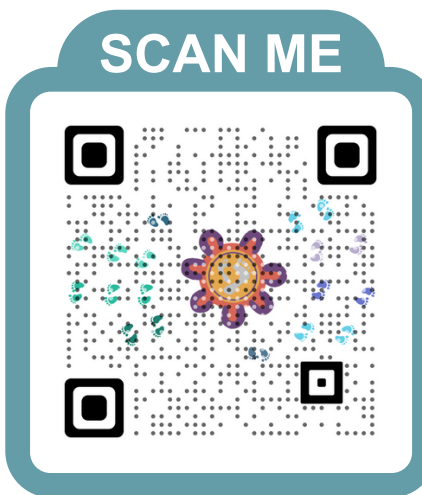


PATHWAYS TO SUPPORT YOU AND YOUR CHILD

IF YOU HAVE A CHILD DEVELOPMENT, DISABILITY OR HEALTH CONCERN



Scan here for an interactive version of this poster and links to services.



- Culturally appropriate support and services
- Health, wellbeing and development of Aboriginal children and families
- Contact: **0400 123 258**

- For families & children 0-8 years
- Playgroups
- General parenting guidance
- Childrens behaviour support
- Co-located services & drop-in clinics
- Contact: Drop-in or phone a centre
- Contact: Tuggeranong **6207 8228**
Gungahlin **6207 0120**
Belconnen **6205 2904**

- Assessment, support, information and linkages regarding developmental concerns for 0-6 years old
- Early intervention therapy services for 24-36 months old not accessing NDIS
- Autism assessment for children aged up to 12 years
- Drop-in clinics
- Contact: **6207 8884**

- For children 0-5 years
- Child health & development checks (Blue Book)
- Early Parenting Support Line **5124 1775**
- New parent groups & online videos
- Breastfeeding & emotional support
- Contact: Central Health Intake **5124 9977**

- Acute or chronic injury or illness
- Child health and development checks
- Immunisations
- Referrals to specialists
- Visit your local pharmacy for advice
- Visit a walk-in centre (1 yr+)

YERRABI YURWANG CHILD & FAMILY ABORIGINAL CORPORATION

FREE

CHILD & FAMILY CENTRES

FREE

CHILD DEVELOPMENT SERVICE

FREE

MATERNAL, CHILD & FAMILY HEALTH SERVICE

FREE

WINNUNGA NIMMITYJAH ABORIGINAL HEALTH & COMMUNITY SERVICES

FREE

Bulk bill

GUGAN GULWAN YOUTH ABORIGINAL CORPORATION

FREE

EACH (NDIS partner delivering the Early Childhood Approach)

FREE

RAISING CHILDREN (Online Resource)

FREE

GP/DOCTORS

Cost/bulk bill

- Holistic culturally appropriate healthcare service for Aboriginal & Torres Strait Islander people
- Child health nurse drop-in
- Comprehensive child immunisation program
- Community midwifery team
- Australian Nurse-Family Partnership Program
- Transport available
- GP/Doctors
- Phone: **6284 6222**

- Birth to adulthood
- Protect, nurture and support children, youth and their families
- Drop-in supports
- Contact: **6296 8900**

- For children 0-9 years
- Disability and development assistance, advice and access to local disability supports
- Phone: **1300 003 224**

- Activity guides and tools
- Information for everyone in the family, including all generations
- Parenting in pictures for raising babies, children and teenagers
- **www.raisingchildren.net.au**

PARENTLINE ACT

FREE

- All ages
- Information, referral, ideas and resources
- Face to face counselling
- Contact: **6287 3833**

SPECIALIST AND ALLIED HEALTH SERVICES FOR YOU AND YOUR CHILD

YOU MAY BE REFERRED TO THESE SERVICES BY A GP, NURSE, OR ALLIED HEALTH PROFESSIONAL.

PAEDIATRICIAN

Paediatricians are doctors who provide specialist medical care to infants, children and adolescents.

Paediatricians assess, diagnose, and provide health care for medical and developmental concerns.

To see a paediatrician, visit your GP and discuss your concerns with them first. They will assess your child and make a referral to an appropriate paediatrician.

 **Community Paediatric and Child Health Service**

GPs can make a referral by contacting

 **Central Health Intake**
02 5124 9977

COSTS

Government services are usually free or low cost if you hold a concession health care, pension or Medicare card. Private services will have a cost dependent on which service your child needs and if you have any concessions, Medicare, a health care plan or private health insurance. Ask about costs when you book into any service.

 **healthdirect Service finder**

 **ACT Playgroups**

OCCUPATIONAL THERAPIST

An occupational therapist helps people with physical, sensory, or cognitive challenges to participate in activities they find meaningful.

An occupational therapist can help you and your child with:

- ✓ self-care (toileting, sleep)
- ✓ play skills
- ✓ gross and fine motor skills
- ✓ self-management skills (emotional regulation, behaviour, sensory)
- ✓ learning skills (attention, concentration, executive functioning)
- ✓ social skills (engaging with others, play, making friends)

To find an occupational therapist, check out

 **Child Development Service**

 **Occupational Therapy Australia**

SPEECH PATHOLOGIST

A speech pathologist or therapist diagnoses and treats communication issues or swallowing difficulties.

A speech pathologist can help you and your child with:

- ✓ speaking
- ✓ listening
- ✓ language
- ✓ social skills
- ✓ stuttering
- ✓ voice
- ✓ swallowing
- ✓ feeding

If you are on a speech pathology waiting list you can visit the NSW Health website for ideas to help you and your child while you wait.

 **NSW Health Website**

To find a speech pathologist, check out

 **Child Development Service**

 **Speech Pathology Australia**

NUTRITIONIST OR DIETITIAN

Nutritionists or dietitians help people to understand the relationship between food and health.

A dietitian can help you and your child with:

- ✓ eating for good health
- ✓ fussy eating
- ✓ introducing solids
- ✓ food allergy and intolerance
- ✓ vegetarian eating
- ✓ weight management
- ✓ disordered eating, and
- ✓ healthy eating during pregnancy and breastfeeding

Tuckatalk handouts are factsheets that provide nutrition support and advice for infants and children up to 12 years of age.

 **Tuckatalk handouts**

To find a nutritionist, check out

 **Women, Youth and Children - Nutrition**

PHYSIOTHERAPIST

Physiotherapists diagnose and manage conditions with the bones, muscles, cardiovascular system, nerves and other parts and systems of the body.

A physiotherapist can help you and your child with:

- ✓ balance, coordination and gross motor skills
- ✓ joint, muscle or nervous system problems that are causing weakness, pain or movement difficulties
- ✓ weight and physical activity advice
- ✓ growth or sports injuries to the bones, joints, muscles and ligaments
- ✓ recovery after surgery or illness to improve strength, movement, function and independence

To find a physiotherapist, check out

 **Child Development Service**

 **Early Family Support Physiotherapy**

 **Community Care Physiotherapy**

OTHER SERVICES TO SUPPORT THE HEALTH AND WELLBEING OF YOU AND YOUR CHILD:

 **Early Childhood Education and Care services**

 **Starting Blocks**

 **Libraries ACT**

 **Early Literacy Resources and Services**

 **Children's Hearing Service**

 **Hearing Australia**

 **Early Childhood Immunisation**

 **Dental - Child and Youth**