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CHILD AND FAMILY HEALTH NURSING SERVICE

FIRST
2000
DAYS

HNC Preventative Health Conference

I acknowledge the traditional owners on the lands in which we meet, and pay my respects to elders, past, present and emerging



Learning objectives

- What is the first 2000 days
- Increase knowledge of how to access Child & Family Health Nursing Services
- Your role in the first 2000 days





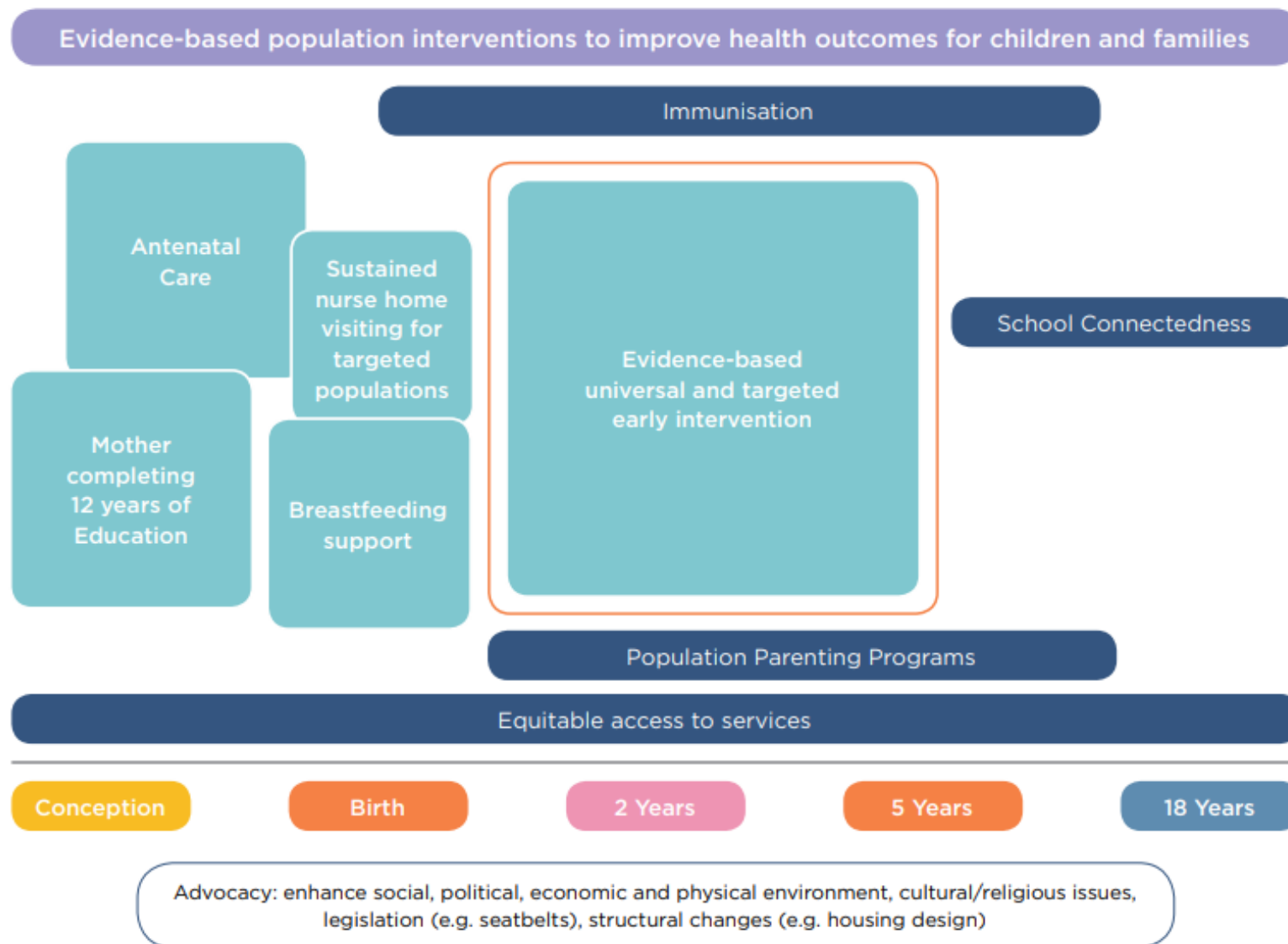
https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/PD2019_008.pdf

