

Maternal & Child Health Centres

☎ **1800 065 993**

Mondays Euroa M&CH Centre

2 Bury Street, Euroa 3666

Appointments Available: am/pm

Open Session: 9.30am – 11.00am

Tuesdays Nagambie M&CH Centre

Nagambie Preschool

16 Vale Street, Nagambie 3608

Appointments Available: am/pm

Open Session: 9.30am – 11.00am

Wednesdays Avenel M&CH Centre

Avenel Preschool

31 Watson Street, Avenel 3664

Appointments Available: am/pm

Open Session: 9.30 – 11.00am

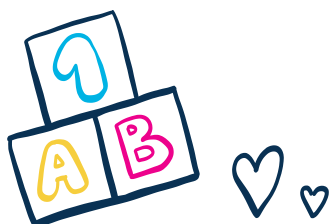
Thursdays Violet Town M&CH Centre

Violet Town Preschool

Hyacinth Street, Violet Town 3669

Appointments Available: am/pm

Open Session: 9.30am – 11.00am



The Victorian Maternal & Child Health Service operates a **24-hour advice and support line.**

☎ **13 22 29**

Consumer Feedback

Your comments are valuable to us and assist us in providing Strathbogie Shire with a quality Maternal and Child Health Service.

Debra Ellis | Manager Community Wellbeing, or

Jane & Cheryl | MCH Nurse Coordinators

Leoni | MCH Nurse and Early Years

Strathbogie Shire Council

PO Box 177, Euroa 3666

☎ **1800 065 993**

Email: info@strathbogie.vic.gov.au

All feedback will be treated in a confidential manner

We acknowledge the traditional custodians of the land, now known as Strathbogie Shire; The people of the Taungurung and Yorta Yorta Clans and value the significance of the first people's history as essential to the unique character of the region.



Maternal & Child Health Service

Appointments

☎ **1800 065 993**



This service is provided by Strathbogie Shire Council
Effective December 2019



About the Maternal & Child Health Service

The hospital must notify your local council that you have given birth and will give it your contact details. This information is passed onto a Maternal and Child Health nurse in your area.

The nurse will contact you within a week after you return home from hospital. They will arrange to visit you and your baby at home. After your home visit, regular follow-up appointments will be made for you to visit one of Council's MCH centres (usually the centre closest to where you live).

You may see MCH Nurses at key stages of your child's development. Visits occur at the following stages:



home visit

2 weeks	4 weeks	8 weeks
4 months	8 months	12 months
18 months	2 years	3.5 years

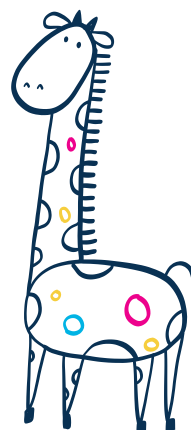
The visits focus on child and family wellbeing and an appointment should be made for these visits to ensure adequate time is allowed to focus on you and your child.

Services include:

- ♥ Weekly open sessions. These are for short consultations (15 mins) such as; weighing, feeding and growth reviews.
- ♥ First time parent groups to help parents who have had their first-time child.
- ♥ Enhanced Service support to families who need extra help including babies of low birth weight, multiple births, complex challenges or families where mental health is an issue.

The MCH Service is a free service and available to all families with children aged 0 to 6. The service aims to promote the health and wellbeing of children and provide information and support for:

- ★ Breastfeeding
- ★ Child health and development
- ★ Maternal health and wellbeing, including postnatal depression
- ★ Parent/child relationships
- ★ Family planning
- ★ Nutrition
- ★ Immunisation
- ★ Parenting support and new parents groups
- ★ Childhood illnesses



For more information about the MCH service please visit www.education.vic.gov.au/parents/services-for-parents/Pages/mch.aspx#link100

Immunisation Service

City of Wodonga provides an immunisation service to Strathbogie Shire on a regular basis. This occurs at each of the four MCH Centre locations either monthly or bi-monthly. You should bring your child's health record book and Medicare card to these sessions.

You do not need to make an appointment.

Euroa

Third Wednesday of the month:
10.00am – 11.00am

Nagambie

Third Wednesday of the month:
12.30pm – 1.00pm

Violet Town

Wednesdays for the months of
Jan/March/May/July/Sept/Nov
3.00pm – 3.30pm

Avenel

Wednesdays for the months of
Feb/April/June/Aug/Oct/Dec
3.00pm – 3.30pm

*A printable schedule of immunisation dates can be obtained from Strathbogie Shire Council's website or by asking your MCH Nurse.