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, physio therapists, medical practitioners, etc.

ELIGIBILITY

FREE to all parents & caregivers with children, newborn to five years residing within the Manly Council – Northern Beaches Council - Warringah and Northern Beaches Council – Pittwater areas.

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
  - 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**
    - ✓ **Infant/child nutrition**
    - ✓ **Unsettled /crying babies**
    - ✓ **Infant /child sleep difficulties**
    - ✓ **Child growth & development**
    - ✓ **Infant /child behaviour**
    - ✓ **Infant /child paly & safety**
    - ✓ **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 **phone - 9918 3741**
- **Balgowlah** - Stockland, Shop 61/215, Condamine St, BALGOWLAH, NSW 2093 **phone - 9948 8061**
- **Dee Why** - Dee Why Schools as Communities Building, 72 Fisher Rd, DEE WHY, NSW 2100 **phone - 0404 017 434 - 9466 2571**
- **Harbord** - 29 Lawrence St, HARBORD, NSW 2096 **phone - 9905 2435**
- **Frenchs Forest** - Forest Way Shopping Centre, Warringah Rd, FRENCHS FOREST **phone - 9451 7949**
- **Mona Vale CHC** - Coronation St, MONA VALE NSW 2103 **phone - 9998 6260**

EXTENDED SUPPORT (Secondary Services)**

- **Family Care Centre** - 21 Dalwood Ave, SEAFORTH **phone - 9951 0321**
- **Early Childhood Parenting Support Service** - 21 Dalwood Ave, SEAFORTH **phone - 9951 0377**

*Interpreters can be arranged if needed

**A fee may apply for families ineligible for Medicare

TRIM Ref: NSHN/17/19146 June 2017