

NORTHERN BEACHES Child & Family Health Service

All nursing staff are registered nurses with additional qualifications in Child & Family Health (CFH) & other speciality areas. The CFH 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)
 - Drop-in clinics, breast feeding drop-in, 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 support	✓ Parenting support/education
✓ Infant/child nutrition	✓ Child growth & development
✓ Unsettled /crying babies	✓ Infant /child behaviour
✓ Infant /child sleep difficulties	✓ Infant /child play & safety
 - 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 & Community Paediatrics

REFERRALS

Parents/caregivers with children can **self-refer** & referrals from GPs or other health professionals are welcomed.

For more information & general enquires such as hours of operation, appointments, referrals, breastfeeding support & parenting group details please contact your nearest Child & Family Health Centre

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

- **Central Intake: Phone - 9951 0266**
- **Avalon - 59 Old Barrenjoey Rd, AVALON, NSW 2107 Phone - 9918 3741**
- **Balgowlah - Stockland, Shop 61/215, Condamine St, BALGOWLAH, NSW 2093 Phone - 9948 8061**
- **Brookvale Community Health Centre - 612-624 Pittwater Rd, BROOKVALE, NSW 2100 Phone - 9388 5140**
- **Frenchs Forest - Forest Way Shopping Centre, Warringah Rd, FRENCHS FOREST, NSW 2086 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, NSW 2092 Phone - 9951 0321**
- **Early Childhood Parenting Support Service - 21 Dalwood Ave, SEAFORTH, NSW 2092 Phone - 9951 0377**

*Interpreters can be arranged if needed

**A fee may apply for families ineligible for Medicare