The first 2000 days of life – Dr Elisabeth Murphy



<https://youtu.be/BwYIV9JS4qs>

The first 2000 days is everyone's responsibility



Mid North Coast Local Health District

First 2000 Days Webinar Series

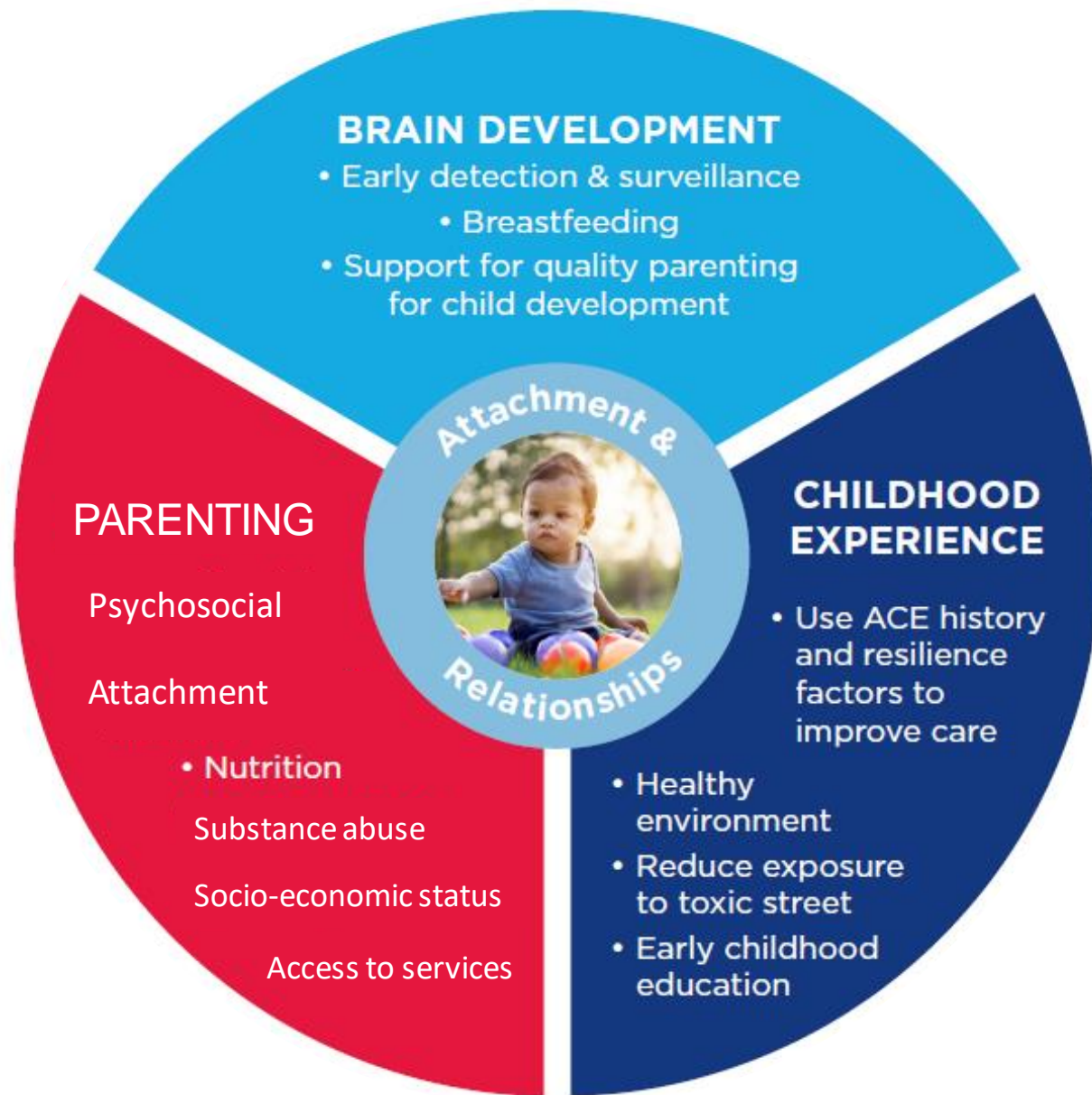
01 6 June Importance of First 2000 Days Jody Clayton, District Child Protection Coordinator	07 31 Aug Child and Family Health Services Louise Scott and Paris Bebb, Child and Family Nurses
02 29 June Antenatal Care Frances Guy, Clinical Midwifery Consultant	08 21 Sep Perinatal and Infant Mental Health Angeline Landry, Perinatal and Infant Mental Health Psychologist
03 6 July Get Healthy in Pregnancy Bri-Ellen Fussell, Health Promotion Officer/Dietitian	09 28 Sep Oral Health Vanessa Amos, District Oral Health Programs Coordinator
04 25 July Early Breastfeeding Elizabeth Crane, Lactation Consultant/Child and Family Nurse	10 11 Oct Refugee Health Michele Greenwood, Clinical Nurse Consultant
05 8 Aug Sleeping and Settling Monica Carlon, Nurse Unit Manager Tresillian	11 19 Oct Speech Pathology Natasha Gadsen and Lisa Carey, Speech Pathologists
06 17 Aug Nutrition and Feeding Rachel Gerathy, Health Promotion Officer/Dietitians Symone Lindsey, Child and Family Health Nurse	12 16 Nov Smoking Cessation Melinda Ricketts, Health Promotion Officer Belinda Jackson, Aboriginal Health Promotion Officer
	13 22 Nov Physical Activity and Screen Time Jen Wehlow, Nutritionist/Health Promotion Officer Kera Ritchie, Aboriginal Health Promotion

