

Accessing health services

Referral pathways for parents and carers



Child and Family Health Service

- Child and Family Health Clinics can be found in many locations across the Illawarra and Shoalhaven.
- Access this free service to ensure that your child is developing as they should (Blue Book checks).
- If you have a concern about your child's health or development, Child and Family Health nurses can provide a comprehensive assessment and then can refer you to other relevant health services if required.
- Child and Family Health nurses can also help with concerns about:
 - Growth (above or below healthy weight)
 - Development
 - Eating/diet



1 - 4
weeks



6 - 8
weeks



6
months



12
months



18
months



2
years



3
years



4
years

The Blue Book:

- All children born in NSW receive a Personal Health Record (the Blue Book).
- The Blue Book includes a number of health and development checks that help families to make sure that their child is healthy and developing well.
- These start at 1 to 4 weeks of age and go up to 4 years of age, in the year before children start school.



For more information and to find your nearest Child and Family Health Clinic

<https://www.islhd.health.nsw.gov.au/services-clinics/child-family-centre>



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Referral pathways for parents and carers

Allied Health Services

Audiology

- Hearing
- Ear health



- Parent or carer can self-refer if they have an ear or hearing concern
- Children do not require a hearing test prior to starting school unless parent/Educator has concerns about hearing.

Occupational Therapy

- Fine motor skills
- Self-care skills (dressing, toileting)
- Handwriting and pencil skills
- Sensory processing (reacting to noise, smell, sights)
- Play skills
- Attention and concentration



- Parent or carer can self-refer.

Speech Therapy

- Speech sounds
- Talking skills
- Listening skills
- Fluency



- Parent or carer can self-refer.

Physiotherapy

- Sitting, standing, moving, walking
- Balance and coordination
- Delayed motor skills development



- Parent or carer can self-refer.

Clinical Psychology

- Challenging behaviour
- Thoughts and feelings
- Social and emotional problems



- Parent or carer can self-refer.

Diagnostic and Assessment Service

- Developmental delay
- Autism spectrum disorder



- Paediatrican referral required.



For more information, clinic locations and contact details

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