



## WHAT DOES A MATERNAL AND CHILD HEALTH (MCH) NURSE DO?

- ✓ MCH nurses are qualified nurses and midwives who support Victorian families from birth until school age. They help you and your child stay healthy, safe and happy. The MCH service is **free for all Victorian families**, including carers, foster parents and grandparents.
- ✓ Everyone is welcome, even if you do not have a Medicare card.
- ✓ Your MCH nurse can help you with:
  - Feeding, sleeping and settling
  - Growth and development checks
  - Learning about your child's behaviour and emotions
  - Parenting and family wellbeing
  - Linking you to playgroups, kindergartens and other local supports



## WHAT HAPPENS AT THE 3½ YEAR MCH VISIT?

- ✓ This is your child's final key age and stage check before starting school.

Your nurse will:

- Check your child's growth, health and development
- Talk about kindergarten enrolment
- Do a vision screening test (Melbourne Initial Screening Test)
- Discuss your answers in the green book (Parents' evaluation of development status section)

- ✓ The visit also covers:

- Healthy eating and teeth care
- Sun safety and water safety
- How play helps your child's learning
- Family wellbeing and support
- Immunisation reminders



## WHAT TO LOOK OUT FOR BEFORE THE VISIT?

Let your nurse know if your child is:

- Not speaking clearly or in sentences
- Not playing imaginary games or with other children
- Not drawing or showing interest in books
- Not coming to you for comfort

## TIPS TO SUPPORT YOUR CHILD'S LEARNING

- Play games that involve sharing and taking turns
- Let them help with cooking, gardening or shopping
- Read together and talk about the pictures
- Encourage drawing and storytelling
- Give plenty of outdoor playtime for running and climbing

## FIND YOUR LOCAL MCH CENTRE

- MCH services are located in every community across Victoria.
- You'll usually have 10 key visits between birth and 3½ years.
- To book your next appointment, contact your local council or MCH centre.

## NEED HELP OR INFORMATION

- Maternal and Child Health Line (24 hours): 13 22 29
- Translating and Interpreting Service: 131 450
- Aboriginal Health Service (VAHS): (03) 9419 3000
- National Relay Service (for hearing or speech): 1300 555 727



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