



**RURAL CITY OF
WANGARATTA
MATERNAL & CHILD
HEALTH CENTRES**

**To make an appointment please phone 03 5722 8140
24 Hour Telephone Advice line 132 229**

| Maternal and Child Health Clinic hours and locations | | | |
|---|------------------------------------|--|--|
| Wangaratta Children's Services Centre Rosella Room 1A Handley Street Wangaratta | Mon Tues Wed Thurs Fri | Morning Closed Appointments Appointments Appointments Open session 9-12 | Afternoon Closed Appointments Appointments Appointments Appointments |
| Wangaratta Children's Services Centre Bilby Room 1A Handley Street Wangaratta | Mon Tues Wed Thurs Fri | Morning Appointments Appointments Appointments Closed Closed | Afternoon Appointments Appointments Appointments Closed Closed |
| Yarrunga M&CH Centre 29 Flanagan Street Wangaratta | Mon Tues Wed Thurs Fri | Morning Closed Open session 9-12 Appointments Appointments Closed | Afternoon Closed Appointments Appointments Appointments Closed |
| Moyhu / King Valley Moyhu Health Centre 11 Byrne Street Moyhu | Mon | Morning Appointments | Afternoon Home visits |

Wangaratta Children's Services Centre
1A Handley Street
Wangaratta, 3677
E: mch@wangaratta.vic.gov.au
P: (03) 5722 8140
F: (03) 5721 9986

What is the Maternal and Child Health Service?

The Maternal and Child Health Service is a free service available to all families with children from birth to school age. It provides services that focus on promoting health and development, prevention, early detection and intervention for a range of physical, emotional and social issues that affect young children, mothers and families

What does the Maternal and Child Health Service provide?

The Maternal and Child Health Service supports parents to meet the demands that early parenthood places on them.

The Maternal and Child Health Service works in partnership with families to provide information and support on issues that include:

- Breastfeeding and infant nutrition
- Child health, growth and development
- Early learning
- Maternal health
- Parent-child relationships
- Home and car safety for children
- Child accident and injury prevention
- Immunisation information
- Family planning
- Other local support services and resources

All visits are documented in the Child Health Record.

How is contact made with the service?

The hospital will notify the Maternal and Child Health Service that you have had your baby. The Maternal and Child health nurse will either visit you in hospital or contact you after you are home to arrange an initial home visit.

What do I need to bring?

- Child Health Record Book
- Change mat or rug for table and scales
- Change of nappy/clothes

How often can I attend?

The Maternal and Child Health Service highlights certain stages in development when children would benefit most from visiting their Maternal and Child Health Centre. Following from an initial home visit you will need to arrange an appointment for:

**2 weeks, 4 weeks,
8 weeks, 4 months,
8 months, 12 months,
18 months, 2 years, and
3.5 years.**

There may be other times you would like to attend to discuss a concern and appointments outside of these times are also available.

Who are the Maternal and Child Health Nurses?

Centre's are staffed by registered nurses with qualifications in Midwifery and Maternal and Child Health. The centre locations are on the back page of this brochure

- If the nurse is unavailable you can call the **24 hour Maternal & Child Health Helpline on 132 229**
- The Enhanced Maternal & Child Health Service is an outreach program which provides assistance to families with additional support needs.
- New parents groups are conducted for first time parents.

