

Child & Family Health Nursing Service

(previously known as Early Childhood Health Centre)

The service is provided by Nurses with specialist training in Child and Family Health as part of a multidisciplinary team of professionals including counsellors, speech pathologists, occupational therapists, physiotherapists and medical practitioners from Royal North Shore Hospital.

The service is for parents and caregivers with children, newborn to five years, who live in the Municipalities of NORTH SYDNEY, MOSMAN, WILLOUGHBY, LANE COVE, RYDE & HUNTERS HILL

*If you live in the Parramatta area a similar service is available from Western Sydney Local Health District, Community Health Centres.
Please refer to the internet for the locality of the centres.*

VISIT OUR WEBSITE

 www.nslhd.health.nsw.gov.au/CYFH



Health
Northern Sydney
Local Health District

We can help you with:

- **FREE** advice, education and support on any parenting issue
- A **home visit** for the first appointment with your newborn baby
- **Breastfeeding** support clinics
- **Assistance** with understanding baby's crying, feeding, settling and sleep problems
- **Toddler** tantrums, toilet training and fussy eating
- **Developmental checks** as set out in your child's Personal Health Record (Blue Book). It is important to see the nurse at these checks to learn about encouraging your child's brain and physical development and early detection and referral of any problems. **Please make an appointment for the following checks and fill in the age-related questions in your child's blue book prior to these appointments**
 - 1 – 4 week check
 - 6 – 8 week check
 - 6 month check
 - 12 month check
 - 18 month check
 - 2 year check
 - 3 year check
 - 4 year check
- **New Parent Groups** for parents having their first baby to meet other parents and discuss caring for your baby and adjusting to becoming a parent
- **Solids Talks** for learning when and how to progress to family foods
- **Drop In Clinic** is a time for you to see a nurse without making a prior appointment. Parenting concerns can be addressed during this time
- **Health Care Interpreters** for families who do not speak English

DROP IN CLINIC 9AM TO 12 MIDDAY

Development checks and first visits are not conducted during drop in times and do require a prior appointment.

Chatswood	Tuesday & Friday
Cremorne	Monday & Thursday
Crows Nest	Monday & Friday
Lane Cove	Monday & Thursday
Marsfield	Wednesday
Top Ryde	Tuesday & Thursday
West Ryde	Monday & Wednesday

BREASTFEEDING SUPPORT CLINIC 9 AM TO 12 MIDDAY

Conducted by Child and Family Health Nurses who have education and experience in supporting women who are breastfeeding.

No appointment necessary

Monday	Chatswood West Ryde
Tuesday	Lane Cove
Wednesday	Crows Nest Marsfield
Thursday	Top Ryde
Friday	Cremorne

The **Raising Children website** offers up to date research based material on more than 800 topics relating to raising healthy children from newborns through to early teens www.raisingchildren.net.au

CHILD & FAMILY HEALTH NURSING SERVICE CENTRES AND POSTCODES COVERED

Parramatta area – please contact Western Sydney Local Health District

www.wslhd.health.nsw.gov.au/Community-Health-Hospital/Community-Health-Hospital

CHATSWOOD

57 Hercules Street
Phone 9926 4640
Fax 9419 5473

Willoughby Local Council Area

Chatswood 2067, Artarmon 2064,
Northbridge 2063, Willoughby 2068,
Castlecrag 2068, Castle Cove 2069,
Roseville 2069 (only clients south of
Boundary Road)

CREMORNE

108 Parraween Street
Phone 9926 5955
Fax 9926 5950

Mosman 2088, Neutral Bay 2089,
Cremorne 2090, Kirribilli 2061

CROWS NEST

Level 4, 2 Ernest Place
Phone 9926 5990
Fax 9438 2650

Crows Nest, Naremburn, St Leonards &
Wollstonecraft 2065, Cammeray 2062,
North Sydney, McMahons Point, Lavender
Bay & Waverton, 2060, Milsons Point 2061

LANE COVE

172 Longueville Road
(opposite Lane Cove Library)
Phone 9926 5940
Fax 9926 5939

Lane Cove, Lane Cove West, Riverview,
Longueville & Northwood 2066,
Greenwich 2065, Linley Point 2066,
Hunters Hill & Woolwich 2110

MARSFIELD

1 Trafalgar Place
Phone 9926 5930
Fax 9926 5929

Ryde Local Council Area

Marsfield 2122, Macquarie Park 2113,
North Ryde 2113, East Ryde 2113,
Eastwood (north of Blaxland Road) 2122

TOP RYDE/GLADESVILLE

26 Argyle Avenue, Top Ryde
Phone 9926 5944
Fax 9926 5949

Ryde Local Council Area

Ryde, Denistone East and Putney 2112,
Gladesville, Boronia Park & Tennyson 2111

WEST RYDE

3 Anthony Road
Phone 9926 5920
Fax 9926 5919

Ryde Local Council Area

West Ryde, Meadowbank, Denistone West
and Melrose Park 2114,
Eastwood (South of Blaxland Road) 2122
