

# my first health record

**WATCH OUT  
WHOOPING COUGH  
IS ABOUT**

*Protect your baby*

**PARENTS & GRANDPARENTS  
GET A BOOSTER  
VACCINATION NOW**



this is the personal health record of:

please take this book with you when you  
attend any health service, doctor or hospital

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## How to use this book

### Congratulations!

Dear Parent /s,

Congratulations on the birth of your new baby.

This Personal Health Record is presented to your child by NSW Health.

As a Personal Health Record (PHR), this book details your child's health, growth and development.

**This is a very important book for you to keep. Fill in all the pages. You and the other people who care for your child should read and write in this book. Be sure to have the PHR with you when you:**

- visit your child and family health nurse
- visit your doctor or other health worker
- have your child immunised
- take your child to the dentist or to hospital
- enrol your child at day care, pre-school, or school.

It is a book for you to record your child's health information in, and a source of information for you and the health professionals who help you care for your child. The Personal Health Record is most useful when you and your health professionals regularly fill it in.

Your child should be taken to your local child and family health nurse or your doctor for regular health checks. The number of visits suggested in this book is a minimum and should be regarded only as a guide. Additional visits should be made according to the needs of your child and yourself.

The **child and family health nurse** provides a free community health service offering health checks for your child as well as support, education and information on all aspects of parenting. The **general practitioner (GP)** or **family doctor** is the person to see if you have any concerns about your child's health. The doctor provides primary health care, referrals to specialists and, where necessary, coordinates your child's health care.

The **paediatrician** provides specialist health care for your child. You need a referral from a GP for an appointment.

Not all children live with their parents. When we refer to 'parent/s' throughout the personal health record, this should be read as parents or caregivers of the child.

## Special information for parents

### **Parents are a child's first and most important teachers.**

As parents, you show your child by word and action, how to trust and depend on people and circumstances. This will be the basis for your child's future views about people and how to relate to them.

Children need encouragement, guidance and discipline. Giving them encouragement for jobs well done helps children develop confidence and secure personalities. Discipline involves protection, prevention and setting limits. These measures will keep children safe, help them to feel secure and teach them how to live with other people.

Children benefit from having consistent standards and models to follow, although as parents we all fall short of this ideal from time to time. As children grow up, their feelings swing between being dependent on their parents, and wanting to do things for themselves. These feelings continue throughout the teenage years and need to be recognised and accepted as a normal part of growing up.

Sometimes parents are under a lot of stress with financial problems, or a feeling that things are getting out of control, or with a child constantly crying, or an unhappy marriage. These difficulties can cause parents to hurt their children. If you are hitting or shaking your child, if you are abusing your child, or if you are afraid you might do so, seek help. Advice and support are available for parents with children of all ages.

Phone the **24 hour Child Protection and Information Service on 132 111** for help any time of day or night. Community Services Parenting Centre Website <http://www.parenting.nsw.gov.au>



**NSW Registry of  
Births Deaths & Marriages**

**Attorney General's**  
department of nsw

## **Have you registered your child's birth?**

**Did you know...** it is compulsory to register the birth of your child and it is free.

**Did you know...** you must register your child's birth within 60 days.

**Did you know...** you must register your child to get their birth certificate.

A birth certificate provides legal evidence of your child's age, place of birth and parents' details and is required for some government benefits, enrolment in school and sport, opening a bank account and to apply for a passport.

The hospital or midwife will supply you with a birth registration form. Ensure the form is completed and returned to the NSW Registry of Births Deaths & Marriages. The birth registration form also includes a birth certificate application form. A fee for a birth certificate applies.

### **NSW Registry of Births Deaths & Marriages**

GPO Box 30, Sydney NSW 2001

Tel. 1300 655 236

TTY. 9354 1371

Web. <http://www.bdm.nsw.gov.au>

- 35 Regent Street, Chippendale NSW 2008
- 95 Tudor Street, Hamilton NSW 2303
- 2/74 Kembla Street, Wollongong NSW 2500

Office hours are Monday to Friday – 8.00am to 4.30pm

## Do you need help with reading English?

If the meaning of anything in this book is not clear, please ask someone to explain it. **This book is valuable – keep it in a safe place.**

Languages spoken in the home

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Telephone Interpreter Service

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إذا لم تفهم أي شيء من هذا الكتاب ، رجاء الاستعانة بشخص آخر في شرحه. هذا الكتاب قاتله عظمى ، لذا يجب الاحتفاظ به في مكان آمن. (Arabic)

Bu kitapta mánalan izah edilen herhangi bir şeyi tamamiyle anlayamadıysanız, lütfen size açıklamaları için birisinden yardım isteyiniz. Bu kitap değerlidir - iyi bir yerde muhafaza ediniz! (Turkish)

