

Where to go for help



Mothers and fathers often ask about when they should see their Child and Family Health Service nurse or their doctor.

See your Child and Family Health Service nurse for support with these matters:

- > breastfeeding
- > infant feeding
- > parenting support
- > settling your baby to sleep
- > your baby's growth
- > your baby's development.

Your Child and Family Health Service nurse will listen to your concerns and offer some strategies to help.

See your doctor if you see any of these signs or if you are worried for any other reason:

- > drowsiness (less alert than usual)
- > lethargic (less active than usual)
- > breathing difficulties
- > looks paler than usual
- > not feeding well
- > sudden change in the number of wet/pooey nappies
 - remember babies can get dehydrated very quickly
- > fever above 38 degrees C°
- > vomiting and diarrhoea
- > has an unusual rash
- > more crying than usual.

You can also see your doctor for immunisations and health checks.

If you are unsure about seeing a doctor contact healthdirect Australia (24 hours) on 1800 022 222 for advice.

Where to go for help

Help and information is available from many places.

Emergency (Ambulance, Fire or Police)

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Child Abuse Report Line

13 14 78

Crisis Care (after hours and weekends)

13 16 11

Mental Health Emergency (24 hours)

13 14 65

Domestic Violence Helpline (24 hours)

1800 800 098

for counselling, support, information and referrals

Breastfeeding

Australian Breastfeeding Association

www.breastfeeding.asn.au

Breastfeeding Helpline (7 days)

1800 686 268

Baby Friendly Health Initiative Australia

www.babyfriendly.org.au

for information about baby friendly health services

SA Breastfeeding Support Services contact list

www.cyh.com/breastfeedingservices

a list of all services available

Childcare

Childcare access hotline (free call)

1800 670 305

free telephone service to help you find

a childcare service that meets your needs

Care for kids

www.careforkids.com.au

for information on childcare services

Where to go for help

Child health and development

Child and Family Health Service

(Mon – Fri 9.00 am – 4.30 pm)

to make an appointment at your local centre

1300 733 606

www.cyh.com

Raising Children Network

www.raisingchildren.net.au

The Little Big Book Club

for books, activities and reading programs

www.thelittlebigbookclub.com.au

Playgroup South Australia

1800 171 882

www.playgroupaustralia.com.au/sa

Speech and language fact sheets

www.speechpathologyaustralia.org.au

Child safety

ACCC (Australian Competition and Consumer

Commission) for information on product safety

and consumer rights

www.accc.gov.au

Home

safety online checklist

www.kidsafewa.com.au/onlinesafetydemohouse.html

Kidsafe SA

for information on how to prevent child injuries

(08) 8161 6318

www.kidsafesa.com.au

Where to go for help

Child safety

Medicines and Drug Information Centre

for information on using medicines in pregnancy,
while breastfeeding or for children

(08) 8161 7222

Poisons Information Centre

13 11 26

SIDS and Kids

(Mon – Fri 9.00 am – 5.00 pm)

for information on safe sleeping

1300 308 307

www.sidsandkids.org

Dental

SA Dental Service

(08) 8222 8222

www.sadental.sa.gov.au

Health and wellbeing

beyondblue

for help with depression and anxiety,
also Dad's handbook: A guide to the first 12 months

1300 224 636

www.beyondblue.org.au

Drug and Alcohol Services of South Australia

for prevention, treatment, information, education
and community-based services

1300 131 340

www.dassa.sa.gov.au

Where to go for help

Health and wellbeing

healthdirect Australia (24 hours)
for telephone health advice

1800 022 222
www.healthdirect.org.au

Go for 2&5®
for information about healthy eating

www.gofor2and5.com.au

MensLine Australia

www.menslineaus.org.au

Quitline
for help to quit smoking

13 78 48

SHineSA
for information and resources on sexual health

8300 5300
www.shinesa.org.au

Immunisation

Immunisation Australia Information Line

1800 671 811
www.immunise.health.gov.au

Australian Childhood Immunisation Register
for information about your child's immunisations

1800 653 809
www.medicareaustralia.gov.au

SA Health: Immunisation section
for South Australian immunisation information

1300 232 272

The Science of Immunisation
Questions and Answers

www.science.org.au/policy/immunisation.html

Where to go for help

Hearing

Hearing Assessment Service (08) 8303 1530

Universal Neonatal Hearing Screening (08) 8303 1585

Parenting

Children's centres www.childrenscentres.sa.gov.au
service hubs for parents and children 0 – 8 years

Parent Easy Guides www.parenting.sa.gov.au/pegs
fact sheets with helpful information for parents and carers

Parent Helpline 1300 364 100
for information on child health, behaviour, nutrition, parenting

Pregnancy, Birth and Baby Helpline 1800 882 436

South Australian Multiple Birth Association (08) 8342 2330
www.communitywebs.org/samba

Raising Children Network www.raisingchildren.net.au

Child and Family Health Service www.cyh.com

Where to go for help

Other

Child Support Helpline

child support payments, free legal advice, emotional support

(08) 8463 3576

www.lsc.sa.gov.au

Multicultural Health Information

for information about infant health in many languages

www.mhcs.health.nsw.gov.au/index.asp

SA Health

www.sahealth.sa.gov.au

Vision and hearing

Optometrist Association Australia

for advice on optometrists in your area

(08) 8338 3100

www.optometrists.asn.au

CanDo4Kids

www.cando4kids.com.au

Your local council

Check out the services and activities for children and families that your local council provides.

Search the name of your council online or ring the Local Government Association on **8224 2000** or visit their website at www.lga.sa.gov.au to find out what council area you live in, if you are unsure about this.

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