

Helping Families

GP Resources



A child's early development is a critical time during which optimal care should be provided. Psychosocial issues of families, such as lack of support, relationship issues, post-natal depression, family violence and other stresses can effect a child's optimal development. Providing support services to families at the early signs of difficulty will achieve the best possible short and long-term health and social outcomes for children and their families.

This booklet includes:

- Current immunisation schedule
- Suggested questions for GPs to ask at immunisation visits to assess psychosocial risk
- Tools for rating risk and lists of vulnerabilities
- Contact details for appropriate support services

Please use the information in this booklet to assist families to receive appropriate support.

Immunisation Schedule & Suggested Questions

Immunisation visits provide an excellent opportunity to connect with parents and discuss their psychosocial needs. These questions are suggested prompts to assist such discussions as appropriate.

Age	Disease	Vaccine	Suggested Questions
2 months	Diphtheria, Tetanus, Pertussis Haemophilus influenzae type B (Hib) Hepatitis B Polio Pneumococcal	Infanrix hexa Prevenar	<i>Are you seeing an early childhood/baby health nurse?</i> <i>Do you have supportive friends and family?</i> <i>Are you feeling depressed or sad?</i> <i>Are you breastfeeding?</i>
4 months	Diphtheria, Tetanus, Pertussis Haemophilus influenzae type B (Hib) Hepatitis B Polio Pneumococcal	Infanrix hexa Prevenar	<i>Do you talk or sing to your baby?</i> <i>Are you having problems with anxiety?</i> <i>Have you ever felt like harming yourself or your baby?</i>
6 months	Diphtheria, Tetanus, Pertussis Haemophilus influenzae type B (Hib) Hepatitis B Polio Pneumococcal	Infanrix hexa Prevenar	<i>Have you attended your local early childhood centre (baby health centre)?</i> <i>Do you take your baby out of the house?</i> <i>Do you get physical exercise?</i> <i>Are you having any difficulties in your relationship?</i>
12 months	Measles, Mumps, Rubella Haemophilus influenzae type B (Hib) Meningococcal C Pneumococcal	Priorix Hiberix Meningococcal C Prevenar (Medical at risk children)	<i>Have you had any recent feelings of sadness or anxiety?</i> <i>How are you/your family coping with working/not working?</i>
18 months	Varicella (Chicken pox)	Varilrix	<i>Do you read to your baby?</i> <i>Have you joined a playgroup? Have you thought about child care options?</i>
4 years	Diphtheria, Tetanus, Pertussis Polio Measles, Mumps, Rubella Pneumococcal	Infanrix-IPV Priorix Pneumovax 23 (Medical at risk children)	<i>Do you read to your child?</i> <i>Do you know about transition to school programs?</i>

Services for Families

Supporting families and intervening early around known vulnerabilities can improve health and social outcomes for families. The following chart identifies how to link families with support services.

Level 1: Low Risk

Family seems well supported and engaged with services. Families may benefit from these services listed below:

If family is not attending early childhood centre GP can fax referral to 1300 308 893 for:

- Maternity services and child and family health services

Encourage families to use:

- 24 Hour Parent Help Lines –
Tresilian 9787 0855, Karitane 97947852
- Parentline – (9.00-4:30pm) 132 055
- Breastfeeding – Lactation Consultant 9382 6341
- Breastfeeding – Australian Breastfeeding Association Helpline 8853 4999
- Playgroups, eg. Playgroup Association 9604 5513
- Parenting – Triple P (Positive Parenting), Bookings on 9522 1000
- Child Care, Preschools, Libraries Information – Available at local councils.

Level 2: Medium Risk

Mothers and families who require additional support.

Vulnerability Factors:

- Young (under 19 years)
- Unsupported parent
- Single, unsupported parent
- Late antenatal care
- Multiple birth
- Complicated birth
- Premature birth
- Child/parent with disability/chronic illness
- Adjustment to parenting issues
- Relationship issues
- Financial stress
- Unstable housing
- Partner unemployed
- Isolated – eg. geographic, no telephone
- Refugee, recent migrant, limited English
- Aboriginal people



Support Services:

- Family Care Cottage and Day Stays – Karitane 9399 6999
- Family Support Services –
Mascot (Delhi) 9667 4664, Bondi 9365 1607,
Botany 9666 5047, Randwick 9349 5725,
Woolloomooloo 9368 1381
- Voluntary Home Visiting –
Benevolent Society – 9339 8000
- Adolescent Pregnancy Support –
Australian Red Cross Young Women's Health Program
(Glen Mervyn) 9398 3519
Come In Youth Resource Centre - 93312691
- Counselling Services – Child and Family Health Teams
Broadway 9660 1888, POW 9382 8060, Waverly 9369 0400
- Early Childhood Aboriginal Health Worker – 9369 0425
- Eastern Suburbs Multiple Birth Association – 9558 9196
- Disabilities Services Information –
Early Childhood Intervention Info line 1300 65 68 65
- Tumbatin Developmental Clinic –
Diagnosis and assessment and support for children who
may have developmental disability or delay.
- Cross cultural workers for maternity and early parenting
Indonesian – 0410 517 254 (Tues – Thurs)
Arabic speaking – 0405 505 275 (Wed-Fri)
- Migrant Resource Centre (Botany) – 9663 3922
- Aboriginal Maternal and Infant Health Service
RHW - 93826783
- Aboriginal Liaison Officer POW 93822332
- Aboriginal Medical Service – 9319 5823

GP can fax referral to 1300 308 893 for:

- Maternity services and child and family health services, includes home visiting



