



## Where do I go?

Soon after your baby is born, your child health nurse will contact you to make an appointment. To find your local child health centre, look in your baby's purple All About Me book, in the phone directory under 'Child Health', or go to [healthywa.wa.gov.au/Service-search](http://healthywa.wa.gov.au/Service-search). There are centres right around Western Australia. Most are open Monday to Friday, but some less often, and you usually need an appointment. Ask your nurse for details.



Ask for a **free Telephone Interpreter** if you need one.

### Contact details:

For more health information, visit

- [www.healthywa.wa.gov.au](http://www.healthywa.wa.gov.au)
- [raisingchildren.net.au](http://raisingchildren.net.au)

**This document can be made available in alternative formats on request for a person with a disability.**

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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# all about child health nurses



## Child health nurses

are specially trained in child and family health.

They see families with babies and young children at home, at local child health centres and at parenting groups.

## Child and family health services

provide free support and information on health, growth and development through your baby's first years.

Child health nurses:

- check your baby's health and development at each Purple Book appointment
- provide support and information about parenting, mother, father and family health, and healthy lifestyles
- provide information about immunisation including local clinics
- act as a link between you and hospitals, GPs and other health professionals when necessary
- work as part of a bigger health team. If needed, they can help you make appointments with Aboriginal and ethnic health workers, and specialists such as dieticians, lactation consultants (breastfeeding), doctors, psychologists, social workers and speech therapists.



## Parenting groups

are run by child health nurses. They are a great way to meet other local dads and mums, and share experiences.

Join a free parenting group to learn about issues related to your baby's age, as well as about family health and parenting.

Ask your local nurse for more information.

## Working with the nurse

### All children are different.

As the person closest to your baby, you are the first to sense if something's not quite right.

Talk to your child health nurse or family doctor if you are worried about your baby's health, development or behaviour.

Your nurse can provide information on:

- becoming a parent
- breastfeeding
- child behaviour
- diet/nutrition
- family health
- growth and development
- immunisation
- play
- feeding and eating
- injury prevention and child safety
- playgroups and other community resources
- postnatal anxiety, stress and depression
- sleeping/settling
- toilet training
- and much more.

Remember to bring your baby's **Purple Book** to all your child health nurse appointments.