

[www.plunket.org.nz](http://www.plunket.org.nz)

[www.kidshealth.org.nz](http://www.kidshealth.org.nz)

[www.parentsinc.org.nz](http://www.parentsinc.org.nz)

[www.littlies.co.nz](http://www.littlies.co.nz)

[www.huggiesnz.co.nz](http://www.huggiesnz.co.nz)

[www.babywebnz.org.nz](http://www.babywebnz.org.nz)



Most websites have a **Links** page which contain links to other websites with useful information. These will often contain links to information and websites you otherwise would not discover.



Often these websites will divide the information into categories such as Health or Education. You can click on the category you are interested in and then browse through all the entries.

Many of these websites will also include a **Message Board** which allows people to **ask questions**. Message boards are useful areas for people to communicate with others in a similar situation, with similar questions.

### Using Message Boards

1. Visit the website [www.kidspot.co.nz](http://www.kidspot.co.nz) and click on the link to the **Message Board**.
2. Message Boards are usually divided up into separate categories of interest, e.g. Health and Fitness, Back to Work. **Click on the category that interests you.**
3. You should see all the different messages under that category. These messages have been left by other **users** of the website and others can reply to them, offering support and advice. **Click on a message that interests you.**
4. You will now see the page with the original message. Underneath this there may be replies from other users.



To leave a message on a Message Board you will usually have to register with the website. Most websites with Message Boards will let you register for free. You don't usually have to register to browse through a Message Board and read the messages.

## The Message Board Page

Most message boards will look very similar to this one:

The screenshot shows a web browser window displaying the Kidspot Zealand Message Board. The page title is "ard - really angry....sounding like your mum? - Microsoft Internet Explorer provided by Waitakere Cit". The browser address bar shows "/board/topic.asp?TOPIC\_ID=26". The page features a navigation menu with links for "browse", "events calendar", "message board", "about kidspot", "contact us", and "advertise with kidspot". Below the navigation is a login section with fields for "Username:" and "Password:", a "Login" button, and a "Save Password" checkbox. A "Forgot your Password?" link is also present. A registration notice states: "You will receive a username and password unique to Kidspot when you register. Click the 'Register' link above left if you do not have a Kidspot username and password." A "Just click 'Register' above to start posting on the Kidspot Message Board." message is displayed. The main content area shows a list of forums, including "All Forums" and "Toddlers to Pre-school". A specific topic is selected, titled "really angry....sounding like your mum?". The topic header includes "New Topic", "Reply to Topic", and "Printer Friendly" links. The message list shows several posts with columns for "Author", "Posted" date and time, and the message content. The authors listed are floyddog, Janene, Grace, krissy, and naena82. Three callout boxes with red arrows point to specific elements: "Previous Pages" points to the "Profile | Register | Active Topics | Members | Search | FAQ" links; "Author" points to the author name "floyddog"; "Topic" points to the "Topic" header of the first post.

**Previous Pages**  
This section shows links to each of the pages you visited previously. You can click on any of these links to take you back to previous menus.

**Author**  
The user name of the person writing the message.

**Topic**  
The original message will be shown at the top, and any additional messages and their authors will be shown underneath in the order in which they were written.

### Other Message Boards:

- [www.raisingkids.co.uk](http://www.raisingkids.co.uk)
- [www.parentlineplus.co.uk](http://www.parentlineplus.co.uk)
- [www.bbc.co.uk](http://www.bbc.co.uk)
- [www.familyfirst.net](http://www.familyfirst.net)

Try using Google ([www.google.co.nz](http://www.google.co.nz)) to find other message boards