



The first 2,000 days lasts a lifetime for health, wellbeing and fulfilment

If English is not your first language

The HealthCare Interpreter Service is a free and confidential service. It is available for all appointments in your language (including AUSLAN). Please tell your worker who will arrange an interpreter for you.

Translating and Interpreting Service 13 14 50

OTHER USEFUL CONTACTS

Lifeline 13 11 14

HealthDirect 1800 022 222

Australian Breastfeeding Association
1800 686 268

DV helpline 1800 65 64 63

Poisons Information 13 11 26

Raising Children <https://raisingchildren.net.au>

Resourcing Parents
www.resourcingparents.nsw.gov.au

Call 1800 600 681
to access
Child & Family Health

Appointments for Child & Family Health Nurse Clinics can be made by contacting our Community Health Centres:

AUBURN 8759 4000

Norval St, Auburn

BLACKTOWN 9881 8700

Marcel Crescent, Blacktown

DOONSIDE 8670 3300

30 Birdwood Ave, Doonside

MERRYLANDS 9682 3133

14 Memorial Ave, Merrylands

MT DRUITT 9881 1200

Buran Close, Mt Drutt


PARRAMATTA 9843 3222

162 Marsden St, Parramatta

THE HILLS 8853 4500

183-187 Excelsior Ave, Castle Hill

MON-FRI, 8AM-5PM

 [WesternSydneyHealth](https://www.facebook.com/WesternSydneyHealth)

 [#wslhd](https://www.instagram.com/wslhd)



www.wslhd.health.nsw.gov.au/Community-Health-Hospital/Child-Family-Health/Home/home

Child & Family Health



“Working with families to make a difference”





Child & Family Health

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

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

The blue book has information about development and how to help your child (see 'Learn the Signs, Act Early'). Our services can assist if you have questions about any aspect of your child's development.

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.



NURSING

A Child & Family Health Nurse will contact you soon after the birth of your baby. Child & Family Health Nurses continue to provide support until your child starts school. We provide services in the home or at a Child & Family Health Nurse Clinic.

Child & Family Health Nurses provide support and guidance with:

- All aspects of parenting (0-5years)
- Emotional health and well-being of you and your family
- Child health and developmental checks (blue book) including vision and hearing
- Breastfeeding and infant feeding
- Sleep, settling and daily activities
- Healthy family eating and lifestyle
- Immunisation
- Child safety
- Linkages with local community supports
- Referrals to other services

Child & Family Health also provide parenting groups which include:

- Infant feeding support
- Parenting (groups at various ages)
- Emotional Wellbeing



We focus on **FAMILIES** and **CHILDREN**

ALLIED HEALTH

Our Allied Health staff treat different parts of your child's health and development. We work together to provide the best care for your child and family.



Occupational Therapists help children to take part in everyday activities, movement and learning. This includes activities like:

- Climbing and walking
- Drawing and writing
- Getting dressed and helping around the home.

They also help children to play with others.

Speech Pathologists help babies and children learn to make sounds and talk. They guide parents to help their child with forming sounds and speaking with others. Speech Pathologists also help babies and children with feeding and swallowing problems.

Counsellors help children, teenagers and adults who are having difficulties in day to day life. They help families to play, share, and get along. Counsellors help people to understand and talk about feelings and behaviour.