

Do you have any concerns about your child's development?

There are services available that can help...

Child & Family Health Nurse

Regular visits to your local Child and Family Health Nurse is a great starting point if you have any concerns about your child's development. **This is a FREE service and available from when your child is born through to age five.**

Your local Doctor (G.P.)

Your local Doctor is another option for further support and information if you have any concerns about your child's development. **Doctors can also provide referrals to specialist services.**

Community Health Centres

Further support can be accessed through 'Allied Health services' including: speech pathology, occupational therapy, physiotherapy, dietetics, mental health. **You can access Allied Health Services through your local Community Health Centre without a referral from your GP.** Search online or ask your GP for details.

Private services

Further support is available through specialists e.g. a paediatrician and private, fee-based services.

Some services will offer bulk-billing or a Medicare rebate but you may have to pay a gap fee. Ask your doctor which specialist services require a referral.



Important points to remember

- **You know your child best, if you think something is wrong, contact any of the above services**
- **Seeking help early is best but it is never too late to ask for help**
- **Don't be afraid to get a second opinion if you feel your concerns are not being addressed**



STRONGER SEEDS, TALLER TREES
Increasing early supports to improve child outcomes