Child health centre locations
When arriving home from hospital or if you have moved into the area, contact your local child health centre to make an appointment.
Child health centres are located throughout Western Australia and are listed in the phone directory index under child health centres or www.health.wa.gov.au
Most centres operate an appointment system Monday to Friday, but some are only open part time. You will usually need to make an appointment for your visit. Please ask your nurse for further details.
Telephone interpreter services are available on request. All services are free.

Contact details:

This information, along with other child health information, is available in electronic format at www.healthywa.wa.gov.au
This document can be made available in alternative formats on request for a person with a disability. Please contact childcommunity@health.wa.gov.au

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**Community child health nurses**

Community child health nurses, employed by the Department of Health, are registered nurses with qualifications in child and family health. They are experienced professionals who may have a variety of nursing and other qualifications. Community child health nurses offer a range of services for families with babies and young children. These services may be provided in your home, at the child health centre or other community venues.

**Child and family health services**

Community child health nurses provide a service in partnership with parents and carers of babies and young children up to the age of 4 years.

Community child health nurses:
- assess baby and child health and development
  - after discharge from hospital
  - 6–8 weeks
  - 3–4 months
  - 8 months
  - 18 months
  - 3 years.
- provide ongoing support for families and can offer information about many aspects of parenting, maternal and family health and healthy lifestyles.
- provide information about immunisation and locations of free clinics in community health centres.
- act as a link between hospitals and the community, working with family GPs and other health professionals when necessary.
- work as part of a broader health team and can refer to Aboriginal and ethnic health workers, audiologists, dieticians, lactation consultants, medical officers, occupational therapists, paediatricians, physiotherapists, podiatrists, psychologists, speech therapists, social workers and specialised health educators.

**Parenting groups & health education**

Parenting groups conducted by community child health nurses provide an opportunity to meet other fathers and mothers, and share experiences. Joining a parenting group is a way to find out about issues related to the age of your baby, as well as information on health and parenting. For more information please contact the nurse at your nearest centre.

**Working with the nurse**

All children develop at different rates. As parents are often closest to their child, they can be the first person to sense there is something not quite right. Contact the community child health nurse or family GP if you have any concerns about your child’s health, development or behaviour.

The nurse can provide information on a range of issues including:
- becoming a parent
- breastfeeding
- child behaviour
- diet/nutrition
- family health matters
- growth and development
- immunisation
- infant/child feeding
- injury prevention and child safety
- playgroups and other community resources
- play
- postnatal anxiety, stress and depression
- sleeping/settling
- toilet training.

Don’t forget to bring your child’s personal health record ‘All About Me’ to all of your meetings with the community child health nurse.