



# Child Youth and Family Health Service

Primary and Community Health

Pilot: **SharedCare4KidsBlueBookDevelopmentChecks**

## Child and Family Community Nursing

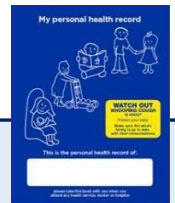
*'The First 2000 Days'* of a child's life, from conception to age 5 years, is the most important time for their development.  
**By 5 years old, 90% of children's brain development has occurred.**

Northern Sydney Local Health District (NSLHD) **child and family health nurses** provide health services for children from birth to 5 years-of-age supporting mums, dads and carers from Berowra to Palm Beach, from Sydney Harbour to the Hawkesbury River.

Experienced **child and family health nurses** work in partnership with parents/carers to promote and assess children's physical growth and brain development, from birth until a child starts school. This **regular surveillance** of **brain development**, health and physical growth, and **acting early** in response to concerns, optimises children's development to **start school**.

**Child and family health nursing services** are **free** and offered on a one-to-one basis; in centre consultations; telehealth video and phone consultations; through group sessions; and home visiting.

NSLHD child and family health nurses work in a **multidisciplinary team** of health professionals.



### When to refer to NSLHD child and family nursing?

- ✓ **Child 'Personal health record' (Blue Book) 'brain' development and physical growth surveillance check**
- ✓ **Secondary child development screening: Ages and Stages Questionnaire-3 (ASQ-3); Ages Stages Social and Emotional-2 Questionnaire (ASQ-SE2); Ages and Stages Questionnaire-TRAK (ASQ-TRAK for Aboriginal and Torres Strait Islander children)**
- ✓ **Breastfeeding or other infant feeding assessment and support**
- ✓ **Sleep and settling issues**
- ✓ **Unsettled baby; constantly crying baby**
- ✓ **Infant/child weight issues; weight loss >10% from birth; static weight; above/below healthy weight**
- ✓ **Infant/child growth concerns; static growth; crossing centile**
- ✓ **Parent/carer psychosocial assessment and emotional support; Edinburgh Postnatal Depression Screen (EPDS); Domestic Violence (DV) screening; adjusting to parenting**
- ✓ **Toddler/pre-schooler family nutrition support; Starting family foods; fussy eating**
- ✓ **Toddler/pre-schooler behaviour support toileting; tantrums; sibling rivalry**
- ✓ **Teething; 'Lift the Lip' check; caring for first teeth; and priority referral to NSLHD Oral Health Services**
- ✓ **Parenting groups including new parent; culturally specific; and Starting Family Food groups**
- ✓ **Isolated families or families new to Northern Sydney area**
- ✓ **Multicultural resources including interpreter services**
- ✓ **Referral to extended parenting and specialised nursing services\*; Paediatric Speech Pathology\*; Paediatric Physiotherapy\*; Paediatric Occupational Therapy\*; Oral Health\*; Perinatal Infant Mental Health; Child Youth and Adult Mental Health\*; Community Paediatrician\*; Audiology; Youth Health; Aboriginal Health and other community services as required**

\* A fee may apply for families ineligible for Medicare



For contact details and more information visit

[www.nslhd.health.nsw.gov.au/CYFH](http://www.nslhd.health.nsw.gov.au/CYFH)

Healthcare Interpreters are available to support families where English is their second language

## Pilot: SharedCare4Kids Blue Book Development Checks referrals

- ❖ Complete Child and Family Health referral or practice letter  
FAX: 02 9887 5518 - Attention Child and Family Health Blue Book Pilot
- ❖ To speak to a child and family health nurse phone -  
Hornsby Ku-ring-gai area: Hornsby CFHC – 9485 7520  
Lower North Shore Ryde area: Chatswood CFHC – 9926 4640  
Northern Beaches area: Frenchs Forest CFHC – 9926 5899  
Please mention that your Practice is participating in the Pilot when you call



For more information and local child and family health centre contact details click [HERE](#)

We are open business hours Monday to Friday



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### NSLHD child and family health nursing contact details

HORNSBY KU-RING-GAI Child and Family Health Nursing Service	
HORNSBY KU-RING-GAI Child & Family Health Centres	Phone
<b>Berowra</b> 123 Berowra Waters Rd BEROWRA HEIGHTS	9485 7520
<b>Galston</b> 17 Arcadia Rd GALSTON	9485 7566
<b>Hornsby</b> 59 Florence St HORNSBY	9485 7520
<b>Pennant Hills</b> 5 Fisher Ave PENNANT HILLS	9485 7566
<b>St Ives</b> St Ives Shopping Village ST IVES	9485 7555
<b>Hornsby Ku-ring-gai Central Intake</b> (including new baby home visits)	9485 7543
NORTH SHORE RYDE Child and Family Health Nursing Service	
NORTH SHORE RYDE Child & Family Health Centres	Phone
<b>Chatswood</b> 57 Hercules St CHATSWOOD	9926 4640
<b>Cremorne</b> 108 Parraween St CREMORNE	9926 5955
<b>Crows Nest</b> Level 4 2 Ernest Place CROWS NEST	9926 5990
<b>Lane Cove</b> 172 Longueville Rd LANE COVE	9926 5940
<b>Marsfield</b> 1 Trafalgar Place MARSFIELD	9926 5930
<b>Top Ryde</b> 26 Argyle St RYDE	9926 5944
<b>West Ryde</b> 3 Anthony Rd WEST RYDE	9926 5920
<b>New baby home visits</b> - contact local Child & Family Health Centre	
NORTHERN BEACHES Child and Family Health Nursing Service	
NORTHERN BEACHES Child & Family Health Centres	Phone
<b>Avalon</b> 59 Old Barrenjoey Rd AVALON	9998 6260
<b>Brookvale</b> 612-624 Pittwater Rd BROOKVALE	9388 5140
<b>Frenchs Forest</b> Forest Way Shopping Centre FRENCHS FOREST	9926 5899
<b>Mona Vale</b> Coronation St MONA VALE	9998 6260
<b>Seaforth</b> 21 Dalwood Ave (enter via Calicoma Rd) SEAFORTH	9951 0399
<b>Northern Beaches CFH Central Intake</b> (including new baby home visits)	9951 0266
GENERAL PRACTICE-COMMUNITY LIAISON NURSE: Child and Family Health	
Consultation and facilitation of referrals, particularly for children and families experiencing complex vulnerabilities Vicki Laing - NSLHD Pilot: SharedCare4KidsDevelopmentBlueBookChecks contact Mobile - 0472 808 691	