

# Welcome to our **FREE** Maternal and Child Health Service.

Come and have a yarn with our friendly Maternal and Child Health Nurses about:

- Growing up happy, healthy kids
- Parenting
- Family health and wellbeing



We offer **10 FREE** key age and stage visits of up to 60 minutes at the following ages:

- **Home visit**  
(after you and your baby come home from hospital)
- **2 weeks**
- **4 weeks**
- **8 weeks**
- **4 months**
- **8 months**
- **12 months**
- **18 months**
- **2 years**
- **3.5 years**



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Going to all of my key age and stage visits is very important. Please take me so I can:

- ✓ Keep track of my height and weight
- ✓ Have my eye sight checked
- ✓ Learn about play, food and sleeping
- ✓ Get ready for kindergarten and school



Don't forget to bring **my Health, Learning and Development book** so we can record all of my milestones and information.



We, Greater Shepparton City Council, acknowledge the Traditional Owners of the land which now comprises Greater Shepparton. We pay respect to their tribal Elders, we celebrate their continuing culture and we acknowledge the memory of their ancestors.

## **We are here to help.**

Please call **5832 9312** to book an appointment or for more information about the Greater Shepparton Maternal and Child Health Service.

**We have many centres across Greater Shepparton, including centres at Rumbalara and Lulla's.**

You can also go to [www.greatershepparton.com.au](http://www.greatershepparton.com.au) to find a session timetable (available in different languages).