Aim:

Build capacity of service providers and health professionals to provide support and referral pathways to families and young children in the **First 2000 Days of life**

Access recordings and resources: [First 2000 Days - Mid North Coast Local Health District \(nsw.gov.au\)](https://www.nsw.gov.au/first-2000-days)

Register for upcoming sessions: [Training and Events - Blue Sky Community Services](#)



Link to First 2000 Days



2. The NSW health system provides care to all and works in partnership to promote health, wellbeing, capacity and resilience during the first 2000 days

Relevance to Child and Family Health Nurses:

- Seamless transition from maternity to child and family nursing services
- Work with partnering services to ensure children/families get the support they need
- Consistency of messaging communicates the importance of child health checks in monitoring and promoting healthy child development
- Identify parenting goals and key concerns of parents/carers
- Increase participating in child health checks as per blue book

How to make a difference in the First 2000 Days of life

Ages 0 - 3

- Breastfeeding programs
- Teaching parenting skills and parental sensitivity
- Immunisations
- Developmental checks
- Additional Home Visits

Infants need secure relationships with **sensitive** and **reliable caregivers**. Where possible, infants flourish when **breastfed** until 6 months. From 6 months, infants also need **nutritious foods** to support healthy growth. **Developmental checks** and **immunisations** ensure that babies are healthy and growing well. A high quality and **stimulating home environment**, including **exposure to language**, creates healthy foundations for learning.

Ages 3 - 5

- Quality early childhood education
- Mental health programs
- Parenting interventions

Children flourish when they are given **opportunities to play and learn** through safely exploring their environments and interacting with their parents. We know that attending **high quality education in early childhood** sets children up to do well at school. This is also a time when **mental health concerns** start to arise and are best addressed.

