

# Child and Family Health Nursing Service

Provided by Registered Nurses with specialist qualifications in Child and Family Health

The first 2000 days, from conception to 5 years of age, is a vital time to support your child's development and help them get ready for school.

Child and Family Health services can help parents in this journey with children.

## What does the Child and Family Health Service offer?

Our nurses work in partnership with families and offer support, guidance, and information on how to care safely for your child, including:

- Well child health and development checks
- Breastfeeding and infant feeding
- Sleep, settling and coping with crying
- Playing with your baby
- Parent support groups
- Your own wellbeing

All nursing services are free of charge to families.

## Arranging your first child and family health check, after giving birth

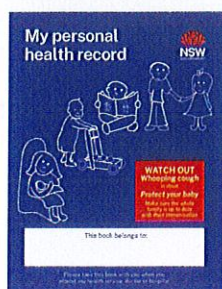
The maternity unit where you give birth to your baby will send your details to the Child and Family Health service. A Child and Family Health Nurse will contact you to offer your child's first health and development check appointment.

If you need support before the nurse contacts you, please phone your local Child and Family Health Centre. (See list of centers over the page).

## Blue Book - Your child's health record

Your child's Blue Book has details about each of the age-specific checks recommended for children.

With your agreement, Child and Family Health nurses, and other health professionals, will document your child's health and development check results in your child's Blue Book. This helps parents and health professionals to track children's growth, health, immunisations and development progress.



## Child health and development checks

Child health and development checks are very important. They help you track how your child is growing and developing by looking at how they play, learn, speak, act, and move.



There are eight recommended health and development checks for children.

|              |              |
|--------------|--------------|
| 1 to 4 weeks | 6 to 8 weeks |
| 6 months     | 12 months    |
| 18 months    | 2 years      |
| 3 years      | 4 years      |

Parents and caregivers can make an appointment, at the nearest Child and Family Health Centre for all your child's checks.

## Scan the QR-code to access the Child Youth and Family Health links



**Tip:** add to bookmark or favourites or home screen.

## Free and confidential interpreters are available

If you speak a language other than English, ask staff to arrange an interpreter for you.

Auslan interpreters are available.





## Your local Child and Family Health Centres

| HORNSBY and KU-RING-GAI COUNCIL AREAS   |           |  |
|---|-----------|--|
| <b>BEROWRA HEIGHTS</b><br>Rear building<br>123 Berowra Waters Road  | 9485 7520 | <b>Hornsby Local Council Area:</b> Berowra, Cowan, Berowra Heights, Berowra Waters, Mt Ku-ring-gai, Mt Colah, Brooklyn and Dangar Island   |
| <b>GALSTON</b><br>17 Acadia Road  | 9485 7566 | <b>Hornsby Local Council Area:</b> Dural, Middle Dural, Galston, Arcadia, Berrilee, Fiddletown, Maroota, Glenorie, Canoelands, Forest Glen and Wisemans Ferry  |
| <b>HORNSBY</b><br>Ground Floor, Palmerston Building 17,<br>Hornsby Hospital Gate 5, Derby Road  | 9485 7520 | <b>Hornsby Local Council Area:</b> Hornsby, Asquith, Hornsby Heights and Waitara   |
| <b>PENNANT HILLS</b><br>5 Fisher Avenue   | 9485 7566 | <b>Hornsby Local Council Area:</b> Pennant Hills, Thornleigh, Westleigh, West Pennant Hills, Cherrybrook, Castle Hill, Beecroft, Cheltenham, Normanhurst, Dural, Epping, North Epping and Carlingford  |
| <b>ST IVES</b><br>St Ives Shopping Village<br>166-172 Mona Vale Road  | 9485 7555 | <b>Ku-ring-gai Local Council Area:</b> Pymble, West Pymble, Warrawee, Turramurra, North Turramurra, South Turramurra, St Ives, St Ives Chase, Wahroonga, Lindfield West, East Lindfield, Killara, East Killara, Roseville (clients north of Boundary Road) and Roseville Chase |
| LOWER NORTH SHORE and RYDE COUNCIL AREAS  |           |  |
| <b>CHATSWOOD</b><br>57 Hercules Street  | 9926 4640 | <b>Willoughby Local Council Area:</b> Chatswood, Artarmon, Northbridge, Willoughby, Castlecrag, Castle Cove and Roseville (clients south of Boundary Road)   |
| <b>CREMORNE</b><br>108 Parraween Street   | 9926 5955 | <b>Mosman and North Sydney Local Council Area:</b> Mosman, Neutral Bay, Cremorne and Kirribilli  |
| <b>CROWS NEST</b><br>Level 4, 2 Ernest Place  | 9926 5990 | <b>North Sydney and Willoughby Council Area:</b> Crows Nest, Naremburn, St Leonards, Wollstonecraft, Cammeray, North Sydney, McMahon's Point, Lavender Bay, Waverton and Milsons Point   |
| <b>LANE COVE</b><br>172 Longueville Road<br>(cnr Central Avenue)  | 9926 5940 | <b>Lane Cove and Willoughby Council Area:</b> Lane Cove, Lane Cove West, Riverview, Longueville, Northwood, Greenwich, Linley Point and Hunters Hill   |
| <b>MARSFIELD</b><br>1 Trafalgar Place   | 9926 5930 | <b>Ryde Local Council Area:</b> Marsfield, Macquarie Park, North Ryde, East Ryde and Eastwood (north of Blaxland Road)   |
| <b>TOP RYDE</b><br>26 Argyle Avenue   | 9926 5944 | <b>Ryde Local Council Area:</b> Ryde, Denistone East, Putney, Gladesville, Boronia Park and Tennyson   |
| <b>WEST RYDE</b><br>3 Anthony Road  | 9926 5920 | <b>Ryde Local Council Area:</b> West Ryde, Meadowbank, Denistone West, Melrose Park and Eastwood (south of Blaxland Road)  |
| NORTHERN BEACHES COUNCIL  |           |  |
| <b>BROOKVALE</b><br>Level 2, 612-624 Pittwater Road   | 9388 5140 | Curl Curl, Freshwater, Harbord, Queenscliff, Brookvale, Dee Why, Narrabeena and Manly North  |
| <b>FRENCHS FOREST YoYo's Building</b><br>Lot 3, Forest Way, Cnr Warringah Road<br>Forestway Shopping Centre<br>(located underneath YoYos) | 9926 5899 | Frenchs Forest, Forestville, Belrose, Davidson, Killarney Heights, Cromer, Wheeler Heights, Terrey Hills, Duffys Forest, Cottage Point, Allambie Heights, Beacon Hill and Ingleside  |
| <b>MONA VALE</b><br>Coronation Street   | 9998 6260 | Collaroy, Collaroy Plateau, Narrabeen, Narrabeen North, Elanora Heights, Warriewood, Mona Vale, Bayview, Bayview Heights, Church Point, Avalon, Palm Beach, Newport, Bilgola, Bilgola Plateau, Clareville, Scotland Island, Elvina Bay and Lovett Bay                          |
| <b>SEAFORTH</b><br>21 Dalwood Avenue<br>(enter via Callicoma Road)  | 9951 0399 | Clontarf, Manly, Manly East, Manly Vale, Seaforth, Fairlight, Balgowlah, North Balgowlah and Balgowlah Heights   |

**Parramatta and Hills area** please contact Western Sydney Local Health District Community Health Services Central Referral Service on 1800 600 681

