



Services for children, young people and families

NSW Kids and Families is a part of NSW Health and was set up as a special agency to guide the way NSW Health plans, develops and provides health services for mothers and babies, children, young people and families no matter where they live. NSW Kids and Families works with hospitals and Local Health Districts, general practitioners and community health groups to make sure services are high quality, consistent and available to those in need.

There are three hospitals in NSW providing specialised care for children and young people. These specialist hospitals are networked across the State as are the seven specialist maternity and neonatal services located within major hospitals.

Many more hospitals in NSW have excellent paediatric, neonatal and maternity services.

Across NSW, **Local Health Districts** and **Specialty Health Networks** also provide a range of health services in the community to mothers and babies, children, young people and families. All Districts offers maternity, child and family health services, and most provide youth health services to their community.

In addition, there are services to support children and families who have experienced violence and harm and can also connect them with other community supports. The health and wellbeing of children and families at risk of violence and harm is a major priority for NSW Health.

“We have a vision that kids and families in NSW will be healthy, safe and well.”

More information

For more information, visit the NSW Kids and Families website:
www.kidsfamilies.health.nsw.gov.au

**NSWKIDS
+FAMILIES**

NSW KIDS AND FAMILIES

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**NSWKIDS
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**WHY
+ CHILDREN
+ MATTER**

New

**HEALTHY, SAFE AND WELL:
A STRATEGIC HEALTH
PLAN FOR CHILDREN,
YOUNG PEOPLE AND
FAMILIES 2014-24**



Health

Healthy, Safe and Well...

sets out how to improve the health of mothers and babies, children, young people and families and the way healthcare is delivered across NSW.

It also shows how we will work with other parts of government, non-government organisations, community groups, and of course families and young people to improve the health of mothers and babies, children and young people.

Why do we need this health plan?

BECAUSE...

what happens to a baby in the womb and in early childhood affects them all their life.



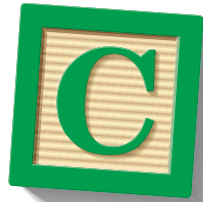
BECAUSE...

healthy eating and physical activity is vital to good health and development during childhood and throughout adult life.



BECAUSE...

adolescence and young adulthood is a period of great change marked by a tendency to try out behaviours that pose risks to health.



What does this plan do?

It guides how together we can improve health and wellbeing through:

- + supporting families to adopt healthy life choices
- + the programs we put in place
- + the services we deliver in hospitals, child and family health centres and the community.



Five action areas - from a health plan to YOU

1 Caring for women and babies

2 Keeping children and young people healthy

3 Addressing risk and harm

4 Early intervention

5 Right care, right place, right time

Examples of what we will be doing in NSW Health

- + Better access to pregnancy care as early as possible
- + 'Get Healthy in Pregnancy' program

- + Help parents to address behaviours that affect family health
- + Implement the Hearing Health Plan for 0-5 years

- + Help GPs to respond to child abuse and neglect
- + Train health professionals to care for victims of abuse and neglect

- + Improve access to youth-friendly health services
- + Wrap around services for families at risk

- + Connect up care given by different health providers
- + Care is culturally appropriate in a child-friendly environment

Examples of what this will mean for you and your family

- + Help pregnant women quit smoking and maintain a healthy weight
- + Help fathers/partners be confident to parent their new child

- + Your child's hearing, vision and development is checked at important milestones
- + You know more about healthy habits for kids

- + You will know that government and non-government organisations are working together to protect children
- + Your health clinician can help you and your child to recover from violence

- + A young person will receive youth-friendly services
- + Earlier help with your child's long-term condition

- + Your local hospital will ensure your child is cared for in the right place
- + Your child's care plan is communicated to your local health provider