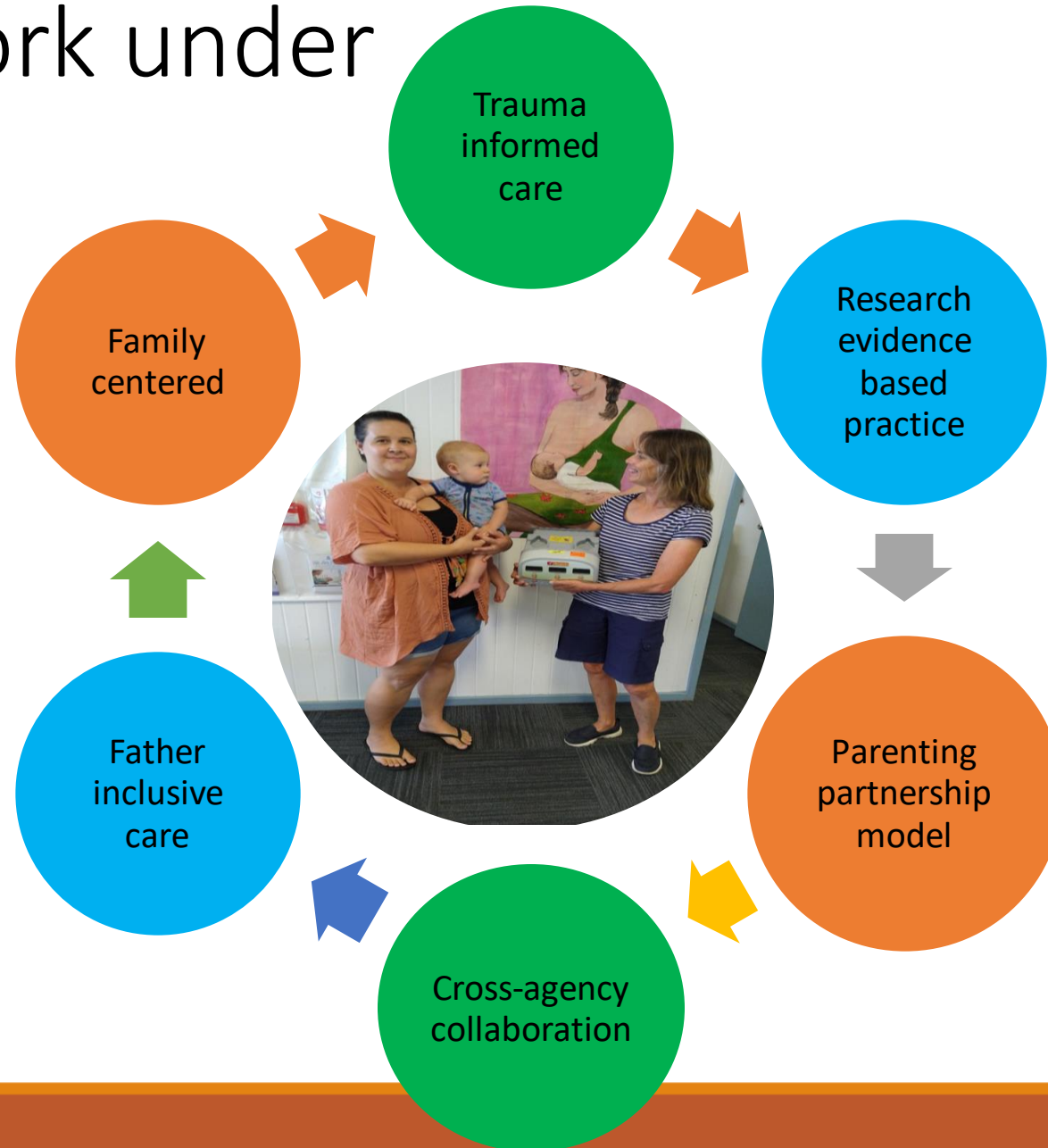
Child and Family Health Nursing



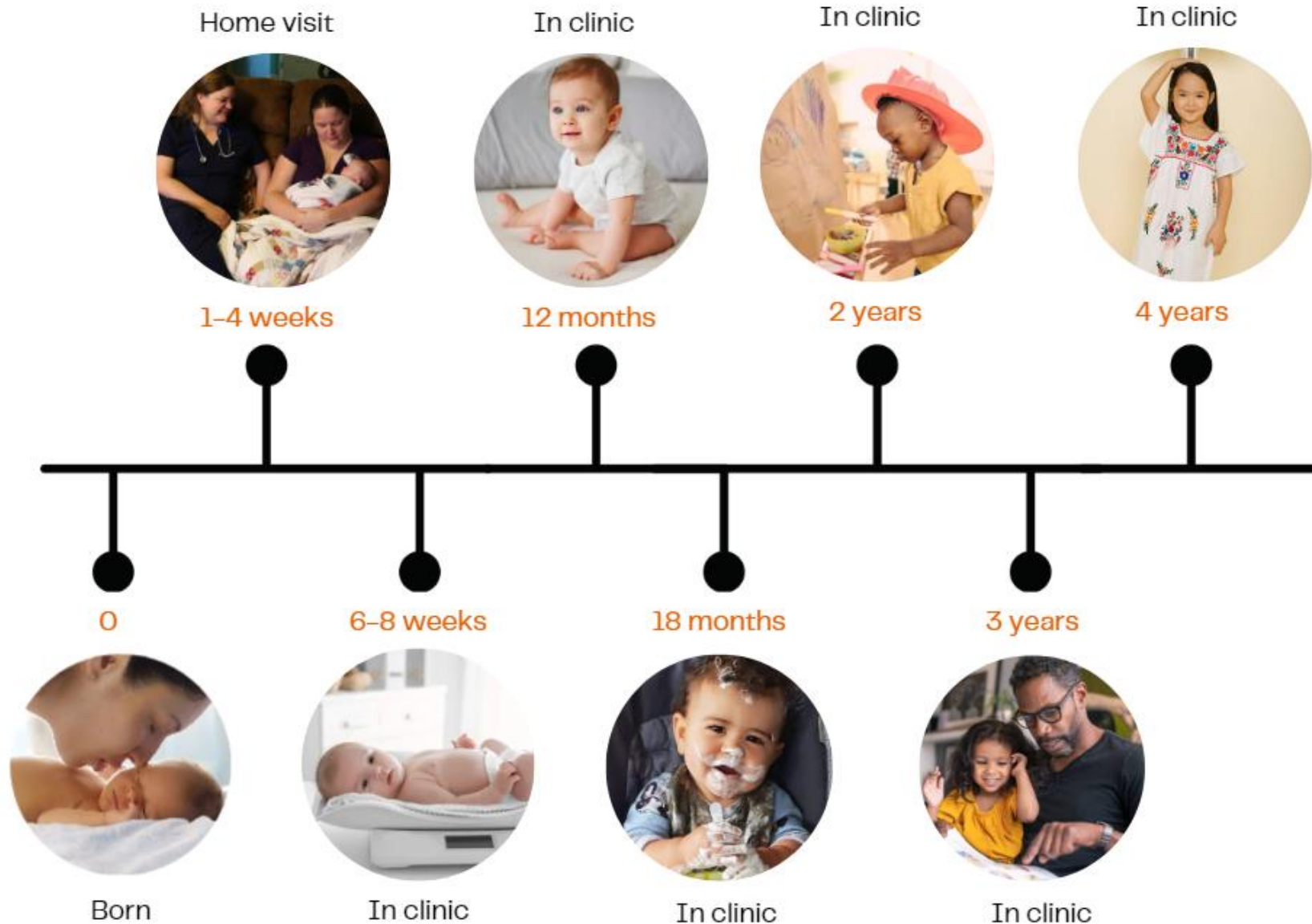
We're all in this together



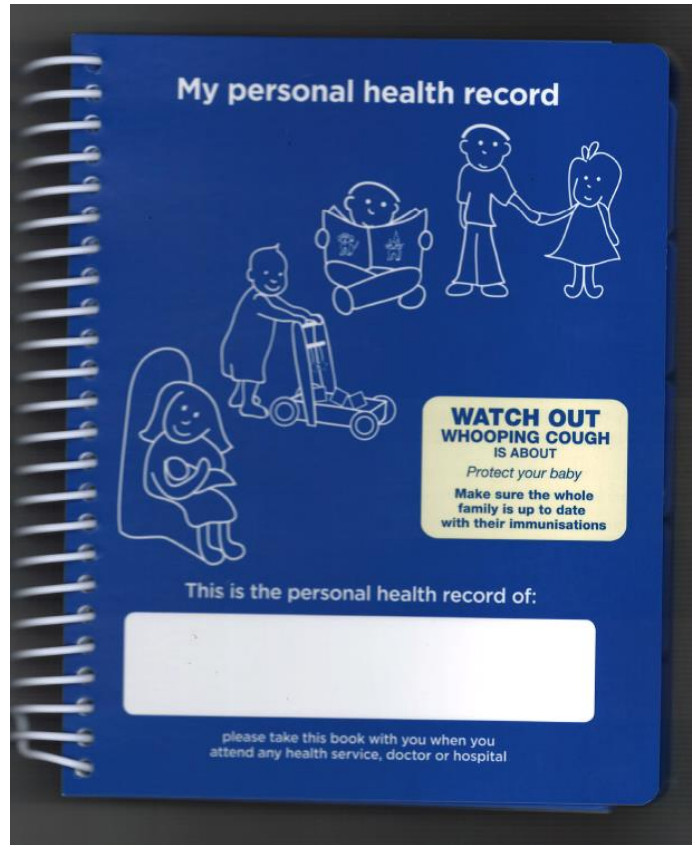
Models we work under



The Journey through Child and Family Health



What's the bluebook?



What: It is a place to record the child's health, growth, development, illnesses, injuries and immunisations.

Who: The blue book is given to all parents in NSW after the birth of their baby.

Why:

How:

Blue book:



