

Support After Discharge

BRHS Domiciliary care

BRHS Domiciliary care is a free home visiting service available to all families with new babies, provided by the team midwives. All women will get at least one visit sometimes more, this will be discussed as part of your discharge planning.

BRHS Breastfeeding Clinic

The BRHS Breastfeeding Clinic is held Tuesdays at BRHS's CBD campus, 281 Main Street.

Maternal & Child Health Services

This free service is available to support your child's health and development from birth until school age. A Maternal Child Health Nurse may visit you in hospital and will contact you to arrange a home visit within the first week of your discharge from hospital.

Consultations are recommended at the following key ages and stages:

- Home visit after hospital
- 2, 4 and 8 weeks
- 4, 8, 12 and 18 months
- 2 years
- 3 1/2 years

Bairnsdale: 281 Main Street. Monday to Friday by appointment

Bruthen: Main Street Community Health Centre. Tuesday by appointment.

Lakes Entrance: 18-28 Jemmerson Street. Monday and Thursday by appointment.

To schedule an appointment:

Phone 5155 8300 - select option 2 to select location of appointment.

We welcome feedback at:

Bairnsdale Regional Health Service PO Box 474 Bairnsdale VIC 3875

P (03) 5150 3333 F (03) 5152 6784 E email@brhs.com.au www.brhs.com.au

The information in this brochure is intended as a guide to one of the services provided by BRHS and is correct at the time of publishing. **Issue date: JUNE 2019** **Our Ref:**

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Maternal Child Health Nurse's also provide:

- **Enhanced home visiting service:** for families that need enhanced service - either more frequent and/or longer visits.
- **New parents group:** aims to provide first time parents relevant information to nurture their new baby, and the opportunity to meet other new parents.
- **Koori Programme:** Our Maternal Child Health Nurses provides services to The Lake Tyers Aboriginal Trust, Lakes Entrance Aboriginal Association and the Aboriginal Medical Centre in Bairnsdale.

Useful websites and other resources

- **Australian Breastfeeding Association** - www.breastfeeding.asn.au
National breastfeeding 24-hour helpline - 1800 686 268 – [1800mum2mum]
Information, counselling and support services on breastfeeding issues
- **Australian Breastfeeding Association - Bairnsdale Far Eastern Group.**
Group meetings for breastfeeding advice & support.
email: ababairnsdaleorbost@gmail.com for more information.
- **The Women's Hospital** - www.thewomens.org.au
Trusted source of health information during pregnancy, birth, breastfeeding and beyond
- **Tresillian** - www.tresillian.org.au
Baby advice and parenting tips
- **Panda** - www.panda.org.au
Perinatal anxiety and depression Australia
- **Raising Children Network** - www.raisingchildren.net.au
- **Sids and Kids** - www.sidsandkids.org.au
Safe sleeping information

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