

Useful Services and Contacts for Parents

April 2023

CONTACT NUMBERS AND WEBSITES

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| Child and Family Health Nurses | Central Bookings on 1300 244 288 Facebook: ESchildfamilyhealth Instagram: @eschildfamilyhealth | |
| Australian Breastfeeding Association Helpline 24 hrs 7 day/week | 1800 686 268 | www.breastfeeding.asn.au |
| Tresillian Parent's Help Line 7am – 11pm 7 days a week | 1300 272 736 | www.tresillian.org.au |
| Karitane Careline Mon–Thurs 8am–9pm, Fri 8am–4.30pm, Sat 9am – 3.30pm | 1300 227 464 | www.karitane.com.au |
| Sydney Children's Hospital | 02 9382 1111 | www.schn.health.nsw.gov.au/hospitals/sch |
| Mothersafe – Medications in Pregnancy & Lactation | 02 9382 6539 | http://www.seslhd.health.nsw.gov.au/mothersafe |
| Find a Private Lactation Consultant in your Area | | www.lcanz.org |
| Family & Community Services | 1800 066 777 | www.community.nsw.gov.au |
| Parent Line NSW | 1300 130 052 | www.parentline.org.au |
| PANDA National Helpline | 1300 726 306 | https://www.panda.org.au |
| Poisons Information Service | 13 11 26 | https://www.poisonsinfo.nsw.gov.au |
| Prince of Wales Hospital (Adult) | 02 9382 2222 | https://www.seslhd.health.nsw.gov.au/prince-of-wales-hospital |
| Health Direct – After hours GP helpline | 1800 022 222 | https://www.healthdirect.gov.au/ |

CHILD AND FAMILY HEALTH SERVICE

Breastfeeding Support is available by appointment
 Please call **1300 244 288** to book

All contact with Child and Family Health Service is currently by appointment only. Call 1300 244 288 if you would like to speak to or see a nurse

FOLLOW UP APPOINTMENTS FOR YOU AND YOUR BABY

For yourself

6-8 weeks postnatal check
 with GP, Midwifery Group Practice or Private Obstetrician

For your baby

1-4 week bluebook check
 Phone Child and Family Health Centre after you're home

6-week Immunisations

GP or Sydney Children's Immunisation Clinic
 Tel: 02 9382 1470

MEETINGS & GROUPS

Mumsense @ RHW / Thursday 10:30am – 12:30pm / Newborn – 4 months / (02 9382 6700 for details)

Mums and Bubs Yoga online live streamed / Monday 1:30pm / \$25 per session / to book
<https://www.trybooking.com/book/event?eid=195115&bof=1>

Rhyme time at your Local Library <https://www.randwick.nsw.gov.au/library/kids/babies-and-toddlers>

ABA Local Groups – go to their website to find the group in your area / www.breastfeeding.asn.au

Child & Family Health Centres – usually have new parents groups running from centre

Playgroups for Newborn – 6 months / www.playgroupaustralia.com.au / (02 6103 0173)

Bondi Beach Cottage / www.bondibeachcottage.com / (02 9365 1607)

Holdsworth Community Centre / www.holdsworth.org.au / (02 9302 3600)

The Deli Women & Children's Centre / www.thedeli.org.au / (02 9667 4664)

South Eastern Community Connect / www.secc.sydney / (02 8338 8506)

Botany Family & Children's Centre / www.bfcc.org.au / (02 9666 5047)

MORE USEFUL WEBSITES

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| Royal Hospital for Women | www.seslhd.health.nsw.gov.au/royal-hospital-for-women |
| Raising Children Network | www.raisingchildren.net.au |
| Sydney Children's Hospitals Network Fact Sheets | www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets |
| Centre of Perinatal Excellence (COPE) | www.cope.org.au |
| Parenting Tips | https://www.facs.nsw.gov.au/families/parenting |
| Immunisation | https://www.health.gov.au/health-topics/immunisation |
| Red Nose: Saving Little Lives | www.rednose.com.au |
| Child Accident Prevention Foundation of Australia | www.kidsafe.com.au |
| Gidget Foundation | https://gidgetfoundation.org.au |
| Beyond Blue: The National Depression Initiative | www.beyondblue.org.au |
| Talking About Immunisation | http://talkingaboutimmunisation.org.au/ |

USEFUL APPS

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| Save the Date to Vaccinate | Spotify - for white noise |
| The Wonder Weeks | Love Talk Sing Read Play |

ESPECIALLY FOR FATHERS

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| Dadvice via Beyond Blue | www.beyondblue.org.au click on Dadvice tab |
| SMS advice for dads | www.SMS4dads.com |
| Mensline – help & support for men | https://mensline.org.au/ (1300 789978) |
| The Fathering Project at Botany Family & Children's Centre | Enquires: tim.wemyss@thefatheringproject.org or Rachael.a@bfcc.org.au or 02 9666 5047 |