

Other information sessions

Sleep and settling

This session helps you to make sleep time a gentle and happy time.

Topics

- Early communication with baby
- Sleep times
- Recognising tired signs
- Routines relating to babies feeding, play times and sleep

This one hour session is recommended for parents with infants from birth to six months. It can be helpful if your partner or other caregiver also attends.

This helps you to help your baby learn to settle as early as possible. Babies learn through a consistent routine and repetition.

Introduction to solids

When your baby is around six months and really getting ready to eat solids, the service offers a one hour free information session on solids to refresh and update any issues.

Message

A two week course is offered to all who want to learn the techniques and advantages of infant massage. If you choose to attend a New Parent Group, massage is taught in these groups so no need to attend extra sessions.

First Aid

First aid courses are facilitated by a qualified presenter regularly with a focus on knowledge relevant to new parents (free).

Some things I wish I had known...

(thoughts from new mums in past groups)

- "Practice using your car restraint with a doll or bear well before you need it!"
- "Don't underestimate how tired you'll be in the first few weeks."
- Sleep when your baby sleeps and don't worry about the housework!"
- "If family or friends offer to help with meals or housework... LET them!"
- "There's no such thing as the perfect parent, so don't doubt yourself!"
- "I found I needed to work on my relationship with my partner and make time to spend with him. My day was consumed with the baby and I was missing out on just talking to him or having a meal together."
- "I didn't realise it could take 12 weeks or more for routine to finally fall into place. I expected it to happen in the first couple of weeks."
- "It's amazing to just sit and stare at my baby without saying anything and watch as he stares back and tries to communicate."
- "Use the local resources of breastfeeding support, sleep & settling and massage. I found them invaluable."

GREATER SHEPPARTON MATERNAL AND CHILD HEALTH SERVICE

9.00am to 4.00pm Monday to Friday

For appointments phone: **5832 9312**

24 Hour Helpline: **13 22 29**



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GREATER SHEPPARTON

MATERNAL AND CHILD HEALTH SERVICE

Information for
New Parents



GREATER
SHEPPARTON



Maternal and Child Health Service

The Maternal and Child Health Service is a free service for all Victorian families with children aged 0-6 years. The Service offers support and information on a range of parenting issues.

Parents can also join groups that provide health information and an opportunity to meet other parents in the local area. All Maternal and Child Health centres are staffed by Registered Nurses with qualifications in Midwifery and Family and Child Health. The nurses have the knowledge and experience to deal with family health issues and concerns. Nurses are also able to link families to specialist services as required.

Our reach home visits are available for families who have difficulty accessing the service. The Enhanced Maternal and Child Health Service is available for families who require additional support, e.g. for a premature baby or families with complex needs.



How does the Maternal and Child Health Service operate?

Once the hospital notifies the service that you have given birth, the Maternal and Child Health office will contact you to arrange a visit to your home. At the home visit you will receive information about further visits and services and how to contact a Maternal and Child Health Nurse at any time.

What happens when you visit a Maternal and Child Health Centre?

When you go to the centre, the nurse will review your child's physical growth, general health and development. Parenting issues will be discussed such as:

- Breastfeeding • Nutrition • Sleep • Child Safety
- Behaviour • Immunisation • Family Planning • Play

Information about your child's health and development is recorded in the My Health, Learning and Development Record.

At particular stages there will be more specific assessments, including those related to hearing and vision.

Visits are an opportunity for you to ask questions about your child, yourself or anything that you are concerned about.

Your own health and wellbeing are very important and can be discussed with the nurse at any time during your visit.

How often should I go?

There are particular times when a review of each child's health, learning and development are recommended:

- | | | |
|--------------|-------------|-------------|
| • Home Visit | • 4 months | • 2 years |
| • 2 weeks | • 8 months | • 3.5 years |
| • 4 weeks | • 12 months | |
| • 8 weeks | • 18 months | |

Families are able to access the service at other times by telephone or through a centre visit. Most centres offer a range of times when families can access the service, and typically operate through scheduled appointments and open consultation sessions.



New parents groups

At an early visit with your nurse, they will discuss an invitation to attend a new parents group. An invitation is sent to you about two weeks before the next group commences. Attending the group gives you the opportunity to meet other new parents, form friendships, swap ideas and discuss issues that are common to all new parents. Partners are very welcome to attend any or all of the sessions. The sessions are very informal. The group meets once a week for seven weeks and when the sessions are finished groups often continue to meet socially. Each week we have a different guest speaker, video presentation or discussion and there will be plenty of time for you to chat to the others in the group and have a cuppa.

Some of the topics covered are:

- Baby's early development and communication
- Baby Massage
- Women's Health
- Adjustment to parenthood
- Home and car safety
- Childhood illnesses and teeth
- Music, play and books
- Introducing diet
- Playgroups
- Any other topics as time permits
- First Aid