

Parent Support Service

Sunraysia Community Health Antenatal services works in collaboration with the Parent Support Service.

The Parent Support Service works with and for families to; support women and their families in pregnancy, enhance the experience of parenting and support the development of young children up to 18 years.

Our goal is to offer individual specialised support, care and evidence based education to expectant parents and families. This includes areas such as, sleep and settle, lactation support, unsettled babies, parenting uncertainty, behavior issues etc.

The Parent Support Service also offers the Circle of Security® Parenting™ program which is based on decades of research about how secure parent-child relationships can be supported and strengthened.



General Enquiries

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This program is located at the Family and Child Hub

**41 Pine Avenue, Mildura
(Across the road from Kmart)**

This program is funded by:



SCHS would like to acknowledge all the traditional Aboriginal tribes on whose land we live and work as the first people of this Nation.

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ANTENATAL SERVICES



SCHS
Sunraysia Community
Health Services



Our Service

Sunraysia Community Health Midwives and GP services are committed to helping to achieve the best outcomes for women and their babies to ensure they have the best start to life.

Our Antenatal Clinic provides quality care for expecting parents before, during and after their pregnancy. We aim to support and guide parents in an open and nurturing environment to achieve the best outcome for them and their baby.

Service Information

Antenatal care is an essential part of pregnancy and should start as soon as you find out you're expecting. Having a healthy

pregnancy is one of the best ways to promote a healthy birth.

Our Antenatal services acknowledge that pregnancy is a crucial time to promote healthy behaviours, parenting skills, explore social issues and offer support in these areas. Good antenatal care links a woman and her family with the health system, contributing to good health through a woman's pregnancy.

At SCHS Antenatal services you can:

- Seek advice prior to becoming pregnant
- Track how your pregnancy is progressing with routine antenatal appointments
- Participate in shared care with a specialist obstetrician
- Have a postnatal check for you and your baby
- Link in with other SCHS services to cater for your total wellbeing

Eligibility

All pregnant women are eligible for this service.

Some women may need the additional support of specialist care which will be determined by our team as your pregnancy progresses.

Antenatal care referrals will be accepted from your General Practitioner or self referral. Our intake team at SCHS will contact you for an appointment.

Healthy Mothers Healthy Babies

The Healthy Mothers Healthy Babies program provides outreach support to pregnant women with complex health, welfare and social needs. It aims to address these needs by providing a flexible model of service to engage with and support the women, delivering important health promotion messages, and facilitating links to health and human services during pregnancy. The program targets pregnant women who have difficulty accessing antenatal services or are in need of additional supports.

This may include:

- women who are socially isolated or living in poverty
- women living in insecure housing
- young women
- Aboriginal or Torres Strait Islander women
- refugees and women from culturally and linguistically diverse (CALD) backgrounds
- women with substance use issues
- women with mental health issues
- women who have experienced family violence.

Cost

The Antenatal clinic is bulk billed to Medicare.

The Healthy Mothers Healthy Babies program is a free service.