

# Maternal and Child Health 10 Key Age & Stage Visits

## Home visit



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Additional: \_\_\_\_\_

## 8 month appointment



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Additional: \_\_\_\_\_

## 2 week appointment



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Additional: \_\_\_\_\_

## 12 month appointment



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Additional: \_\_\_\_\_

## 4 week appointment



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Additional: \_\_\_\_\_

## 18 month appointment



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Additional: \_\_\_\_\_

## 8 week appointment



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Additional: \_\_\_\_\_

## 2 year appointment



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Additional: \_\_\_\_\_

## 4 month appointment



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Additional: \_\_\_\_\_

## 3.5 year appointment



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Additional: \_\_\_\_\_

**Never miss an appointment, stick this appointment reminder on your fridge!**



The Maternal and Child Health (MCH) Service works in partnership with families to care for babies and young children until they start school.

**The service is free for all Victorian families.**

You can visit MCH nurses at 10 key stages of your child's development. The visits focus on optimising child and family health, wellbeing, safety, learning and development.

Your MCH nurse offers additional visits, first time parenting groups, and links to local community activities and services when extra support is needed.

## Contacts and services

**Maternal and Child Health Line – call 13 22 29** (24 hours a day, 7 days a week).

Families with children from birth to school age can speak to an MCH nurse for advice and support.

**MCH app – [download the free Maternal and Child Health app \(MCH app\)](#)**

to access all your child's health and information on your mobile device. Track your child's growth and get reminders about upcoming maternal and child health nurse appointments or immunisations.

**Lactation service** – Bookings can be arranged through MCH nurse

**Sleep and Settling Outreach** – Support and information sessions

**INFANT** – Healthy eating and active play information sessions

**Supported play groups**

**Immunisation sessions** – <https://portal.cirv.vic.gov.au>

**Parent line** – 132 289

**Beyond Blue** – 1300 224 636

**Raising Children's Network** – <https://raisingchildren.net.au>

**ABA – Australian Breastfeeding Association** 1800 686 268

**Ambulance/police/fire** – 000



## Locations and opening days

**MYRTLEFORD OPENS: TUESDAY AND THURSDAY**

Mountain View Children's Centre, 55 Prince St, Myrtleford

**MOUNT BEAUTY OPENS: WEDNESDAY**

Lake View Children's Centre, Reserve Drive, Mount Beauty

**BRIGHT OPENS: MONDAY AND FRIDAY**

Alpine View Children's Centre, 23 Deacon Avenue, Bright

**Alpine Shire Maternal and Child Health Service**

PO Box 139, Bright VIC 3741

Consultation by appointment  
Monday to Friday 9am-3.30pm

**P:** 0417 147 120

**E:** [mch@alpineshire.vic.gov.au](mailto:mch@alpineshire.vic.gov.au)

