

Child Health & Wellbeing

As we come out of lockdown and children return to school and childcare, what can we do to assist their health and wellbeing?

Keeping them healthy

- [My Personal Health Record \(Blue Book\)](#) including *Learn the Signs. Act Early.*
- Immunisation and Blue Book Check Summary – Attached
- [NSW Immunisation Schedule Childhood Vaccines funded October 2021](#)
- Overdue Children Report- AIR 10A. [How to request an AIR 10A report](#) (and have one available monthly for 12 months) This report will show any children who remain incompletely vaccinated.
- SKAI – Sharing Knowledge About Immunisation. [Patient Communication Resources](#) and the [SKAI eLearning module](#) for healthcare workers helps adapt clinical communication skills to meet the needs of vaccine concerned/hesitant parents
- [SKAI website for Parents](#) contains information and videos for parents
- [COVID advice for parents, students, and children](#) (NSW Health)
- [Caring for children with COVID in the community](#) (NSW Health)

Wellbeing

HealthPathways

(Login: healthpathways; Password: gateway)

- [Healthy Kids Check](#)
- [Developmental Milestones for Children](#)
- [Developmental Concerns in Children](#)
- [Behavioural Concerns in Children and Youth](#)
- [Paediatric Medical Advice](#)

Child and Parent/Carer Resources

- [Head to Health Pop Up](#) – supporting the mental health of people of all ages in NSW
- [Child and Family Health Clinics](#) – Comprehensive free services
- [Raisingchildren.net.au](#) – The Australian parenting website

Upskill

- [The first 2000 Days of life](#) NSW Ministry of Health
- [The Well Child Health Program](#) eLearning for GPs (and PNs in the SNHN region)

The **Primary Care Team** at Sydney North Health Network are available for your enquiries via email, phone or may visit your practice. Phone: 9432 8250 Email: pcaait@snhn.org.au