ACBD715F.pdf

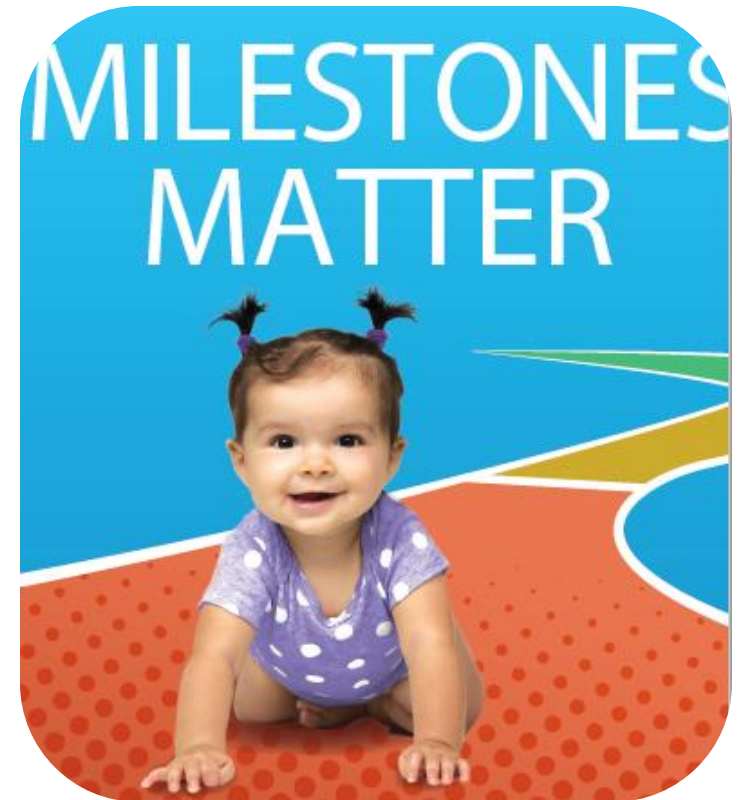
Development Checks

- We identify when deviations from expected normal parameters of growth and development occur.
- We provide information to the parents suggesting appropriate courses of action and referrals.

Milestones matter flyer:



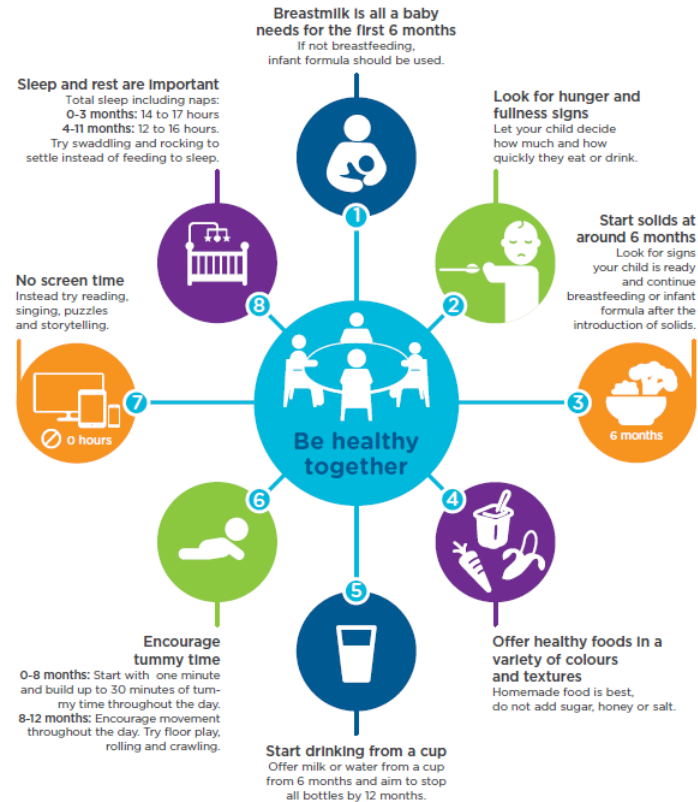
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Healthy Habits

Information is relevant for children aged 0-12 months

8 Healthy Habits



Information is relevant for children aged 12-24 months

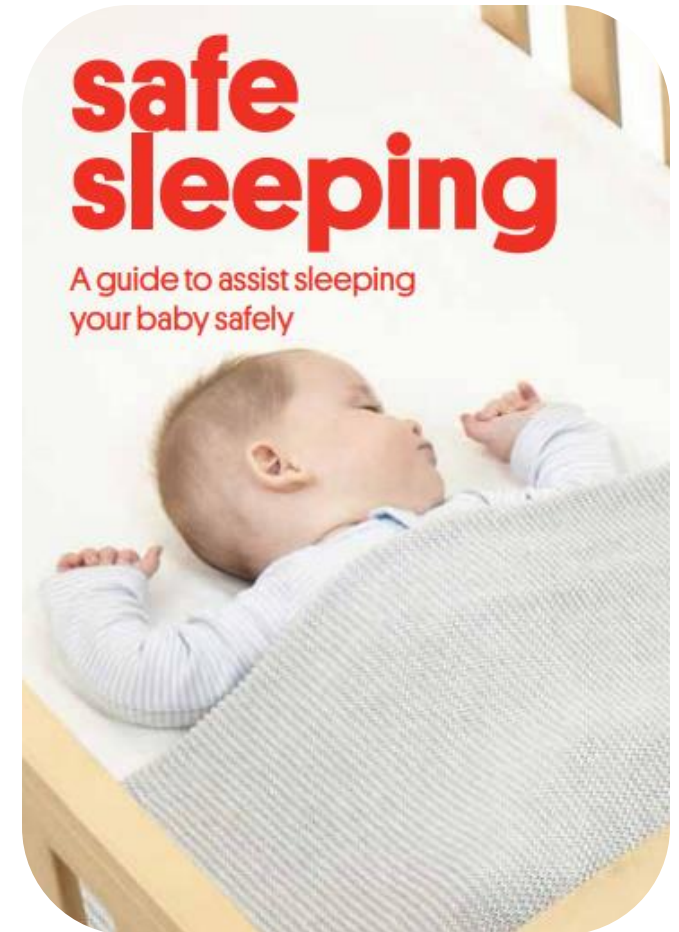
8 Healthy Habits



<http://pro.healthykids.nsw.gov.au/>

Safety

- Knowing what they are going to do next – developmentally
- Sudden Unexplained Death of an Infant (SUDI)
- Smoke free homes
- Cots
- Domestic Violence
- Sibling rivalry



