



Maternal & Child Health is now at Our Place

Council's Maternal and Child Health Service is free and confidential. It is for families who live in, work in or are visiting Latrobe City, who have children aged from birth to six years of age.

The Universal Maternal and Child Health Service offers support and advice with:

- Regular assessments of your child's health, development and growth, through visits to a Maternal and Child Health centre
- New Parent Groups
- Women's health issues including post natal depression
- Breastfeeding
- Range of parenting issues including diet and nutrition, toilet training, behaviour and guidance, safety, immunisation and more
- Families working through complex needs and issues
- Referrals to specialist services

**TO SCHEDULE AN APPOINTMENT
CONTACT 5128 6128**

ENHANCED MATERNAL AND CHILD HEALTH SERVICE

An additional support service for families experiencing vulnerabilities and when the family needs more intensive support.

Families can access this service by referral from the Universal Maternal and Child Health service, or by other community support agencies completing the online referral form.

HOW OFTEN CAN I ATTEND?

You can access the Maternal and Child Health Service as often as you need, however, there are ten key age and stage visits you are encouraged to participate in:

- 2 weeks
- 4 weeks
- 8 weeks
- 4 months
- 8 months
- 12 months
- 18 months
- 2 years
- 3 and a half years

SLEEP AND SETTLING

This is a **FREE** program that provides guidance on how your baby's sleep changes over time and tips and strategies on how to settle your baby.

Support by Maternal and Child Health nurses is provided via group sessions, one on one sessions, in-home and telephone consultations.

For enquiries email sleepandsettle@latrobe.vic.gov.au or call **5128 6128**.



For more information please visit the Maternal and Child Health Service website by scanning the QR code.