

Maternal and  
Child Health



# General information

*Lifestyle Capital of Victoria*



**Free for all families with children  
aged 0–6 years in Frankston City**

# About us

Frankston City Council's Maternal and Child Health Service provides a universal service delivered by Registered Nurses who are also Registered Midwives with postgraduate qualifications in maternal and child health nursing.

Our team also includes allied health and welfare professionals, such as: early parenting educators, social workers and lactation consultants.

The Maternal and Child Health Service aims to help parents develop their parenting skills and ensure best outcomes of health growth and development of their children.

This service is provided in local community settings and, where possible, located with other children and family services.

In Frankston City, the central booking officer will contact you after the birth of your baby to arrange a home visit. You will then be invited to attend a centre near your home, or you may choose to attend another centre.



# What we provide

## Health and development assessments

- Health and growth assessments
- Physical assessments
- Developmental assessments
- Vision screening test (3½ years)

## Information and support

- Breastfeeding
- Nutrition
- Immunisation
- Childhood health and illness
- Sleep and settling
- Dental health
- Child safety
- Child behaviour and parenting
- Women's health

## Family support

- First time parent groups
- Information about local community resources
- Collaboration with other support agencies
- Recognition and support where children are at risk
- Referral to appropriate professionals and services

## Immunisation

Immunisation sessions are available at Maternal and Child Health Centres and Community Centres.

Check with your nurse for the various session times and venues.



# What to bring

- A change of clothes for the child
- A comfort rug
- Bag for dirty nappy
- Child Health Record book “Green Book”

Please note: Council has a policy of not allowing disposable nappies to be disposed of at the centre.

# Maternal and Child Health key ages and stages developmental assessments

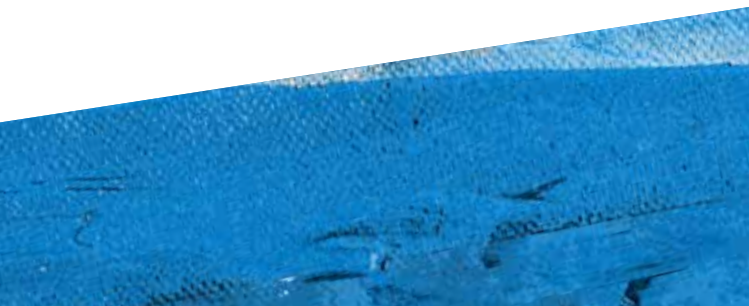
- Newborn home visit
- 2, 4, 8 week
- 4, 8, 12 and 18 month
- 2 and 3½ years

# Bookings and enquiries

**For all enquiries please call Maternal and Child Health Central Booking on 9784 1756 to:**

- Make an appointment at your Maternal and Child Health Centre
- Speak to a local Maternal and Child Health Nurse

**To speak with a Maternal and Child Health Nurse you can also contact the 24-hour Maternal and Child Health Line on 132 229**





## Additional programs

### **Enhanced Maternal and Child Health Service**

This service is available to families experiencing significant challenges related to parenting who may require short term additional support.

### **Parent Education Program**

The Parent Education Program offers various free sessions for all parents. Topics include sleep settling, postnatal depression, playgroups, positive parenting, child behavioural management, early parenting and more.

More information is available on Council's website and at our Maternal and Child Health Centres.

# Maternal and Child Health Centres

<b>Baden Powell</b>	Corner Humphries Road and Baden Powell Drive, Frankston
<b>Banyan Fields</b>	90A Cadles Road, Carrum Downs
<b>Belvedere</b>	1 Moomba Avenue, Seaford
<b>Botany Park</b>	53 Lyrebird Drive, Carrum Downs
<b>Karingal Place</b>	103 Ashleigh Avenue, Frankston
<b>Joy Street</b>	15 Joy Street, Frankston
<b>Lakewood</b>	107-109 Raphael Crescent, Frankston
<b>Langwarrin</b>	6 Allen Crescent, Langwarrin
<b>Langwarrin Park</b>	29 Northgateway, Langwarrin
<b>Montague Park</b>	Bentley Place, Frankston
<b>Mahogany Rise</b>	25 Jenkens Street, Frankston North
<b>Rowellyn</b>	37 Rowellyn Avenue, Carrum Downs
<b>Seaford</b>	41 Railway Parade, Seaford

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**Frankston City Council**

**Phone** 1300 322 322

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