



*City of*  
**KINGSTON**

Maternal & Child  
Health Service  
*for all families*



The City of Kingston is committed to providing quality services to the community. Our maternal & child health nurses have qualifications in both midwifery and MCH and can offer you information, guidance and support.

**We can assist your family with:**

- Child health and development
- Maternal and family health
- Parenting
- Nutrition
- Immunisation
- Family planning
- Home and car safety for children
- Child accident and injury prevention
- Information on local support services

**We offer specialised services including:**

- Home visits
- Postnatal depression and emotional wellbeing support
- Early weeks talks
- Early parenting support services
- Breastfeeding support

**We run facilitated playgroups including:**

- Dads playgroup
- Parenting support playgroup
- Pop, dad and me

**OUR VISION:**

A community in which all families thrive; where children and young people are seen, heard and celebrated.

# Appointment bookings 📞 1300 764 807

## How to book your Maternal & Child Health visit

- The hospital will advise us of your child's birth then we will be in touch to arrange a home visit.
- After your home visit all other appointments will take place in your preferred MCH Centre.
- **Bookings can be made Monday to Friday 9am – 3.30pm.** Some later appointments and Saturday appointments may be available by arrangement.

## An overview of your MCH visits

VISIT	AGE	DESCRIPTION
1	0-2 weeks	Introduction and link to local services, safe sleeping checklist, breastfeeding support, parenting support, immunisation
2	2 weeks	Growth, development, safety, nutrition and feeding, hearing review, communication, parent support
3	4 weeks	Growth, maternal health review, nutrition and feeding, safety, parenting support
4	8 weeks	Growth, development, nutrition and feeding, parenting support, link to parent groups, immunisation, safety
5	4 months	Growth, development, nutrition and feeding, communication, parent support, safety, sleep, oral health, immunisation
6	8 months	Growth, development, nutrition and feeding, communication, parent support, safety, sleep, oral health, hearing review
7	12 months	Growth, development, nutrition and feeding, parenting support, safety, communication, playgroups, oral health, immunisation
8	18 months	Growth, development, nutrition, parenting support, safety, communication, playgroups, oral health, immunisation
9	2 years	Growth, development, nutrition, parenting support, safety, communication, kindergarten information
10	3.5 years	Growth, development, nutrition, parenting support, vision screening, kindergarten enrolment, safety, oral health, immunisation <b>Completion Certificate</b>

- Victorian Maternal & Child Health 24hr support 📞 13 22 29

# Other City of Kingston services

- Breast feeding support service with a certified lactation consultant  
📞 0438 597 560
- Childcare and kindergarten enrolments
- Family Day Care
- Toy Libraries
- Immunisations
- Occasional Care
- Free and confidential family support services

For more information see [📧 kingston.vic.gov.au/families](https://kingston.vic.gov.au/families)

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## Contact us

We have Maternal & Child Health Centres located across Kingston.

**Carrum** 📞 9581 3000

**Edithvale** 📞 8782 1200

**Chelsea** 📞 9581 4820

**Mentone** 📞 9581 4524

**Cheltenham** 📞 9583 6875

**Parkdale** 📞 9581 4586

**Clarinda** 📞 9551 1889

**Highett (Turner Rd)** 📞 9553 4981

**Dingley Village** 📞 9551 2668

**Westall** 📞 9581 3080

📍 Find your closest centre at  
[📧 kingston.vic.gov.au/nearme](https://kingston.vic.gov.au/nearme)

👤👤👤 📞 131 450  
**TIS National**

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## Feedback always welcome

We aim to provide professional services that are supportive, caring and informative. We welcome your feedback by calling 9581 4865 or emailing [mchcoord@kingston.vic.gov.au](mailto:mchcoord@kingston.vic.gov.au)

[kingston.vic.gov.au/mch](https://kingston.vic.gov.au/mch)

📞 1300 764 807 [📘 cityofkingston](https://www.facebook.com/cityofkingston)