

NORTH SHORE RYDE 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 North Sydney, Mosman, Willoughby, Lane Cove, Hunters Hills & City of Ryde council 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 (ASQ-3 & ASQ:SE-2)
 - Oral health, vision, speech & hearing screening
 - Parenting help, information & anticipatory guidance including:
 - ✓ **Breast feeding**
 - ✓ **Infant/child nutrition**
 - ✓ **Unsettled/crying babies**
 - ✓ **Infant/child sleep difficulties**
 - ✓ **Child growth & development**
 - ✓ **Infant/child behaviour**
 - ✓ **Infant/child play & safety**
 - ✓ **Parenting support/education**
 - Identification of child protection issues
 - Screening for Domestic Violence, postnatal depression/anxiety & other psychosocial/mental health issues
- 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

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; parenting group details; appointment bookings &/or consultation; referrals, additional information contact your nearest Child & Family Health Centre

NORTH SHORE RYDE CHILD & FAMILY HEALTH CENTRES (Early Childhood Health Centres)

- **Chatswood CHC** - 57 Hercules St CHATSWOOD, NSW 2067 **Phone - 9926 4640**
- **Cremorne** - 108 Parraween St, CREMORNE, NSW 2090 **Phone - 9953 7042**
- **Crows Nest** – Level 4, 2 Ernest Place, CROWS NEST, NSW 2065 **Phone – 9926 5990**
- **Lane Cove** - 172 Longueville Road, LANE COVE, NSW 2066 **Phone - 9427 2977**
- **Marsfield** - Trafalgar Place, MARSFIELD, NSW 2122 **Phone - 9868 4880**
- **Top Ryde** - 26 Argyle Street , TOP RYDE, NSW 2112 **Phone - 9809 2632**
- **West Ryde** - 1A Station Street, WEST RYDE, NSW 2114 **Phone - 8876 0200**

EXTENDED SUPPORT (Secondary Services)**

- Contact your local CFH Centre for service options, eligibility criteria, referral & contact details

*Interpreters can be arranged if needed **A fee may apply for families ineligible for Medicare TRIM Ref: NSHN/17/19136 December 2017