

Child & Family Health

NURSING



Child & Family Health

Our aim is to promote the development, well-being and safety of children. We seek to provide the best possible outcomes for children and their families.

If you have a Medicare Card and live, work or study in the local area services are **FREE**. These local council areas include: Cumberland, Parramatta, Blacktown and The Hills.

We focus on
FAMILIES and
CHILDREN

Nursing

What is Child and Family Nursing?

Child and Family Health Nurses provide support, guidance and information on how to care for babies and young children, including:

- Breastfeeding and infant feeding
- Sleep and settling strategies and coping with crying
- Baby's growth and development
- Immunisation
- Child safety
- Playing with your baby or child
- Emotional health and wellbeing.

Child and Family Health Nurses complete the health and developmental checks for babies and children. A list of these checks can be found in your child's Blue Book (My Personal Health Record).

What is the Personal Health Record (blue book)?



Your child's My Personal Health Record (sometimes called the Blue Book) is given to you in hospital after you've had your baby. You, your Child and Family

Health Nurse, your doctor, and any other health professional your child sees, will be able to make notes about your child's health and progress in the Blue Book.



What age groups do you see?

0-5 years (pre-school)

How can I access the service?

After the birth of your baby a Child and Family Health Nurse will contact you soon after you arrive home. Child and Family Health Nurses can continue to provide support until your child starts school.

You can also request the service by phoning the Central Referral Service on:

☎ 1800 600 681.

Where can I access the service?

Child and Family Health Nurses provide services in the home, at a Child and Family Health Nurse Clinic or in parenting groups.

Do you speak a language other than English?

A free and confidential interpreter service, including Auslan, is available. Ask staff to arrange an interpreter for you.



Health
Western Sydney
Local Health District



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What do I bring to my first appointment?

Please bring your Medicare card to your first appointment and have your child's Blue Book (My Personal Health Record) available at every appointment.

Parents are asked to complete a set of questions in the Blue Book before your baby's recommended health check. Please make time to read and think about these questions and discuss any concerns you have with your Child and Family Health Nurse at your appointment.

What can I expect from my appointment?

If the appointment is at your home, you will get a phone call from your Child and Family Health Nurse that day advising what time they will arrive.

During your appointment the Child and Family Health Nurse will have a talk with you about how things have been going. They will go through your baby's Blue Book and talk to you about your child's health, growth and development. They will also ask you about how you (and your partner) are coping with parenthood.

If your appointment is at one of our bigger Child and Family Nursing Centres, you might be greeted by a receptionist. At other centres you might need to ring a bell and one of our Child and Family Health Nurses will come to greet you.

Who will I meet at my appointment?

At your appointment you will meet your Child and Family Health Nurse. A Child and Family Health Nurse is a registered nurse with additional qualifications in child and family health nursing.

Our nurses are registered with the Nursing and Midwifery Board of Australia. For more information visit <https://www.nursingmidwiferyboard.gov.au/>

Parent groups

Parenting groups offer a space where local families can learn together and share parenting stories. There are a variety of groups such as early parenting, parenting for different ages, breastfeeding support and emotional wellbeing groups.

The Child and Family Health Nurse can discuss local group options and provide information about how to enrol and where the group is being held.



Child Development

Child development describes the changes in your child's physical growth. As children grow they also learn social, emotional, behaviour, thinking and communication skills.

Learn the Signs Act Early is a new tool in your child's Blue Book that parents can use to learn about their child's brain and physical development.

Our services can assist if you have questions about any aspect of your child's development.

Your child's Blue Book contains helpful information - look in the 'Useful Contacts and Websites' section and on the back cover or go to www.health.nsw.gov.au/mybluebook