



WEST  
WIMMERA  
HEALTH  
SERVICE

MATERNAL AND CHILD  
HEALTH SERVICES

# Welcome Little One!





We, West Wimmera Health Service, acknowledge the traditional owners of the land, the Wotjobaluk, Jaadwa, Jadwadjali, Wergaia and Jupagalk people.

We pay our respects to the Elders past, present and emerging. We thank the traditional owners for custodianship of the land, and celebrate the continuing culture of the Wotjobaluk, Jaadwa, Jadwadjali, Wergaia and Jupagalk people.



West Wimmera Health Service is committed to providing a safe and welcoming environment for all people to participate, including those with diverse sexualities and genders.



West Wimmera Health Service provides translation services through the Victorian Translation Service (VITS) Language Loop.

If you require a translator, please let our staff know when booking an appointment.



# How can a Maternal and Child Health Nurse help me?

**Congratulations on becoming a new parent!**

After your baby is born, a Maternal and Child Health Nurse from your local area will visit your home.

Maternal and Child Health Nurses work in partnership with families to care for babies and young children until they start school. The service is free for all Victorian families.

You will visit a Maternal and Child Health Nurse at 10 key ages and stages from birth to three and a half years.

Your nurse can help you with things like breastfeeding and feeding your child; sleep and settling, making sure your child is growing, learning and developing well; being a parent and looking after yourself.

At each key age and stage visit you will be given handouts relating to the topics covered.

Don't be afraid to tell your nurse about any other issues or concerns you may have.



# OUR DAYS AND HOURS

CENTRE	DAYS	HOURS	ADDRESS	PHONE
Nhill	Wednesday	1:30pm - 4:30pm (By appointment)	Nhill Early Learning Centre Whitehead Avenue	(03) 5391 4249 0429 911 287 (24hr message bank)
	Thursday	8:30am - 5pm (By appointment)		
Hindmarsh Day Stay	Wednesday Thursday	8:30-5pm (by appointment)	Positive Parenting Centre 79 Victoria Street Nhill 3418	0448906100
Dimboola	Thursday	8:30am - 4:30pm (By appointment)	Dimboola Early Learning Centre, 26 Hindmarsh Street	0408 911 056
Rainbow	Wednesday	By appointment only	Rainbow Hospital, 2 Swinbourne Avenue	0459 326 315
Jeparit	Wednesday	By appointment only	Jeparit Hospital 2 Charles Street	0459 326 315

24 Hour Maternal and Child  
Health Line - 132 229



# USEFUL PHONE NUMBERS

**Emergency (Fire, Police, Ambulance)**

**000**

**Maternal and Child Health Line**

**(03) 9373 0123**

**Women's Domestic Violence  
Crisis Service**

**1800 015 188**

**SAFE Steps**

**132 229 (24 hours)**

**1800 RESPECT**

**1800 737 732**

**Family Counselling Service**

**(03) 5382 6789**

**PANDA - Perinatal Anxiety &  
Depression Australia**

**(03) 9482 9400**

**Lifeline**

**131 114 (24 hours)**

**Parent Line Poisons Information**

**132 289 or 131 126**



# KEY VISITS

1 Home visit

2 Two weeks

3 Four weeks

4 Eight weeks

5 Four months

6 Six months

7 Eight months

8 Twelve months

9 Eighteen months

10 Two years

11 Three and a half years

Our Maternal and Child Health service offers 10 free key ages and stages consultations to review your child's health, growth and development and talk about your own health and parenting experience.

Topics covered in this visit will include:

- safe sleeping
- safety in the home
- immunisations
- feeding your baby (breastfeeding and bottle feeding)
- how play helps learning and development
- family relationships and wellbeing.





**It takes a village  
to raise a child.**

African Proverb

**Parenting is one of the most important things we do,  
but there's no manual on how to do it...**

**Hindmarsh Day Stay is here to help!**



*tweddle*  
child & family health service

You don't need to navigate alone.  
Hindmarsh Day Stay can support  
both you and your child thrive.

Arrive early morning and stay the day, in a  
supportive environment.

Gain help and learn strategies for:

- Sleep and settling
- Breastfeeding and formula feeding
- Nutrition
- Health and wellbeing issues

**Reach out to our Early Parenting  
Practitioner on 0448 906 100 or  
[hindmarshdaystay@wwhs.net.au](mailto:hindmarshdaystay@wwhs.net.au)**



**Hindmarsh Day Stay  
79 Victoria Street  
Nhill 3418**

Scan for more  
information





WWHS

The first five years of a child's life are profoundly important to a child's development and they pass so quickly that they can seem like just a moment.

Our Maternal and Child Health Team are here to support you!

