

Victorian Child Health Record

In 2011, *My Health and Development Record* (a green booklet) became the new and improved child health record, replacing the *Victorian Child Health Record* (a blue booklet). This change occurred after the Department of Education and Early Childhood Development reviewed the earlier version of the booklet and suggested changes that would better meet the needs of parents and improve communication between parents and healthcare professionals.

My Health and Development Record

The *My Health and Development Record* is given to parents in hospital when their baby is born. It is designed for them to keep and record their child's milestones, health, growth, development and immunisations throughout childhood.

It also allows parents to add personal details about their child's development, with space for photos and plastic sleeves for important documents.

My Health and Development Record provides:

- A paper-based record of your child's health, growth and development that you, as the parent, can keep
- A reminder for parents to attend maternal and child health visits and ask any health, growth and development questions
- A way to provide important child health and development education and promotion
- A booklet for information to be recorded at each visit to your maternal and child health nurse
- A way of communicating between parents, healthcare professionals and other healthcare providers.

Information stored in the My Health and Development Record

My Health and Development Record is a single, convenient place to store all the important information about your child's health, growth and development. When you visit a healthcare professional with your child, you should take the booklet with you so that they can add new information.

Remember to take your child's booklet to:

- Your maternal and child health nurse
- Immunisation appointments
- Your doctor
- Other healthcare professionals
- Hospital or emergency departments
- Your dentist
- Your community health centre
- Your childcare centre, kindergarten or school.

Maternal and Child Health Service

The Maternal and Child Health Service is a primary health service, free for all Victorian families with children from birth to school age. The service is available 52 weeks of the year.

The service provides appointments to check your child's health, growth and development at 10 key ages and stages from birth to three and a half years of age. These visits focus on parenting, health, growth, development, promotion of health, wellbeing and safety, social supports, referrals and linking with local communities.

The 10 key stages covered by the visits include:

- At birth – this first visit is at your home, but the following visits are at a maternal and child health centre
- Two weeks
- Four weeks
- Eight weeks
- Four months
- Eight months
- Twelve months
- Eighteen months
- Two years
- Three and a half years.

Most maternal and child health centres offer scheduled appointments, open consultation sessions and some after-hours appointments.

Maternal and Child Health Line

The Maternal and Child Health Line is a telephone service that is available 24 hours a day, seven days a week to families throughout Victoria with children from birth to school age.

The Maternal and Child Health Line is staffed by qualified maternal and child health nurses who provide information, support and advice regarding child health, nutrition, breastfeeding, maternal and family health and parenting. The Maternal and Child Health Line is able to link families with the Maternal and Child Health Service and to other community, health and support services.

Where to get help

- Your doctor
- Your local government immunisation service
- Local community health centre
- Your maternal and child health nurse
- Maternal and Child Health Line (24 hours) Tel. 132 229
- Immunisation Program, Department of Health, Victorian Government Tel. 1300 882 008
- National Immunisation Information Line Tel. 1800 671 811
- Australian Childhood Immunisation Register Tel 1800 653 809

Things to remember

- Parents receive a free copy of the *My Health and Development Record* when their baby is born.
- The *My Health and Development Record* is an ongoing diary of your child's health, growth and development from birth onwards.
- The booklet gives you a record of the immunisations needed by your child for school entry.
- Take the record with you to any health appointments for your child.

This page has been produced in consultation with, and approved by:

Department of Education and Early Childhood Development

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