

Useful Services and Contacts for Parents

June 2023

CONTACT NUMBERS AND WEBSITES		
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/week	1300 272 736	www.tresillian.org.au
Karitane Careline Mon–Thurs 8.30am – 7pm, Fri & Sat 8.30am–2.30pm	1300 227 464	www.karitane.com.au
Sydney Children's Hospital	02 9382 1111	https://www.schn.health.nsw.gov.au
Mothersafe – Medications in Pregnancy & Lactation	02 9382 6539	https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics/directory/mothersafe
Find a Private Lactation Consultant in your Area	www.lcanz.org	
Family & Community Services	132111	https://www.facs.nsw.gov.au/
Parent Line NSW	1300 130 052	www.parentline.org.au
PANDA National Helpline	1300 726 306	https://www.panda.org.au
NSW 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/
<p align="center"> <u>Child and Family Health Service</u> <u>Breastfeeding Support is available by appointment</u> <u>Please call 1300 244 288 to book</u> 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 </p>		
<p align="center"> <u>FOLLOW UP APPOINTMENTS FOR YOU AND YOUR BABY</u> 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 Phone Sydney Children's Immunisation Clinic on 02 9382 1508 </p>		

MEETINGS & GROUPS

Parentese @ RHW / Thursday 10:30am – 12:30pm / Newborn – 4 months / to book

<https://www.trybooking.com/BKUNI>

Mums and Bubs Yoga / Monday 1:30pm / \$25 per session / to book

<https://www.trybooking.com/LCQL>

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.org.au / 1800 171 882

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

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

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

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