

## Comments and Feedback

The Maternal & Child Health staff and services are guided by a range of professional standards, codes of ethics and Council's customer service standards. You can help us to deliver a high quality service by providing us with feedback that we value and welcome.



## Privacy and Confidentiality

A record of your contact with the Maternal & Child Health nurse will be stored securely on a paper file or on the computer.

The collection and disclosure of all personal information is treated with professional confidentiality and complies with the Information Privacy Act 2000 and the Health Records Act 2001.

Your consent is required prior to the release of your information. If you would like further information please ask the Maternal and Child Health Nurse.

## Maternal & Child Health Centres

<b>Foster</b>	
Prom Coast Centre for Children 30-32 Pioneer Street	5682 2241
<b>Korumburra</b>	
Karmai Community Children's Centre	5655 2724
<b>Leongatha</b>	
Leongatha Children's Centre Symmons Street	5662 0853
<b>Mirboo North</b>	
Library Complex Brennan Street	5668 2280
<b>Poowong</b>	
Poowong Preschool Drouin Korumburra Road	5662 9294
<b>Tarwin Lower</b>	
Community Health Centre Walkerville Road	5662 0853
<b>Nyora</b>	
Nyora Primary School Grundy Avenue	5662 9294
<b>M&amp;CH Coordinator</b>	<b>5662 9377</b>
<b>M&amp;CH Admin. Officer</b>	<b>5662 9294</b>
<b>Maternal &amp; Child Health (24 Hour line)</b>	<b>132 229</b>



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South Gippsland Shire Council

## Maternal & Child Health Services



Support and health information for families with children under six years of age



South Gippsland  
Shire Council

All our nurses have qualifications in general nursing, midwifery and additional postgraduate qualifications in child, family and community health.

Maternal & Child Health (M&CH) is a free service available to all families within the shire who have children from birth to school entry age.

You can have your child's growth and development monitored so that if any problems arise, they can be detected early and attended to promptly.



You will generally be referred to your closest Centre in the Shire, but you are welcome to attend any Centre of choice.

## Home visits

The M&CH Nurse will make contact shortly after discharge from hospital and arrange a home visit.

The Nurse will provide support and guidance and refer you to the nearest Maternal & Child Health Centre for future consultations.

## Universal service

Health and development checks for children are recommended at or near the ages of 2, 4 and 8 weeks; 4, 8, 12 and 18 months; 2 and 3½ years. Appointments can be made in advance. Information on these assessments can be found in your Child's Health Record. This service also provides a wide range of information, advice and support about women's, children's, and family health issues.

# Maternal & Child Health

Services include but are not limited to:

- **Breastfeeding/formula feeding**
- **Nutrition through all stages**
- **Immunisation**
- **Family planning**
- **Physical & emotional changes following childbirth**
- **Adjusting to parenthood**
- **Changing relationships with the family**
- **Sleep/settling difficulties**
- **Child health & development**
- **Parenting strategies**
- **Childhood illness**
- **Child safety & injury prevention**
- **Supporting infant parent relationships**

First time parents are invited to join group sessions and/or book extra visits. Families with additional needs, such as premature babies, twins or other challenging situations are invited to attend the centre more often.

Screening for postnatal depression is conducted at all Centres. Additional support and/or referral will be provided for women considered at risk.



## Enhanced Maternal & Child Health Program

Families likely to benefit from this program include mothers that require additional support through a home visiting service. Referral to this program is usually made by the Centre based Maternal & Child Health nurse.

## Centre hours

All Centres operate on a part time basis, by appointment only, between the hours of 8.30am and 4.30pm.

To arrange an appointment, please telephone the centre of choice, or administration.

For parenting, child/maternal health enquiries contact your local M&CH Centre. Answering machines are used in all Centres to receive messages when staff members are unavailable to take calls and to let you know when the Centre is open. Please leave a clear message and the nurse will get back to you.

## Baby weighing

When the Leongatha and Korumburra Centres are open, you are welcome to weigh your baby on the scales in the waiting area. Maternal & Child Health Nurses are happy to assist you with any questions you may have.

