

## HORNSBY KU-RING-GAI Child & Family Health Nursing Service

All nursing staff are registered nurses with additional qualifications in Child & Family Health (CFH) & other speciality areas. The CFH Nursing Service is part of a multidisciplinary CFH team of professionals including psychologists, social workers, speech therapists, occupational therapists, physiotherapists, medical practitioners, etc.

### ELIGIBILITY

**FREE** to all parents & caregivers with children, newborn to five years residing within the Hornsby & Ku-ring-gai Council areas & a small section of City of Parramatta Council area.

### SERVICES PROVIDED\*

- Child & Family Health Centres:
  - 1<sup>st</sup> Home Visit offered to all families with a newborn (Universal Health Home Visit – UHHV)
  - Appointments, phone consultations & parenting groups
  - Personal Health Record (PHR - Blue Book) child health growth & development assessment, surveillance & screening (ASQ-3 & ASQ:SE-2)
  - Oral health, vision, speech & hearing screening
  - Identification of child protection issues
  - Screening for Domestic Violence, postnatal depression/anxiety & other psychosocial/mental health issues
  - Parenting help, information & anticipatory guidance including:
 

✓ <b>Breast feeding support</b>	✓ <b>Child growth &amp; development</b>
✓ <b>Infant/child nutrition</b>	✓ <b>Infant/child behaviour</b>
✓ <b>Unsettled/crying babies</b>	✓ <b>Infant/child play &amp; safety</b>
✓ <b>Infant/child sleep difficulties</b>	✓ <b>Parenting support/education</b>
- Liaison & collaboration with GPs, Practice Nurses, community paediatrics & specialist practitioners
- Referral to Allied Health (e.g. speech pathology, occupational therapy, physiotherapy & social work)
- Child Health & parenting resources including multicultural resources
- Targeted services including Extended Home Health Visiting, Day Stay & Community Paediatrics

### REFERRALS

Whilst **NO** referral is required & parents/ caregivers with children can self-refer, referrals from GPs or other health professionals are welcomed.

**For general enquires such as hours of operation, group details & appointments &/or  
consultation, referrals, additional information contact your nearest  
Child & Family Health Centre**

### HORNSBY KU-RING-GAI CHILD & FAMILY HEALTH CENTRES (Early Childhood Health Centres)

- **Berowra** - 123 Berowra Waters Rd, BEROWRA HEIGHTS NSW 2082 **Ph 9456 2877 Fax 9456 2567**
- **Galston** - 17 Arcadia Rd (cnr Glade & Arcadia Rd), GALSTON NSW 2159 **Ph 9483 7955 Fax 9653 2110**
- **Hornsby** - 59 Florence Street, HORNSBY, NSW 2077 **Ph 9987 3055 Fax 9477 1273**
- **Lindfield** - Suite 1, The Lindfield Centre, 12-18 Tryon Road, LINDFIELD, NSW 2070 **Ph 9416 2111 Fax 9416 7019**
- **Pennant Hills** - 5 Fisher Ave, PENNANT HILLS NSW 2120 **Ph 9483 7955 Fax 9484 0141**
- **St Ives** - St Ives Shopping Village, ST IVES, NSW 2075 **Ph 9988 4999 Fax 9144 4960**

### EXTENDED SUPPORT (Secondary Service)\*\*

- **(Koala) Family Care Centre** - Building 14, 3 -7 Derby Rd, HORNSBY **Ph 9485 6112 Fax 9485 6021**