

## Appointments

To make an appointment at any CaFHS centre: phone 1300 733 606, Monday to Friday 9am-4.30pm.

If you need to cancel an appointment, please provide as much notice as possible. If phoning after hours, please leave a message.

If you or your child are unwell on the day of your appointment, please call 1300 733 606 to reschedule.

To view a list of all CaFHS clinics, visit [www.cafhs.sa.gov.au](http://www.cafhs.sa.gov.au).

## Notes

## Further advice and support

Please look at your South Australian Child Health and Development Record (the 'Blue Book'). It contains valuable information and contacts to help you access advice and support for all of your child's health, development and wellbeing needs.

## Parent Helpline – 24 hour contact

Parent Helpline staff answer calls between 7.15am and 9.15pm. After hours calls are answered by Health Direct staff. Call 1300 364 100.

## Working with you

CaFHS is committed to working in partnership with families. To provide feedback or for more information please visit [www.cafhs.sa.gov.au](http://www.cafhs.sa.gov.au).



Scan the QR code to visit [www.cafhs.sa.gov.au](http://www.cafhs.sa.gov.au)

## For more information

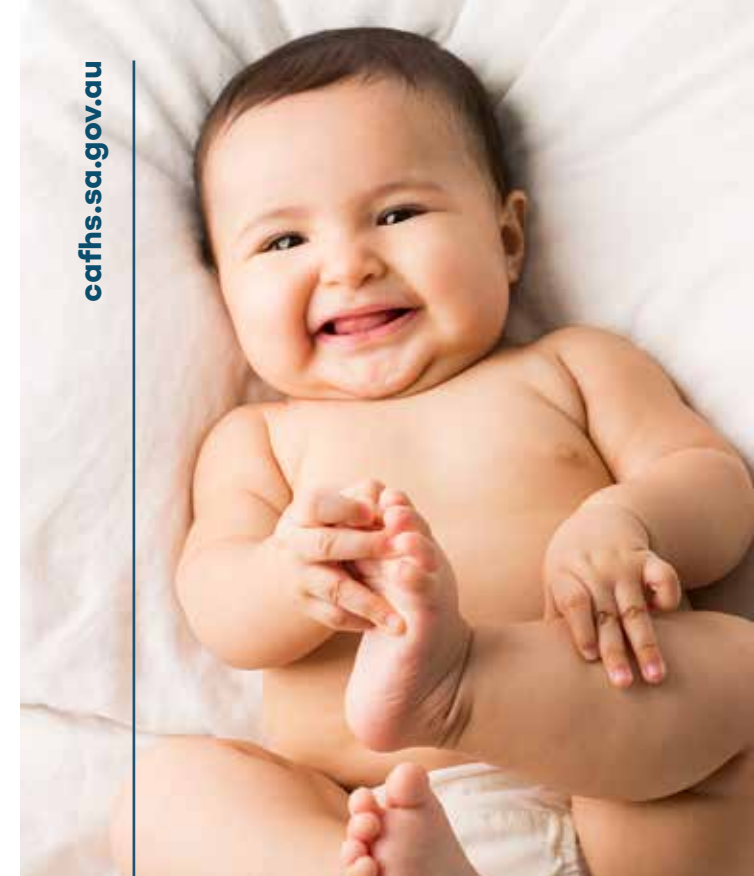
TTY Speak and Listen  
Telephone: 1300 555 727



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# Child and Family Health Service (CaFHS)

Working in partnership with you to give your child the best start in life



Government of South Australia  
Women's and Children's Health Network



Being a parent can be exciting, rewarding and challenging at times. Everyone has a different experience and there is no one right way to be a parent.

CaFHS is a **free service** for all families with children aged 0-5 years living in SA. Our qualified and friendly team can work alongside you to give your child the best start in life.

## Accessing our services

Shortly after the birth of your baby, CaFHS will contact you to arrange visits at your home, or at one of our CaFHS clinics. At these appointments we'll check your baby's health, talk with you about how you and your baby are going and **answer any questions** you may have.

You are welcome to contact us if you need help and advice regarding your baby or child's health, development or wellbeing.

Call 1300 733 606 to make an appointment or visit [www.cafhs.sa.gov.au](http://www.cafhs.sa.gov.au) to find your closest CaFHS location.

## Supporting your child's health, development and wellbeing

We recommend that your child's health and development is checked regularly, particularly at 1-4 weeks, 8 weeks, 6-9 months, 18-24 months, 3 years and 4-5 years. However, we welcome families to make an appointment at any point if they have concerns about their child's health and development.

### We can offer support with:

- breastfeeding
- feeding
- settling
- sleeping
- health and development
- being a parent
- understanding your child's needs
- your emotional wellbeing
- adjustment to parenting
- child safety.

If you or your child are experiencing any challenges, we have **a range of extended services** to help you meet your needs.

We understand the importance of cultural identity and diversity and welcome families from all communities. Our staff can help you make the best use of the services offered by CaFHS and ensure that your needs are considered. We can also direct you to other services available in your area.

## Residential support: Torrens House

Torrens House is a free service, where parents and caregivers of babies aged under 12 months can stay overnight and receive **feeding, settling and sleeping support** from our professional team. Virtual support is also available. Please call 1300 733 606 to contact your nearest CaFHS centre for more information.

## Early Parenting groups

Join one of our friendly groups for parents with babies in the first few months. It's a great way to meet other parents, share ideas and find out about other support available. Call us on 1300 733 606 to talk about how you can be part of a parenting group in your area or join a virtual group.

## Virtual Support

Appointments with CaFHS nurses are available via telehealth which allows us to offer support through telephone and video consultation. We also offer virtual Early Parenting Groups. Call 1300 733 606 for more information.

Families can also access our Torrens House service via Telehealth as a 'virtual stay' for additional support with their infant. During a virtual stay, families are offered 24-hour support via phone and video from Torrens House nursing staff from Tuesday through to Friday. Families are allocated the same nursing staff throughout their virtual stay.