

# Helping Families

## GP Resources



**St George Division of General Practice**



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
- Prompt questions for GPs to ask at immunization 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 early childhood health services

Encourage families to use:

- **24 hour Parent Help Lines** – Karitane 9794 1852 Tresilian 9787 0855
- **Parentline** – 132 055 (9-4:30 Mon- Sat)
- **Breastfeeding** – Lactation Consultant St George Hospital – 9350 1111 (page 181)  
Australian Breastfeeding Association Help line - 8853 4999
- **Parenting programs** – Triple P (Positive Parenting) 9350 3999
- **Playgroups** – Playgroup Association 9604 5513
- **Child care, preschools, libraries and community services and groups**  
Hurstville Council 9330 6222, Rockdale Council 9562 1666, Kogarah Council 9330 9400

## Level 2: Medium Risk

Mothers and families who require additional support.

### Vulnerability Factors:

- Young parents (under 19)
- Single and/or 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 – e.g. geographic, no telephone
- Refugee, recent migrant, poor English
- Aboriginal people



### Support Services

- **Perinatal Mental Health Worker**  
9540 7111 (page 804) or 9540 7663
- **Volunteer Home Visiting Support for Parents**  
Saints Family Network – 9580 9856
- **Day Stay** – Possum Cottage 9540 7321  
Whispers Cottage (private service) 9528 4837
- **Backstop Family Support Service** –  
Parenting groups, community information,  
violence support 9553 9100
- **Young Parents** – Support advice, referral 9580 8008
- **Counselling Services** – Community mental health intake  
service, Child youth and family team, mental health team,  
alcohol and other drugs 9113 4444
- **Relationship Counselling** – Interrelate 9545 3566  
Relationships Australia – 9387 4211
- **Developmental Disability Service** –  
Diagnostic and Assessment Team (9587 2444)
- **Disabilities Services Information** –  
Early Childhood Intervention Info line 1300 65 68 65
- **Learning Links** –  
Assists children who have learning difficulties 9534 1710
- **Multiple Births** –  
Southern Sydney Multiple Births Association 9773 0302
- **Aboriginal Liaison Officer** (0410 476 856)
- **Cross Cultural Workers for Maternity and Early Parenting**  
Indonesian – 0410 517 254 (Tues – Thurs)  
Arabic speaking – 0405 505 275 (Wed – Fri)
- **Migrant Resource Centre** – Rockdale 9597 5455



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