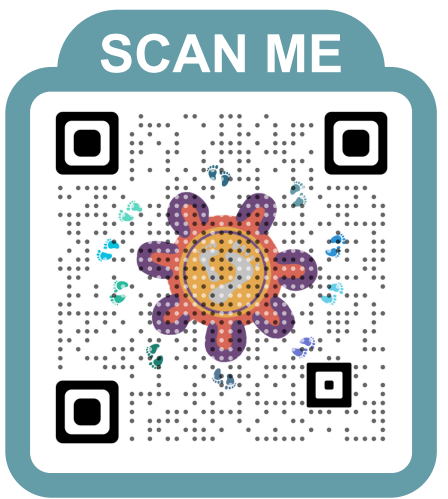


# PATHWAYS TO SUPPORT YOU AND YOUR CHILD

## IF YOU HAVE A CHILD DEVELOPMENT, DISABILITY OR HEALTH CONCERN



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

- Birth to adulthood
- Case management
- Early intervention
- Group programs
- Therapeutic services
- Advocacy & referral
- Collaboration with other services (specialists, community stakeholders and networks)
- Drop-in supports
- Contact: **6296 8900**

**GUGAN GULWAN YOUTH ABORIGINAL CORPORATION**

FREE

**WINNUNGA NIMMITYJAH ABORIGINAL HEALTH & COMMUNITY SERVICES**

FREE

Bulk bill

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

\* This resource is produced through A Village for Every Child

- For families & children 0-8 years
- Playgroups
- General parenting guidance
- Childrens behaviour support
- Drop-in clinics and other services
- Contact: Tuggeranong **6207 8228**  
Gungahlin **6207 0120**  
Belconnen **6205 2904**  
Holder **6205 1277**

**CHILD & FAMILY CENTRES**

FREE

**YERRABI YURWANG CHILD & FAMILY ABORIGINAL CORPORATION**

FREE

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

- Assessment, support, and information for developmental concerns (0-6 years)
- Early intervention therapy (24-36 months) not accessing NDIS
- Autism assessment (aged up to 12 years)
- Speech Pathologist
- Occupational Therapist
- Physiotherapist
- Drop-in clinics
- Contact: **6207 8884**

**CHILD DEVELOPMENT SERVICE**

FREE

**EACH (NDIS partner delivering the Early Childhood Approach)**

FREE

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

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

**MATERNAL, CHILD & FAMILY HEALTH SERVICE**

FREE

**LIBRARIES ACT**

FREE

- For children 0-5 years:
- Giggle and Wiggle (in person/online)
  - Storytime (in person/online)
  - Bilingual Storytime
  - Sensory Storytime
  - Online literacy activities, books & videos
  - Reading resources & tips
  - Book suggestions for 0-3 years
  - School holiday programs
  - Contact: **6205 9000**

- Injury or illness
- Child health and development checks (Blue Book)
- Immunisations
- Referrals to specialists

**GP/DOCTORS**

Cost/bulk bill

**ACT PLAYGROUPS**

FREE

- Playgroup is an informal session where parents, carers, babies, and children aged birth to school age come together for fun and learning through play.
- Contact: **1800 171 882**

# 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**



**Raising Children Network**  
(Online Resource)

## 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**

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



**Early Childhood Education and Care Services**



**Parentline ACT**



**Starting Blocks**



**Early Literacy Resources and Services**



**Children's Hearing Service**



**Hearing 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 injuries
- ✓ 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**



**Early Childhood Immunisation**



**Dental - Child and Youth**