Prevent Allergies

NIP ALLERGIES IN THE Bub

TO HELP PREVENT FOOD ALLERGY, GIVE YOUR BABY THE COMMON ALLERGY CAUSING FOODS *before they turn one*

EGG FISH PEANUT

COW'S MILK SOY TREE NUTS

WHEAT SHELLFISH SESAME

preventallergies.org.au

A food allergy prevention project supported by

ascia Australian Allergy Association

This project received funding from the Australian Government Department of Health

MANAGING YOUR BABY'S ECZEMA MAY HELP PREVENT Food allergy

Nip allergies in the bub has been developed to provide information about how to help prevent food allergies in babies

You will find practical information, advice and support about feeding your baby and how to manage eczema in babies to help prevent food allergy

preventallergies.org.au

Oral health

Dental Information for Parents/Carers

Healthy mouths for kids under 5

third edition

NSW GOVERNMENT

Safe sleeping

red nose saving little lives

cot to bed safety

When to move your child out of a cot?

rednose.com.au

Sleep and Settling

- Normal at the age that the child is at.
- Work with the family on strategies for sleep and settling techniques.
- Normalise the first 6 weeks of sleep and settling
- Referral to Tresillian or Karitane



Referral to services

Parent support	<ul style="list-style-type: none">•Womans Health•Mental Health•Sexual Health•Refugee Health
Allied Health	<ul style="list-style-type: none">•Speech Pathology•Physiotherapy•Occupational Therapy•Audiometry
Community programs	<ul style="list-style-type: none">•PICNIC Project•Statewide Eyesight Preschooler Screening (StEPS)
Specialized early parenting services	<ul style="list-style-type: none">•Tresillian (breastfeeding, sleeping, settling, nutrition and post-natal depression)•Karitane (sleep and settling, breastfeeding, feeding and nutrition, age appropriate routines, toddler behaviour, adjusting to parenting and anxiety and postnatal depression)
NGO	<ul style="list-style-type: none">•Brighter Futures•Burnside•GP's•Playgroups

Aboriginal Maternal Infant Health Service (AMIHS)

What: Culturally safe and woman centred continuity-of-care model delivered by midwives and Aboriginal Health Workers

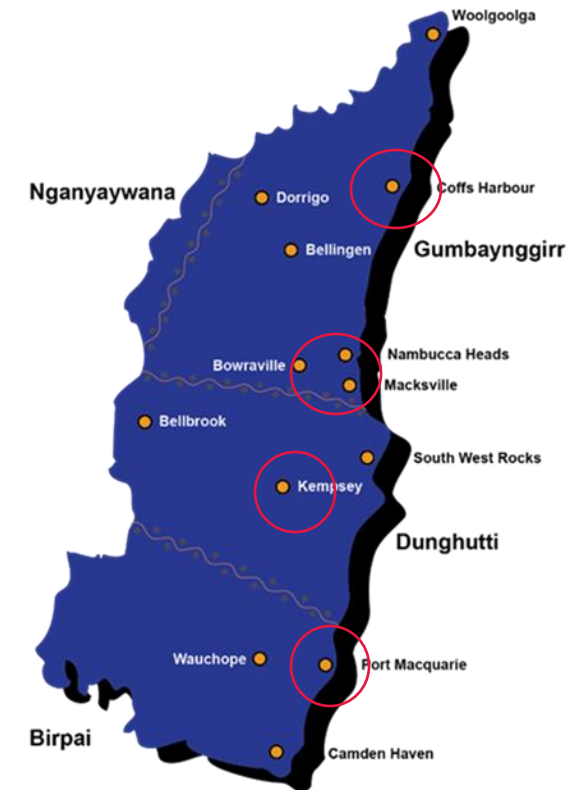
Services: Antenatal health checks, smoking cessation, service referral, health promotion, postnatal checks, infant feeding and nutrition

