

Child Youth and Family Health

Information for parents and carers

This is a free service provided by highly-trained health professionals offering contemporary information and relevant support to families.

Child Health Access phone support

Child Health Access is a free telephone service that provides parents with advice, booking of appointments and for referrals into the Child, Youth and Family Health Service. It operates Monday to Friday 8.30am – 4.00pm (except public holidays). Contact Child Health access on 07 5319 4824.

Parenting young babies group

Series of five informal, informative and supportive sessions with a Child Health Nurse covering:

- adjustment to parenthood
- breastfeeding support
- sleep strategies
- introduction to solids
- growth and development
- opportunity to network with other parents/caregivers
- links to child health programs

Drop-in service

This service supports mums/carers, dads and their newborn babies during the early postnatal period (up to six weeks of age). No appointments are required, please contact Child Health Access for locations and times. Services include:

- growth and development checks, baby weighs.
- breastfeeding support (lactation consultants available).
- neonatal screen tests
- opportunity to meet other parents
- links to child health programs.

Individual consultations and clinics

- offered to parents/caregivers on appointment basis.
- growth and development checks.
- breastfeeding support (lactation consultants available).
- self weigh - parents/caregivers are also welcome to use baby scales in our centres.

Family C.A.R.E. program

- Home visiting program offered to families experiencing specific challenges and demands
- Providing assistance to families during the first year of an infant's life
- Coordinated by a team of health professionals with extensive training in working with families and newborns.

Child Health Hearing Clinics

For children 4 years and above that have an identified hearing concern or speech difficulty are eligible for a hearing assessment by a child health nurse.



This patient publication was developed with input from consumers. The Sunshine Coast Hospital and Health Service is accredited by the Australian Council on Healthcare Standards, for more information see www.safetyandquality.gov.au or ask a member of staff.



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Early intervention parenting clinicians

Counselling and parenting support for parents of children birth to eight years of age to develop positive parenting skills that strengthen family relationships. We provide individual and group programs for parents who wish to improve:

- Ability to understand and respond to challenging child behaviour
- Adjustment to parenthood and post natal depression
- Coping with anxiety and stress
- Parenting confidence - emotional resilience.

Speech pathology

Assessment and management for feeding and communication difficulties for children zero/birth to starting prep.

Occupational therapist

Specialised Continence Support with our Occupational Therapist meeting individual needs, and offering group information sessions.

Pondering Poos is a community-based information workshop for groups of parents and carers who have children aged two years and over with bowel difficulties including:

- chronic constipation • withholding/refusal • soiling.

Wondering about Wees is a community-based information workshop for groups of parents and carers who have children aged five to 15 years with bladder difficulties including:

- frequency • urgency • withholding • day wetting/night wetting.

These workshops provide information about:

- normal bowel and bladder habits • causes of difficulties
- diaries • scheduling/routines • bedwetting alarms
- dietary/fluid intake • medication advice • behavioural advice.

Child healthy lifestyle team

Offers group and individual support for families of overweight children (two to 12 years).

Services are tailored to the needs of each individual family. Clinic and home visits can be provided as well as group sessions.

- Learn how much food your child needs every day
- Increasing your child's physical activity
- Packing a healthy, well-balanced lunch box
- Limiting screen time
- Understanding why we overeat
- Increasing your child's self esteem and emotional resilience.

Aboriginal and Torres Strait Islander Child Health Team

- providing parenting support, developmental checks and immunisations through home visits
- links to cultural child health programs and play-groups.

School-based youth health

Primary School Nurse Health Readiness Program - Vision Screening for Preps.

Nurses are based in public high schools providing support and education on health matters for young people.



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
- Kawana.