Ako u ovoj knjizi naidete na nešto što ne razumijete, upitajte nekoga da Vam to objasni. Ova knjiga je vrlo vrijedna, te je stoga držite na sigurnom mjestu. (Croatian)

'Okapau 'oku 'ikai mahino ha me'a 'ihe Tohi ni,' kataki 'o 'eke Kiha taha 'oku ne 'ilo.' Koe tohi ni,' 'oku mahu'inga 'aupito – 'oku totonu ke tuku 'iha fetu'u 'oku malu.' (Tongan)

Se não compreender na totalidade qualquer dos assuntos mencionados neste livro, agradecemos que peça a alguém para que lhes explique. Este livro é importante – guarde-o num lugar seguro. (Portuguese)

Jedli znczenie czegokolwiek w tej księzeczce nie jest jasne, proszę poprosić kogoś o wyjaśnienie. Księżeczka ta jest bardzo ważna – proszę trzymać ją w bezpiecznym miejscu. (Polish)

如果你對小冊的內容有任何疑問，請找其他人向你解釋。  
這小冊是十分寶貴的 — 請小心存放。(Chinese)

이 책의 내용 중에 이해가 잘 안 되는 부분이 있으면, 누군가에게 설명 해 달라고 하십시오.  
이 책은 소중한입니다. - 잘 보관하십시오. (Korean)

Si el significado de cualquier cosa en este libro no está claro, por favor pídale a alguien que se lo explique. ¡Este libro es valioso – guárdelo en un lugar seguro! (Spanish)

Nếu có đoạn nào không rõ nghĩa trong cuốn sách này, quý vị nên kiếm người giải thích.  
Cuốn sách này rất có giá trị – phải cất giữ ở nơi an toàn. (Vietnamese)

Уколико вам значење било које речи у овој књизи није јасно, молимо вас, питајте некога да вам је објасни. Ова књига је врло вредна. Чувајте је на сигурном месту! (Serbian)

Ако значењето на било што во оваа книга не ви е јасно, ве молам прашајте некој да ви го објасни. Оваа книга е од голема вредност – чувајте ја на сигурно место! (Macedonian)

There are translations in Chinese, Vietnamese, Arabic, Korean, Khmer, Turkish, Japanese, Thai, Bahasa, Lao, Tamil, Somali and Dinka languages for the following pages in **My First Health Record**:

- Information for parents, pp 3–4
- Early Childhood Health Services, pp 2.1–2.3
- Monitoring your child’s growth and development, pp 6.1–6.3
- Before your child’s 1 to 4 week health check, pp 7.1–7.2
- Before your child’s 6 to 8 week health check, pp 8.1–8.2
- Before your child’s 6 month health check, pp 9.2–9.3
- Before your child’s 12 month health check, pp 10.2–10.3
- Before your child’s 18 month health check, pp 11.2–11.3
- Before your child’s 2 year health check, pp 12.2–12.3
- Before your child’s 3 year health check, pp 13.2–13.3
- Before your child’s 4 year health check, pp 14.1, 14.3
- Primary and Secondary school, pp 15.1
- Immunisation information, pp 16.1, 16.2

For copies visit the Multicultural Communications website:

- For NSW Health workers  
<http://internal.health.nsw.gov.au/health-public-affairs/mhcs>
- For general public  
<http://www.mhcs.health.nsw.gov.au>  
Under the subject Infant Health



# contacts





## Useful contacts

Emergency telephone numbers see back cover

Name	Address	Tel / Email
Family doctor		
Dentist		
Specialist doctor		
Family day care / Child care centre / Pre-school / Kindergarten		
Primary school		
High school		
Local government / Council		
Community health centre		
Association for the Wellbeing of Children in Healthcare (AWCH)		Tel. (02) 9631 9208 Email. <a href="mailto:awch@awch.com.au">awch@awch.com.au</a> <a href="http://www.awch.org.au">http://www.awch.org.au</a>
Australian Breastfeeding Association		Tel. (02) 8853 4999 (NSW) <a href="http://www.breastfeeding.asn.au">http://www.breastfeeding.asn.au</a>
Kidsafe (NSW)	Kidsafe New South Wales Inc c/ Children's Hospital at Westmead Locked Bag 4001 Westmead NSW 2145	Tel. (02) 9845 0890 Email. <a href="mailto:kidsafe@chw.edu.au">kidsafe@chw.edu.au</a> <a href="http://www.kidsafensw.org">http://www.kidsafensw.org</a>

Name	Address	Tel / Email

## Websites

### NSW Department of Health

<http://www.health.nsw.gov.au>

NSW Health website, with access to a range of publications and local service information.

