

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**

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**

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**

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

 **Early Childhood Education and Care Services**

 **Starting Blocks**

 **Parentline ACT**

 **Early Literacy Resources and Services**

 **Children's Hearing Service**

 **Hearing Australia**

 **Early Childhood Immunisation**

 **Dental - Child and Youth**