



Healthy Bubup visits

VISIT 1

HOME VISIT: A nurse can come to your home and have a yarn about feeding bubup and safe sleeping along with other supports you may need.

VISIT 2

2 WEEKS: Usually from now on you will meet the nurse at the centre. The nurse will talk about feeding, sleeping and bubup's safety. You can yarn about your bub's growth and any supports you and your bub may need.

VISIT 3

4 WEEKS: You can have a yarn about how you are going, feeding, bub's safety and supports for new parents. The nurse can link you up with a parent's group.

VISIT 4

8 WEEKS: The nurse will yarn about bubup's immunisations, feeding, sleeping and talk about supports for you and your family.

VISIT 5

4 MONTHS: The nurse will yarn about your bubup's new skills, how bub is growing, feeding and sleeping. You can talk about how bub is learning to play and any extra supports that you may need.

VISIT 6

8 MONTHS: The nurse will have a yarn about bubup's teething, feeding and sleeping. This is a good time to talk about how bub is hearing, and their growth and development.

VISIT 7

12 MONTHS: Your bubup is one! At this visit you will yarn about the next lot of immunisations, what your bub is eating and how you can make your house more child friendly. The nurse will also talk about social activities you may like to be involved in.

VISIT 8

18 MONTHS: The nurse will yarn about how bub is feeding, sleeping and teething. You can have a chat about playgroups and other supports available to you.

VISIT 9

2 YEARS: At this visit you can have a yarn about the food your bubup is eating, sleep routines and enrolling in kindergarten.

VISIT 10

3.5 YEARS: At the final Maternal & Child Health Check (needed for Centrelink) the nurse will have a yarn with you about safe car seats, the eyesight check, caring for teeth and kindergarten information.



Healthy Bubup visits

Healthy Bubup visits are a good place to yarn about parenting and your child's growth and development. Maternal & Child Health nurses will support you and your bubup and family right up until they are 3.5 years old.

There is a book given to you which records your bubup's development. It's called 'My Health, Learning and Development Record' and is commonly known as the 'green book'.

Maternal & Child Health nurses can also connect you to other health services in your local community.

Please take the 'green book' to your Maternal & Child Health visits.



Maternal & Child Health information line phone 13 22 29 (24 hours)

To make a Maternal & Child Health – Healthy Bubup appointment contact your local council:

City of Casey Council Maternal & Child Health ph 9705 5590
casey.vic.gov.au/access-maternal-child-health-services

City of Greater Dandenong Council Maternal & Child Health
ph 8571 1880 greaterdandenong.com/mch

Frankston City Council Maternal & Child Health
ph 9784 1756 frankston.vic.gov.au/MCH

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