

Your new baby

The arrival of a new baby in a family is a rewarding but challenging time. Even if it is not your first child, a new baby will require some adjustments to your life style. Your family and friends can be a great support to you during this time. It is also a time that you are able to gain support and guidance from your local Maternal and Child Health Service.

What is the Maternal and Child Health Service?

The Maternal and Child Health Service provides specialist nursing, health and development assessments and support services to all families with children from birth to school entry.

The service is staffed by nurses with general midwifery and maternal and child health nursing qualifications, and is funded and managed by Bayside City Council with a contribution from the State Government. The service is free of charge. In an emergency situation, please contact your doctor, local hospital or 000.

What services are provided?

The Maternal and Child Health Service offers families information, guidance and support on issues that include:

- breastfeeding and lactation advice
- child health and development
- maternal health
- parent child relationships
- safety and injury prevention
- immunisation
- nutrition
- family planning, and
- other local support services and resources.

The Maternal and Child Health Service also offers ongoing New Parents Groups providing an education component as well as providing an opportunity to meet other families in the area. Other groups are also offered and facilitated to cater for different needs within the community.

To assist families with the adjustment to parenthood a free day stay program called Baby Steps is run once a week to provide support and advice to families finding parenthood challenging. This program will assist with establishment of age appropriate routines.

Each baby has a personality and it takes time for parents and babies to get to know each other. It is common to feel very tired when you have a new baby. Sleep is broken, you're still recovering from your birth experience and you have new responsibilities. Feel free to ask your nurse any questions that you may have, or just talk about your concerns. Your nurse is well acquainted with support services and is able to refer you to appropriate services.

Confidentiality will be maintained at all times.

How do I contact my local Maternal and Child Health Nurse?

It is a good idea to visit your local Maternal and Child Health Centre and meet the nurses during your pregnancy.

Initial visit

The Maternal and Child Health Nurse at your local centre will be notified by the hospital when your child is born. The nurse will then make contact to arrange an initial visit, usually in your first week at home with your new baby.

Ongoing visits

You can make an appointment for key ages and stages visits by telephoning Maternal and Child Health Administration on 9599 4464 on Monday to Friday between 9.30am and 5pm. For all other visits, you are welcome to call into one of our 'drop in' sessions. You may attend any centre you wish.

Bayside City Council
Corporate Centre
76 Royal Avenue
SANDRINGHAM VIC 3191

T (03) 9599 4444
F (03) 9598 4474
mchadmin@bayside.vic.gov.au
www.bayside.vic.gov.au

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Maternal and Child Health Service



Bayside City Council
conducts immunisation
sessions at the
following locations:

Beumaris Community Centre
90 Reserve Road, Beumaris
First Friday of the month 9am – 11am

Highbury Senior Citizens Centre
2 Livingston Street, Highbury
Second Tuesday of the month 9am – 11am

Brighton Town Hall
Cnr Wilson and Carpenter Streets, Brighton
Third Thursday of the month 9am – 11am

Hampton Community Centre
14 Willis Street
(Entry via Willis Lane car park)
Fourth Tuesday of the month 1pm – 3pm

Castlefield Community Centre
505 Bluff Road, Hampton
(Next to South Road Plaza)
Third Monday of the month 5.30pm – 7.30pm

Further information can be obtained from
the Council's Family Services Department by
telephoning 9599 4444.

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|---|--|--|--|--|---|--------------------------------|
| N O R T H E R N | Brighton East 1 Palmer Avenue Tel: 9591 0276 | AM: By Appointment PM: By Appointment | AM: By Appointment PM: New Parent Grp | AM: By Appointment PM: Drop In Session 1.30pm–4.30pm | AM: By Appointment PM: By Appointment | AM: Drop In Session 9am –12 noon PM: By Appointment | |
| | Brighton NBCC 145A Cochrane Street Tel: 9523 1755 | AM: By Appointment PM: Drop In Session 1.30pm–4.30pm | AM: By Appointment PM: Drop In Session 1.30pm–4.30pm | AM: By Appointment PM: By Appointment | AM: Drop In Session 10am –12 noon PM: New Parent Group | AM: By Appointment PM: By Appointment | |
| | Baby Capsule Service 1 Palmer Avenue Brighton East Tel: 9591 0589 | AM: By Appointment | | AM: By Appointment | | AM: By Appointment | |
| M I D D L E | Highbury Livingston Street Tel: 9532 3219 | AM: By Appointment PM: By Appointment | AM: By Appointment PM: Drop In Session 1.30pm-4.30pm | AM: By Appointment AM: By Appointment | AM: Drop In Session 9am –12noon PM: New Parent Group | AM: By Appointment PM: By Appointment | |
| | Hampton 483 Hampton Street Tel: 9521 6401 | AM: By Appointment PM: By Appointment | AM: By Appointment PM: By Appointment | AM: Drop In Session 9am –12 noon PM: By Appointment | AM: By Appointment PM: New Parent Group | AM: Drop In Session 9am –12 noon PM: By Appointment | Drop In Session 10am-12noon |
| S O U T H E R N | Sandringham 33 Abbott Street Tel: 9521 6405 | AM: By Appointment PM: Drop In Session 1.30pm–4.30pm | AM: By Appointment PM: New Parent Group | AM: Drop In Session 9am –12 noon PM: By Appointment | AM: By Appointment PM: By Appointment | AM: By Appointment PM: By Appointment | |
| | Beumaris 28 Bodley Street Tel: 9589 4615 | AM: By Appointment PM: By Appointment | AM: By Appointment PM: Drop In Session 1.30pm–4.30pm | AM: By Appointment PM: New Parent Group | AM: Drop In Session 9am –12noon PM: By Appointment | AM: By Appointment PM: By Appointment | |
| | Baby Steps 66 Grange Road Sandringham Tel: 9521 6403 | | | 9am to 4pm | | | |