

Family Care Program

Information for parents and carers

Having a baby can be a joyful experience but it can also be very challenging. When the thrill of the birth is over and everyone else goes home or back to work, you can feel very alone in caring for your baby.

We recognise the demands a newborn brings to a family and the difficulties experienced by families trying to meet these demands. The Family Care Program has been developed to provide help to families during the first year of your infant's life.

The program

This is a voluntary program which involves regular visits at your home by a health professional. Frequency of visits are usually:

- weekly until your baby is six weeks old
- then fortnightly until your baby is three months old
- then monthly until your baby is six months old
- and then every two months until your baby is 12 months old.

The nurse home visitor has extensive knowledge about infants' and mothers' health and family issues, and has had extensive training in working with families with newborns.

The child health nurses work as part of a team within the health service. This team includes a paediatrician and early intervention parenting clinicians, healthy weight team, speech pathologists, psychologists, social workers and occupational therapist.



Standard 2
Partnering with Consumers



Standard 11
Service Delivery



Standard 12
Provision of Care



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What you should expect from your nurse home visitor

- respect for you and your family
- confidentiality - aside from discussions with other team members, no information about you or your family is given to any other person without your permission
- a person you can trust and share your parenting experiences with
- information on infant care including:
 - feeding
 - sleeping
 - crying
 - settling
 - normal development
 - developing a healthy relationship with your baby
 - information on appropriate supports for you and your family.
- support to ensure you are able to make positive life choices for you and your family regarding matters such as:
 - contraception/family planning
 - partnership issues
 - returning to work or school.
- a shoulder to lean on when times are tough, your visitor is available to listen and advise
- knowledge about such things as:
 - promoting safety and safe sleep strategies
 - how and when to get baby immunised
 - promoting home safety
 - how to promote healthy wellbeing.
- connections with local services that deal with such things as:
 - postnatal depression
 - infant health problems
 - mothers' health concerns
 - relationship challenges.

Many families form a positive partnership with their child health nurse who can help you access a range of services.

We wish you and your family all the very best in the generally enjoyable, but sometimes frustrating, years of childhood. We trust you and your nurse home visitor will work together to ensure the very best for your baby.



For further information, support, advice and appointment booking, please contact Child Health Access

Ph: 07 5319 4824

Monday to Friday 8.30am to 4.00pm
(except public holidays)

Community Health Centre locations

Noosa

14-16 Bottlebrush Ave,
Noosa Heads, Qld 4567

Nambour

5 Waterfall Road, Nambour Qld 4560

Maroochydore

60 Dalton Drive, Maroochydore Qld 4558

Caloundra

Community Health, West Terrace,
Caloundra Qld 4551

Gympie

20 Alfred Street, Gympie Qld 4551

Outreach Centres

- Cooroy
- Coolum
- Beerwah
- Tin Can Bay.