Who: Aboriginal pregnant woman or where their partner is Aboriginal

Referral type: Self-referral from GP or MNCLHD Maternity Services



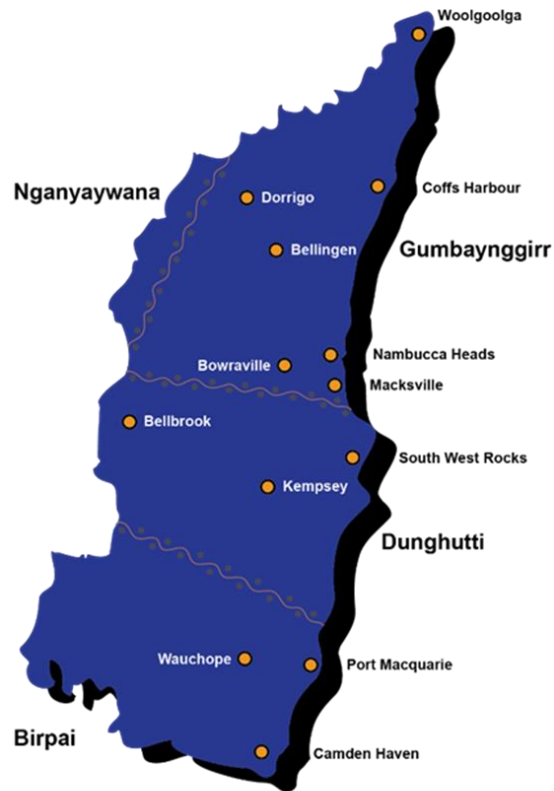
MNC AMIHS services



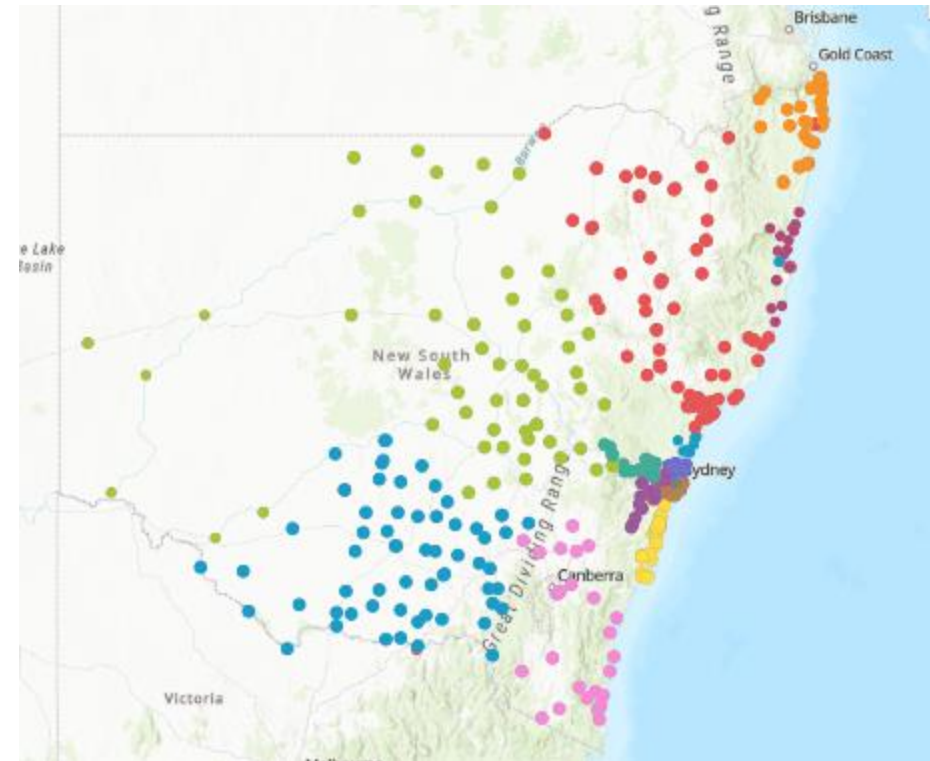
NSW AMIHS services

Child and Family Health Clinics

15 clinics across MNCLHD



Child and Family Health Services across NSW



Conversation starters

AIM: Normalize accessing the Child and Family Health Service.

“We support ALL families to access the clinic just like when you saw the midwife in pregnancy.”

“This service sees you and baby until he/she goes to school.”




“Child and Family Health Nurses can support you and your child to access other support services.”

Allocate a purpose:

Baby weighed, fill out Blue Book, sleep support, feeding support.

Arrange to come with family to the visit.

Resources

- Blue book  ACBD715F.pdf
- Milestones matter  6F4F73F2.pdf
- Love talk sing read play print book  1BC82F9B.pdf
- [Child and family health: Frequently asked questions - Maternal, child and family health \(nsw.gov.au\)](#)
- [Pregnancy care for Aboriginal families AMIHS brochure](#)
- [Statewide Eyesight Preschooler Screening](#)
- [National Immunisation Program Schedule](#)