

Child health centre locations

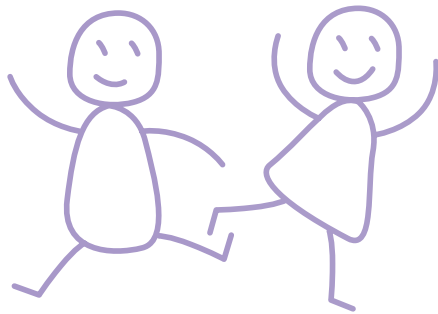
When arriving home from hospital or if you have moved into the area, contact your local child health centre to make an appointment.

Child health centres are located throughout Western Australia and are listed in the White Pages under *Child Health Services*.

Most centres operate an appointment system Monday to Friday, but some are only open part time. You will usually need to make an appointment for your visit. Please ask your nurse for further details.

Telephone interpreter services are available on request and information leaflets are available on a wide range of topics in a variety of languages.

All services are free.



Contact details:



Department of
Health

© Department of Health 2005

HP 2740 NOV'05 20572

All about Community Child Health Nurses



Community Child Health Nurses

Community Child Health Nurses are employed by the Department of Health and are registered nurses with qualifications in child and family health.

They are experienced professionals who may have a variety of nursing and other qualifications. They will visit families with babies and young children at home and also see them in parenting groups, in the child health centre or other venues.

Child and family health services

Community Child Health Nurses provide a service in partnership with parents and carers of babies and young children up to the age of 4 years.

Community Child Health Nurses:

- assess baby and child health and development:
 - after discharge from hospital
 - 6 – 8 weeks
 - 3 – 4 months
 - 8 months
 - 18 months and 3 years.
- provide ongoing support for families and can offer information about many aspects of parenting, maternal and family health and healthy lifestyles.
- provide information about immunisation and locations of free clinics in Community Health Centres.
- act as a link between hospitals and the community, working with family GPs and other health professionals when necessary.
- work as part of a broader health team and can refer to Aboriginal and ethnic health workers, audiologists, dieticians, medical officers, occupational therapists, paediatricians, physiotherapists, podiatrists, psychologists, specialised health educators, speech therapists, and social workers.

Parenting groups & health education

Parenting groups conducted by Community Child Health Nurses provide an opportunity to meet other parents and share experiences.

Joining a parenting group is a way to find out about issues related to the age of your baby, as well as information on health and parenting. For more information please contact the nurse at your nearest centre.

Working with the nurse

All children develop at different rates. As parents are often closest to their child, they can be the first person to sense there is something not quite right.

Contact the Community Child Health Nurse or family GP if you have any concerns about your child's health, development or behaviour.

The nurse can provide information on a range of issues including:

- becoming a parent
- breastfeeding
- child behaviour
- diet/nutrition
- family health matters
- growth and development
- immunisation
- infant/child feeding
- injury prevention and child safety
- playgroups and other community resources
- play
- postnatal stress and depression
- sleeping/settling
- toilet training

Don't forget to bring your child's Personal Health Record 'All about me' to all of your meetings with the Community Child Health Nurse.

