

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

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CENTRE	DAYS	HOURS	ADDRESS	PHONE
Nhill	Wednesday Thursday	1:30pm - 4:30pm (By appointment) 8:30am - 5pm (By appointment)	Nhill Early Learning Centre Whitehead Avenue	(03) 5391 4249 0429 911 287 (24hr message bank)
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)** 

Maternal and Child Health Line

Women's Domestic Violence
Crisis Service

**SAFE Steps** 

1800 RESPECT

**Family Counselling Service** 

PANDA - Perinatal Anxiety & Depression Australia

Lifeline

**Parent Line Poisons Information** 

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(03) 9373 0123

1800 015 188

132 229 (24 hours)

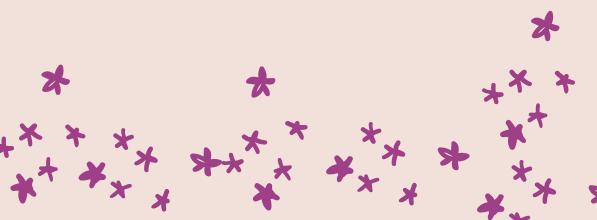
1800 737 732

(03) 5382 6789

(03) 9482 9400

131 114 (24 hours)

132 289 or 131 126



### KEY VISITS



- Two weeks
- Four weeks
- Eight weeks
- Four months
- Six months
- Eight months
- Twelve months
- 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.





#### 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



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.

