

**Child and Family Health Nursing
Clinic appointments are
arranged by contacting your
local Community Health Centre:**

**Auburn Community Health
Centre
Phone 8759 4000**

**Doonside Community Health
Centre
Phone 8670 3300**

**Merrylands Community Health
Centre
Phone 9682 3133**

**Mt Druitt Community Health
Centre
Phone 9881 1200**

**The Hills Community Health
Centre
Phone: 8853 4500**

**Referrals to Child and Family Health
Nursing Services are made by
contacting the:
Western Sydney Local Health District
Community Health
Central Referral Service
1800 600 681**

Health Care Interpreter Service
A confidential interpreter service
is available 24 hours 7 days a week.
Ask the staff to arrange an Interpreter for
you. AUSLAN is also available.
The Interpreter Service phone number
9912 3800

All health facilities and grounds are 100%
smoke free. For assistance to quit call
the Quitline™ on 137 848.

Free Health Information
Line Healthdirect
Australia
www.healthdirect.org.au
1800 022 222



WSP-339 v2 March 2016



Child and Family Health Nursing Services



Child and Family Health nurses:

- are registered nurses who work with families with children aged newborn to 5 years to promote healthy child development.
- are skilled at identifying and responding early to concerns around the health and wellbeing of infants and children, child growth and development and parenting challenges.

Child and Family Health nurses offer information, advice and support to:

- Assist in understanding your baby and young child
- Be aware of and the importance of play and emotional attachment for the child's development
- Manage child feeding and healthy eating
- Manage child sleep
- Meet the child's physical and social-emotional needs
- Promote child safety including immunisation
- Encourage families to connect with local services and their community
- Link families with local parenting support groups.

Child and Family Health nurses assess:

- Child growth and development as per *'My personal health record'* (Blue Book)
- Maternal emotional health and wellbeing

Referrals to specialised services will be made where necessary.

Clinics are held in Community Health Centres, Early Childhood Health Centres and at Primary Schools.

- Appointments are necessary for most Clinics
- Some areas offer Drop in Clinics for short visits
- Please bring your child's *'My personal health record'* (Blue Book) and Medicare Card to each appointment
- Please try to complete the parent questions in your child's *'My personal health record'* prior to each child health check
- Services are free of charge for Medicare eligible families
- Initial appointments in the home may be offered to eligible families
- If the Child and Family Health nurse has not contacted you within 1 week of discharge please telephone your local Community Health.

We welcome feedback as a way of continually improving services.

The Have Your Say form is available from Health Care Professionals or local Community Health Centres.

All feedback can be directed to:

**Community Health
PO Box 792
Seven Hills NSW 2147**

After Hours Advice:

Refer to your baby's *'My personal health record'* (Blue Book) section 2 for useful websites; and back cover for telephone numbers

Please note that photography, video or audiotaping of staff without prior permission is not permitted.