



Child and Family Health Nursing

Child and family health nurses provide free health, growth and development checks for babies and children from birth to five years who live in Sydney Local Health District. We also offer group sessions and provide information and support regarding:

- Adjusting to parenting
- Breastfeeding
- Children's growth and development
- Immunisation
- Baby and child behaviour
- Baby feeding and child nutrition
- Parental wellbeing
- Playing with babies and children to support their development
- Safety
- Sleep and crying patterns

Please visit our website for more information:
www.healthyfamilieshealthychildren.com.au

Group sessions

Breastfeeding support clinics provide advice and information to support breastfeeding women to establish lactation and continue to breastfeed. Please telephone CHIL on **9562 5400** to make an appointment for breastfeeding support.

Introduction to solid foods information sessions are held in a group setting and provide information on how and when to introduce solid food to your baby. NSW Health recommends starting solids at around six months of age.



Parent groups are facilitated by a child and family health nurse and are a way for parents to come together with other parents in their local community to seek information, advice and support during the first few weeks of parenting.

Please telephone CHIL on **9562 5400** for more information on these services.

Recommended child development checks

The development checks in your child's My Personal Health Record (Blue Book) are at:

- one to four weeks
- six to eight weeks
- six to eight months
- 12 months
- 18 months
- two years
- three years
- four years

Child and family health nurses would like to see you and your child at all of these stages above to check the health, growth and development of your child or at any other time you have questions or concerns.

Child and family health services

Child and family health services include child and family health nursing, allied health and medical services. For information on any of the services below, please call CHIL on **9562 5400** or visit the website www.healthyfamilieshealthychildren.com.au

- Child and family health nursing
- Child nutrition services
- Counselling services, including psychology and social work (three to 12 years)
- Early childhood social work (birth to three years)
- Hearing (audiometry) services (from nine months)
- Occupational therapy
- Physiotherapy
- Speech pathology
- Vision (orthoptics) services
- Community paediatrics (medical)

Oral health services

Sydney Local Health District also provides oral health (dental) services. To access these services please visit the oral health website slhd.nsw.gov.au/oralhealth

Useful resources

Australian Breastfeeding Association

1800 686 268

breastfeeding.asn.au

Health Direct Australia (24 hour health advice line)

1800 022 222

healthdirect.org.au

Healthy Kids

healthykids.nsw.gov.au

Kidsafe NSW

kidsafensw.org

Learn the Signs. Act Early. (development milestones)

www.health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/learn-the-signs.aspx

slhd.nsw.gov.au/chil

Love Talk Sing Read Play

(emotional and social development website and app)

itsrp.resourcingparents.nsw.gov.au

Downloaded from iTunes Store or Google Play

Mental Health Line (24 hours)

1800 011 511

Bright Tomorrows

(website and app supporting baby and child health, development and learning)

brighttomorrows.org.au

MotherSafe (advice on medications during pregnancy and breastfeeding)

9382 6539

myGov Website

my.gov.au

Raising Children

raisingchildren.net.au

Resourcing Parents

resourcingparents.nsw.gov.au

For other helpful resources please look in your child's Personal Health Record (Blue Book) or visit www.healthyfamilieshealthychildren.com.au

Accessing our services

Child and family health nurses work from child and family health centres in your community.

To book an appointment with a child and family health nurse please telephone the Child Health Information Link (CHIL).



child health
information link
9562 5400
Monday – Friday, 8.30 am – 4 pm



Interpreter services are available on request.

Sydney, it's *your* local health district