### Raising Children Network

<http://www.raisingchildren.net.au>

The Australian parenting website with all the basics on raising children aged 0–8. The Raising Children website acts as a portal into parenting information on the web. The website includes step by step guides to help you master basic baby care through to parenting tools and other information to help you parent your baby from birth to school. This Government supported resource is designed to help you to make informed choices about raising children aged 0–8.

### Sydney Children's Hospital

<http://www.sch.edu.au/health/factsheets/>

### Children's Hospital at Westmead

<http://www.chw.edu.au/parents/factsheets/>

### John Hunter Children's Hospital

[http://www.kaleidoscope.org.au/parents/fact\\_sheets\\_new.htm](http://www.kaleidoscope.org.au/parents/fact_sheets_new.htm)

These hospitals have a range of online fact sheets on children's health issues.

### NSW Centre for Parenting & Research

<http://www.parenting.nsw.gov.au>

Caring for children and young people is one of life's most rewarding experiences. But it's not always straightforward. On this site, you'll find practical tips, information and resources to help make parenting a little easier. This site is an initiative of the NSW Government, developed by DoCS Centre for Parenting and Research.

# child & family health service & appointments





## Early Childhood Health Services

The NSW Health system and health workers play a key role in assisting children and families to achieve health and wellbeing.

NSW Health provides a range of health care services to children and their families. Health services specifically provided for children and their families include:

- early childhood health services
- family care centres
- residential family care centres
- parent help telephone lines
- child and family teams in community health services
- child protection services
- child and adolescent mental health services
- children's wards in general hospitals
- specialist children's hospitals.

General practitioners are major providers of care within the primary health care system. They are key partners in the provision of health services for children and their families. The health system must maintain strong links with other relevant government departments, local government, non-government organisations, health professionals and families to create the best opportunities for improving children's health.

## **What services do Early Childhood Health Centres provide?**

Early Childhood Health Centres are staffed by health professionals (including registered nurses) who specialise in child and family health. Your child and family health nurse can give assistance with caring for babies and young children, including information on:

- breastfeeding
- coping with sleeping and crying
- your baby's growth and development
- immunisation
- safety
- playing with your baby or toddler
- your own wellbeing.

If you have any concerns about your baby, your small child, yourself or your family, the child and family health nurse can help. You may be offered services that visit you at home, or be asked to come to the Early Childhood Health Centre or Community Health Centre. There are usually parenting groups running from your local centre too – your child and family health nurse can tell you more.

## **Where will the first appointment be?**

Early childhood health centres offer home visits. Many families like the nurse to visit them at home for their first appointment – it can be difficult to get out of the house if you have a new baby.

## **What do I need to do to prepare for my appointments?**

You should have this Personal Health Record (sometimes called the 'Blue Book') ready for any appointment your child has with a health professional. You, your child and family health nurse, your doctor, and any other health professional your child sees, should make notes about your child's health and progress in this book. Before many of the health checks recommended in this book is a set of questions for parents. You should make time to read and think about these questions before the check, do any activities recommended with your child, and discuss any concerns you have with your child and family health nurse or doctor.

## **Why do I need the Early Childhood Health Service if my baby is well?**

It's better to prevent problems with regular checks rather than need to get help once the problem has started. The nurse will also help you plan for the next stage in your baby's development – for example, what to expect when you start feeding solid foods at around 6 months. Child and family health nurses in Early Childhood Health Centres also help you to anticipate the next set of skills your baby will develop, and offer you guidance to make the necessary changes to keep your home a safe and stimulating place for your growing child.

The nurse will also be able to listen to any concerns you might have about your baby or yourself.

## **Why not just take my baby to the doctor?**

It's important to have a family doctor to take your baby to, but you should also see your child and family health nurse for regular health checks for your baby.

The general practitioner or family doctor is the person to see if you have any concerns about your child's health or if your child is sick. The doctor provides primary health care, referrals to specialists and, where necessary, coordinates your child's health care.

The child and family health nurse provides a free community health service offering health and developmental checks for your child as well as support, education and information on all aspects of parenting. The nurse can also:

- spend time talking to you, and provide support if you're breastfeeding
- tell you about other services in your local area
- let you know about any groups for parents speaking your principal language.

## **How do I contact the Early Childhood Health Centre?**

The staff at the hospital where you have your baby will ask you which centre you would like to visit. They will make sure you have all the information you need to contact the centre before you go home.

You can also find Early Childhood Health Centres listed in the phone book under Early Childhood Health Centre or Community Health Centre. Alternatively, go to <http://www.health.nsw.gov.au/> and follow the links to the NSW Health Services Directory. Search for child and family health services, or community health services, in your Area.

