

# Child and Family Health Service (CaFHS)

## Preschool Health and Development Check

August 2020

The preschool years are an exciting time in a young child's life, as they continue to grow and learn. It's important that children receive regular health and development checks to ensure they are growing and developing as expected for their age.

Child and Family Health Service (CaFHS) is committed to providing support to children and their families from birth to five years of age in South Australia. In response to the COVID-19 pandemic, CaFHS reviewed the way it offered the preschool health and development checks whilst restrictions were in place and offered these via telehealth consultations during this time. CaFHS is now working with individual preschools to resume the service face to face.

### What is changing?

CaFHS will be offering the preschool health check as a face to face consultation either at your child's preschool centre or kindergarten or at one of the CaFHS clinics. During this time, it is important that we maintain social distancing and infection control requirements. This means that we need to modify our service slightly and will not have capacity to provide the service at each preschool straight away. CaFHS is working with individual preschools to identify what space they have available and will prioritise resuming a service to those preschools with the greatest need.

### How can my child receive their preschool health check?

We believe that as the parent/caregiver, you know your child the best. You are encouraged to read through the preschool health and development information on [www.cafhs.sa.gov.au](http://www.cafhs.sa.gov.au) (cafhs.sa.gov.au > Child and Family Health Service > Services > Health Checks).

You will find a wealth of information about the developmental milestones you could expect to see in a preschool aged child. This will help you to determine whether you feel your child is meeting their milestones, or if they need extra support.

While reading through the information, we ask you to think about your child's growth and development in relation to:

- nutrition
- vision
- hearing
- speech and language
- oral health
- immunisations



### For more information

Child and Family Health Service (CaFHS)  
Telephone 1300 733 606



[www.ausgoal.gov.au/](http://www.ausgoal.gov.au/)  
creative-commons



Government of South Australia

Women's and Children's  
Health Network

You are also encouraged to complete the '[Watching your child's development check list](#)' and read through the 'Development Milestones' section of your child's Blue Book.

If you have any concerns about your child, you are encouraged to:

- discuss with your preschool staff if there are plans in place to resume CaFHS health and development checks that you can book into
- make an appointment for a consultation with CaFHS on 1300 733 606 if there are no sessions for your preschool
- or make an appointment with your local GP

CaFHS will continue to work closely with preschool staff across the state to ensure all children receive the best possible start before attending school. There may be times where CaFHS will discuss the health check with your child's preschool or kindergarten director. Please let us know if you do not wish this information to be shared.

If your child's preschool staff identify any concerns or issues about your child's health and development, they will discuss this directly with you and refer you to CaFHS for your child's health and development check.

### **Where can I access more parenting information?**

For more information on helping your child grow and learn, visit the Raising Children website ([raisingchildren.net.au](http://raisingchildren.net.au)) for a range of videos, picture guides and articles.

You can also find useful information and links to Parenting SA's parent easy guides ([parenting.sa.gov.au/easy-guides](http://parenting.sa.gov.au/easy-guides)).

