

# Maternal & Child Health Service

The Service is staffed by Maternal & Child Health Nurses as part of a team at Nillumbik Community Health Service, providing support for families with young children within the Shire of Nillumbik. All Nurses have qualifications in General Nursing, Midwifery and Maternal & Child Health.

The arrival of a new baby makes a big difference to family life. There are new joys and new challenges. The Maternal & Child Health Service can help by providing support and information.

## Services Provided

After the birth of your child, a Maternal & Child Nurse will call and arrange to visit you at home. After this initial visit, parents are invited to attend the nearest MCH centre, or the centre of your choice.

There is a schedule of visits for child development and health assessment at key ages. Assessment of family physical and emotional health and wellbeing is also provided. The nurse can be accessed for additional advice by telephoning the centre. If the nurse is unable to speak with you, leave a message on the answering machine and your call will be returned as soon as possible.

Parents are provided with information, advice and referral on issues which include:

- Child health
- Child development
- Breastfeeding
- Infant and child nutrition
- Maternal health
- Parenting
- Home safety
- Immunisation
- Relationships
- Local support services

## Breastfeeding Assessment

This session is for mothers having breastfeeding difficulties and provides assessment by a qualified lactation consultant. The session is held every Monday morning at Diamond Creek MCH centre. For bookings phone 9438 1125.

## Enhanced Maternal & Child Health Service

This service is provided for families with significant early parenting difficulties which are best dealt with in the family's own environment. Referral to this program is made by the centre based MCH nurse.

Families most likely to benefit from this program include mothers with postnatal depression, teenage parents, mothers with a physical or intellectual disability, families with multiple births or other special needs.

## Groups provided

### New Parent Groups

For parents with new babies. This group provides an opportunity to gain information and support for parenting, including meeting other new parents from your area.

### Baby Settling

Two programs: 0-5 months (fortnightly) 6-12 months (monthly) provide information and suggestions for settling babies.

For bookings phone 9431 1333 or 9430 9138

## Immunisation

Six public immunisation sessions are held each month at four separate locations in the Shire of Nillumbik.

Immunisation advice and vaccinations offered according to National Health & Research Council guidelines. Information on this program can be obtained by phoning 9430 9124 or 9430 9138.

## MCH Centres

Nillumbik Maternal & Child Health Service Centres are open 8:30am-4:30pm for appointments, with some centres providing evening and Saturday appointments.

Not all centres operate five days per week. Please call the service for actual opening hours:

### Diamond Creek

Diamond Creek  
Community Centre  
Main Road  
9438 1125  
Melway Ref: 12 A6

### Hurstbridge

50 Greysharps Road  
9719 8002  
Melway Ref: 185 J8

### Eltham

917 Main Road  
9430 9141  
Melway Ref: 21 J5

### North Warrandyte

184 Res/W'dyde Rd  
9844 2066  
Melway Ref: 23 D9

### Research

1551 Main Road  
9437 1389  
Melway Ref: 22 G2

### Eltham Woods

50 Frank Street  
9431 1409  
Melway Ref: 22 D3

### Eltham North

24 Glen Park Road  
9439 2771  
Melway Ref: 11 H12

## Maternal & Child Health 24-hour Telephone Service 13 22 29

# Maternal & Child Health Service



A service delivered on behalf of  
Nillumbik Shire Council  
by Nillumbik Community Health Service