# Appointments

## Your Early Childhood Health Centre is:

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Centre opening hours \_\_\_\_\_

Child and family health nurse(s) \_\_\_\_\_

Tel. \_\_\_\_\_

Email. \_\_\_\_\_

## General practitioner (family doctor)

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Tel. \_\_\_\_\_

Email. \_\_\_\_\_

## Your child's next health meeting is:

Date	Time	Health professional	Place





# records & family history





## Personal details

Child's name

---

Home address

---

---

Change of address

---

---

Sex                      Date of birth    /    /                      Birth weight

---

Number of other children in the family

---

Mother's name

---

Tel.                      (w)    (h)

---

Email.

---

Father's Name

---

Tel.                      (w)    (h)

---

Email.

---

Main language  
spoken at home    Mother    Father

---

Aboriginal    yes / no    Torres Strait Islander    yes / no

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Other record numbers (eg hospital, community health centre, GP)

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# Family medical history

## Problems which commenced as a child

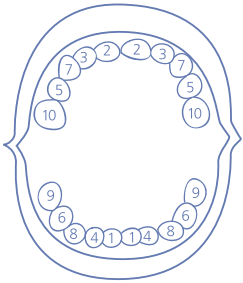
	Mother	Father	Other children
Hearing			
Vision			
Asthma			
Allergies			
Hips			
Oral health			
Other problems			







## When do babies' teeth come through?



Usual eruption order	Name of tooth	Approximate age at eruption
1,2,3,4	Incisors	6–12 mths
5,6	Baby first molars	12–20+ mths
7,8	Canines	18–24 mths
9,10	Baby second molars	24–30 mths

**A large range is normal and each child has his or her own timetable for eruption.**

## Your child's teeth – Keeping them healthy

### Bottles and dummies

Breast milk is best for your baby. If your child is not breastfeeding:

- put only breast milk or formula or water in your baby's bottle
- always hold your baby when feeding and remove the bottle when they have had enough to drink
- putting your baby to bed with a bottle can cause tooth decay
- honey, glycerine, condensed milk or other sticky sweet foods or liquids on your baby's dummy can cause tooth decay
- from six months of age most children can learn to use a cup with practice – at around 12 months of age replace bottles with cups.

### Teething

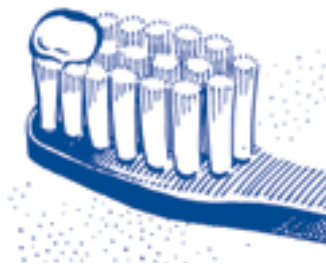
- If your child is uncomfortable when teething, offer a teething ring or cold wash cloth.
- If there are other symptoms, consult a doctor or a child and family health nurse.

## Food and drink

- Offer healthy food for meals and snacks from around 6 months of age.
- Leave baby foods unsweetened.
- Tap water (boiled till 12 months of age) is the best drink in-between meals and at bedtime.
- Keep treats, sweet snacks, and sweet fizzy drinks for special occasions only.

## Toothbrushing tips

- Keep your own teeth and gums clean and healthy. Germs from your mouth can pass over to your baby's mouth on dummies, bottles and spoons.
- As soon as the first teeth appear, clean them using a child sized soft toothbrush, but not with toothpaste.
- From around 18 months of age clean their teeth twice a day with a small pea-sized amount of low fluoride toothpaste, and a child sized soft toothbrush: Children should spit out, but not swallow, and not rinse.
- Toothpaste may be introduced earlier, based on the advice of either a health professional with training in oral health or an oral health professional.
- An adult should give out the toothpaste for children under 6 years of age; store toothpaste where children cannot reach it or eat it.
- From around three years of age children can do some of the toothbrushing themselves, but they still need an adult's help to brush their teeth until they are around 7 years old.
- Watch for early signs of tooth decay – white or brown spots that don't brush off. Seek professional advice as soon as possible.
- Make sure your child has an oral health risk assessment conducted by a health professional with training in oral health or an oral health professional by their first birthday.



## Driveway safety

### **From 6 to 8 months, you will notice that your child's mobility changes**

While your baby may not be moving far today, tomorrow they might be, so make sure they can't get to areas where vehicles might be moved, possibly using security doors, fencing or gates.

### **12 months – Supervision is the key**

- One child, often a toddler, is run over in the driveway of their home every week in Australia. The driver is often a parent, family member or friend.
- Accidents can happen when an adult is distracted or thinks that someone else is looking after a child, and young children can move surprisingly quickly.

**• Always supervise your children whenever a vehicle is to be moved – hold their hands or hold them close to keep them safe.**

### **18 months – Safe play**

- It can be impossible for a driver to see a small child near a vehicle.
- Make sure children play in safe areas away from where vehicles might be moved.
- Always supervise your children when they are in an area where a vehicle might be moved including in driveways, yards and farms – hold their hands or hold them close to keep them safe.

### **2.5 to 3.5 years – Car park injury**

- Children are at risk wherever vehicles might be moved including driveways, yards, farms and car parks.
- Hold their hands or hold them close to keep them safe.

# progress notes

















