

Can I see an Aboriginal worker?

Yes. You can see an Aboriginal Health Worker and a midwife. They will make sure you get the best pregnancy and baby care.

Do I need a referral from a doctor?

No. Just call or drop in. We can also visit you at home.

AMIHS is a free service.

All babies deserve the best start in life. Staying healthy during your pregnancy will help your baby grow strong and healthy.

Your local AMIHS is:

pregnancy
care for
Aboriginal
families

strong women strong babies



NSW HEALTH

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AMIHS

Strong women
have strong
babies.

Pregnant?
Start looking
after yourself
and your baby
now.

Visit your
local AMIHS for
good pregnancy
and baby care.

“It was really good to
have someone to talk to
who knew me and who I
trusted.”

What is AMIHS?

AMIHS is the Aboriginal
Maternal and Infant Health
Service – it provides pregnancy
and baby care for Aboriginal
families in NSW.

AMIHS is a free
service.

“It was great to have
that friendly face - I
didn't feel so scared.”



What we do

- hospital bookings
- home visits
- advice about tiredness, nausea and vomiting
- info on what to expect in labour
- support through labour and birth
- organise GP and specialist care
- links to other services

After your baby is born

- breastfeeding support
- advice on contraception
- parenting help

This service is for all Aboriginal
families – it's a good safe place for
mums, dads and babies.

When should I come?

If you think you are pregnant –
it's time to visit us.

We can help you in pregnancy and
up to 8 weeks after the birth. That
means your baby gets the best
start in life.