

COMMUNITY HEALTH



Young Parent's Team

Child and Family Health Nurse

Phone: 9750 7866

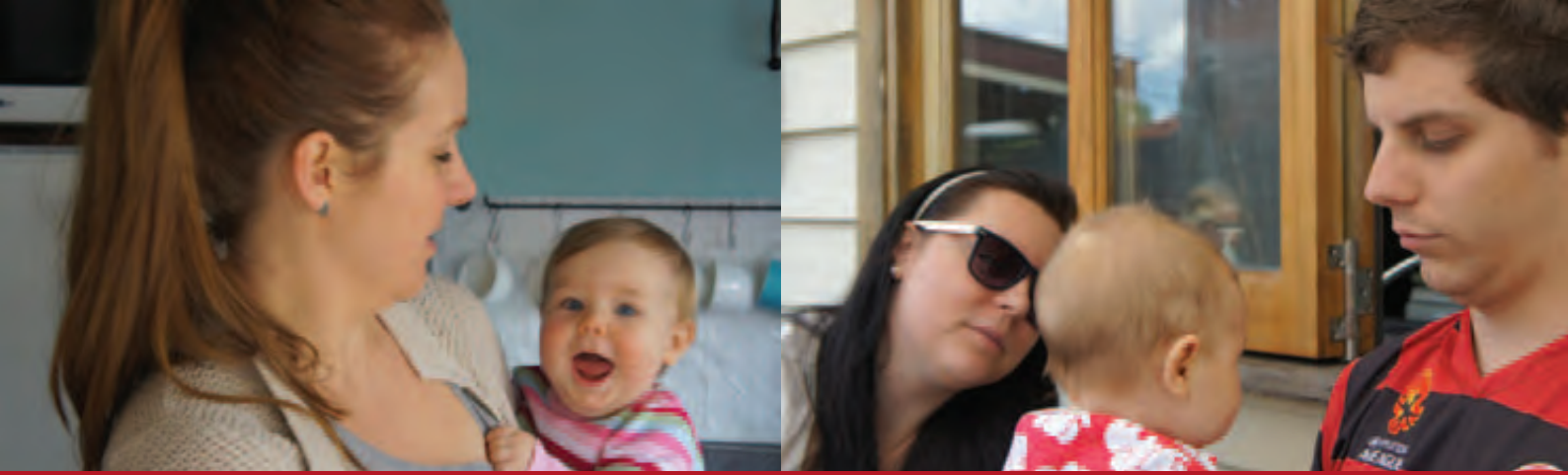
Social Worker

Phone: 9740 6764



Health
Sydney
Local Health District

Child and Family Health - Young Parent's Team



Young Parent's Team

If you are 20 years and under and expecting a baby and live in the local government areas of Ashfield, Burwood, Canada Bay, Canterbury, City of Sydney, Leichhardt and Marrickville, this program may be for you.

How can you get involved?

If you would like to know more about this program, you can call the **Young Parent's Team** on **9750 7866** or ask your midwife to call the team on your behalf.

Interpreters available on request.

**Visit your Sydney Local Health District
online at:
www.slhd.nsw.gov.au**





Young Parent's Team

Useful Websites:

Australian Breastfeeding Association

1800 686 268

www.breastfeeding.asn.au

Mothersafe

(medications during lactation)

9328 6539

www.mothersafe.org.au

Beyond Blue

(for depression)

1300 224 636

www.beyondblue.org.au

Health Direct Australia

24 hour health advice line

1800 022 222

www.healthdirect.org.au

Resourcing Parents

www.resourcingparents.nsw.gov.au

Raising Children

www.raisingchildren.net.au

Family Planning NSW

1300 658 886

www.fpnsw.org.au

I've Been There

www.ivebeenthere.org.au



Young Parent's Team

Please ask the Young Parent's Team for information on the following services for your child:

- Speech Pathology
- Occupational Therapy
- Physiotherapy
- Nutritionist
- Counselling
- Children's Medical Services
- Hearing Test 9378 1161 from 9 months of age
- Vision Test 9378 1164
- Dental Checks 9293 3333

Young Parent's Team

Young Parent's Team provides a free and confidential service to parents 20 years and under with children up to the age of 5 years.

The team is staffed by a Child and Family Health Nurses and a Social Worker who provide assistance and advice on health, development checks for your child as well as support, education and information on all aspects of parenting.

We provide:

- Ante-natal education and support from 36 weeks
- Home visits until your child is two years of age

We offer support with:

- Preparing for your baby
- Breastfeeding
- Feeding and foods
- Sleep and crying patterns
- Adjusting to parenting
- Children's growth and development
- Infant and toddler behaviour
- Immunisation
- Safety
- Meeting other young parents
- Parental wellbeing
- Counselling
- Regular health checks for your child in line with 'my personal health record'

Young Parent's Team

How can you contact us?

Call the Child and Family Health Nurse on **9750 7866** or Social Worker on **9740 6764** or ask the midwife to call us on your behalf.