

NORTHERN BEACHES 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 Northern Beaches Council area.

SERVICES PROVIDED*

- Child & Family Health Centres:
 - 1st Home Visit offered to all families with a newborn (Universal Health Home Visit – UHHV)
 - Self-appointments, breast feeding drop-in clinics, 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:

✓ Breast feeding support	✓ Child growth & development
✓ Infant/child nutrition	✓ Infant /child behaviour
✓ Unsettled /crying babies	✓ Infant /child play & safety
✓ Infant /child sleep difficulties	✓ Parenting support/education
- 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; self-appointment; breast feeding drop-in clinic; group details; appointment bookings &/or consultation; referrals, additional information contact your nearest Child & Family Health Centre

NORTHERN BEACHES CHILD & FAMILY HEALTH CENTRES (Early Childhood Health Centres)

- **Avalon** - 59 Old Barrenjoey Rd, AVALON, NSW 2107 Ph - 9918 3741 Fax - 9949 6961
- **Balgowlah** - Stockland, Shop 61/215, Condamine St, BALGOWLAH, NSW 2093 Ph - 9948 8061 Fax - 9949 6961
- **Dee Why** - Dee Why Schools as Communities Building, 72 Fisher Rd, DEE WHY, NSW 2100 Ph - 0404 017 434 - 9466 2571 Fax - 9949 6961
- **Harbord** - 29 Lawrence St, HARBORD, NSW 2096 Ph - 9905 2435 Fax - 9949 6961
- **Frenchs Forest** - Forest Way Shopping Centre, Warringah Rd, FRENCHS FOREST Ph - 9451 7949 Fax - 9949 6961
- **Mona Vale CHC** - Coronation St, MONA VALE NSW 2103 Ph - 9998 6260 Fax - 9949 6961

EXTENDED SUPPORT (Secondary Services)**

- **Family Care Centre** - 21 Dalwood Ave, SEAFORTH Ph - 9951 0321 Fax - 9949 6961
- **Early Childhood Parenting Support Service** - 21 Dalwood Ave, SEAFORTH Ph - 9951 0377 Fax - 9949 6961

*Interpreters can be arranged if needed

**A fee may apply for families ineligible for Medicare

