

SUPPORT AFTER DISCHARGE



BRHS Domiciliary care

BRHS Domiciliary care is a free home visiting service provided by our midwives that is available to all families with new babies.

All women will get at least one visit, sometimes more.

This will be discussed as part of your discharge planning.

Contact the ward if you have any concerns - (03) 5150 3455

Maternal and 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
- 3.5 years

Bairnsdale: 281 Main Street. Monday to Friday by appointment.

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

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

To schedule an appointment:

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

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.

We welcome feedback at:
Bairnsdale Regional Health Service
PO Box 474 - Bairnsdale, VIC 3875
(03) 5150 3333
email@brhs.com.au
www.brhs.com.au

Bairnsdale Regional Health Service is located on the traditional land of the Gunaikurnai people.



BRHS

*Your Health,
Our Priority*

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Maternal Child Health Nurses 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 Program: Our Maternal Child Health Nurses provide services to the Lake Tyers Aboriginal Trust, Lakes Entrance Aboriginal Association and the Aboriginal Medical Centre in Bairnsdale.

Useful websites and other resources

Bairnsdale Regional Health Service Maternity website

<https://brhs.com.au/health-services/maternity-services/>

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 and support.

email: ababairnsdaleorbost@gmail.com for more information.

The Royal Women's Hospital - www.thewomens.org.au/

Trusted source of health information during pregnancy, birth, breastfeeding and beyond

The Academy of Breastfeeding Protocols- <https://www.bfmed.org/protocols/>

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/

Rodney Whyte- Expert pharmaceutical advice during pregnancy and breastfeeding - (03) 9594 2361

SIDS and Kids - www.sidsandkids.org.au/ Safe sleeping information

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