

Child and family health nurses



Child and Family Health Nurses provide support for parents following the birth of their child and into childhood. community-based child and family health services are available for families with children 0-5 years across Penrith, Blue Mountains and Lithgow local government areas.

Home visits for new babies

A home or clinic visit will be offered to you after the birth of your baby. At this visit, the Child and Family Health Nurse will:

- Complete a health and development check for your baby. You can find more information about this in your baby's Child Personal Health Record, known as the 'Blue Book'.
- Offer you support with feeding, settling, sleeping and adjusting to parenting.
- Discuss any issues or concerns you may have.
- Provide you with information and links to additional family and parenting groups and support services that may help you.

If you have not been contacted by a Child and Family Health Nurse within three days of leaving hospital, or if you would like to book a development check, please contact the Central Intake Service on **1800 222 608**.

As your baby grows

Development checks cover growth and development and include the physical, social and emotional development of your child.

Checks can be conducted at your local community health centre or you can visit your GP.



More information on development checks can be found in your baby's Blue Book. We recommend that your child has a development check at:

- 6-8 weeks
- 6 months
- 12 months and 18 months
- 2 years, 3 years and 4 years

Vision testing is also provided through the Statewide Eyesight Preschooler Screening program (StEPS) at four years of age.



The **Building Strong Foundations** program provides child and family health services for Aboriginal children from birth to school-entry age and their families in the Penrith and Lithgow local government areas.

The program works with parents, carers and the local community to support the physical, social and emotional health, as well as the growth and development of Aboriginal children. The Building Strong Foundations nurses are supported by Aboriginal health workers and social workers.

We can provide these services in a place that is safe and comfortable for you and your family.



Need further information?

Contact the Central Intake Service on **1800 222 608** for information on:

- Parenting groups
- Speech Pathology
- Occupational Therapy
- Audiometry (hearing)
- Orthoptics (eyes)
- Counselling

You can find details of other support services at the back of your baby's Blue Book.

Child and Family Health Nursing Contact Information

Referrals and appointments can be made by individuals, family or health professionals between 9am to 4pm, Monday to Friday (except Public Holidays). Telephone: **1800 222 608**

Health professionals and other organisations can refer via email:

NBMLHD-ReferralService@health.nsw.gov.au or fax: **(02) 4732 9485**

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