



## Maternal and Child Health Centre Locations

Cobram – 16 Hay Avenue  
Nathalia – 77 Blake Street  
Numurkah – 38B McCaskill Street  
Strathmerton – 29-31 Main Street  
Yarrawonga – 87-97 Orr Street

### Appointments

03 5871 9275

### Immunisations

03 5871 9222

### Email

mch@moira.vic.gov.au



Follow Moira Shire Council

# MCH

## Maternal and Child Health Service

## Information for Parents and Carers

Printed May 2023

[www.moira.vic.gov.au](http://www.moira.vic.gov.au)



## Maternal and Child Health Service

The Maternal and Child Health (MCH) Service offers families information, guidance and support on the following topics:

- Breastfeeding and lactation
- Child health, growth and development
- Parent and child relationships
- Safety and injury prevention
- Immunisation
- Family planning
- Nutrition
- Post-natal depression
- Sleeping and settling issues
- Circle of Security Parenting Series

## New Parents Group

This six week program is offered on a regular basis to first time parents, with many guest speakers.

## INFANT

The INFANT program is for families interested in promoting healthy eating and active play.

## Play Therapy

The Play Therapy program assists children problem solve, learn and socialise in a supportive environment. Targeting families with children aged between 2-4 years, the program is tailored to each child's needs. Your child will participate in one-on-one play sessions with you over 10 weeks with the play therapist engaging in a range of play activities.

## Sleep and Settling

The Sleep and Settling program provides assistance with understanding infant and toddler sleep cues, settling techniques and establishment of sleep routines.

## Breastfeeding Support

Moira Shire Council offers a free breastfeeding support at the Numurkah Maternal and Child Health Centre for all residents across the municipality.

Your breastfeeding journey is unique and we offer extra support and care for you to have a positive breastfeeding experience.

## Immunisation

Moira Shire Council holds Immunisation sessions in Cobram, Nathalia, Numurkah and Yarrawonga. Appointments are required to attend these sessions.

To make a booking, please speak with your Maternal and Child Health Nurse or call Moira Shire Council on:

**(03) 5871 9222**

## Enhanced Maternal and Child Health

Enhanced Maternal and Child Health provides additional support to parents and caregivers of children up to six years of age.

Referrals can be made by:

- Yourself
- Health professionals and workers
- Friends and family

## Appointments

To make an appointment for any of our services, please contact the central booking line on:

**(03) 5871 9275** (Monday to Friday, 8:30am – 4:30pm)  
or email: [mch@moira.vic.gov.au](mailto:mch@moira.vic.gov.au)

## Additional information



For further information on the services provided by Moira Shire MCH visit [www.moira.vic.gov.au](http://www.moira.vic.gov.au) or scan the QR Code.

## Maternal and Child Health Line

**24 hour number – 13 22 29**

Available throughout Victoria for the cost of a local call, this is a 24-hour service staffed by maternal and child health nurses.

## Maternal and Child Health App



The Maternal and Child Health app (MCH app) provides reliable information that families can use every day.

Download the free MCH app for trusted information matched to the age of your child, at your fingertips! The app can also track your child's growth, and remind you about upcoming MCH appointments or immunisations.

