

## Appointments

To make an appointment at any CaFHS centre:  
Phone 1300 733 606, Monday to Friday  
9am-4.30pm

If you need to cancel an appointment, please provide as much notice as possible. If phoning after hours, please leave a message.

If you or your child is unwell on the day of your appointment, please call 1300 733 606 to reschedule.

To view a list of all CaFHS centres, visit  
[www.cafhs.sa.gov.au](http://www.cafhs.sa.gov.au)

## Notes

## Further advice and support

Please look at your South Australian Child Health and Development Record (the 'Blue Book'). It contains valuable information and contacts to help you access advice and support for all of your child's health, development and wellbeing needs.

### For more information

TTY Speak and Listen  
Telephone: 1300 555 727



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# Child and Family Health Service (CaFHS)

Supporting you to  
give your child the  
best start in life



Government of South Australia

Women's and Children's  
Health Network



Being a parent can be exciting, rewarding and challenging at times. Everyone has a different experience and there is no one right way to be a parent.

CaFHS is a free service for all SA families with children aged 0-5 years. Our qualified and friendly team can help you give your child the best start in life.

## Accessing our services

Shortly after the birth of your baby, you will be asked to fill out a consent form to allow us to contact you.

Soon after, we will arrange a visit at your home, or if you prefer, you can come into one of our CaFHS centres. During this visit, we'll check your baby's health, talk with you about how you and your baby are going and answer any questions you may have.

You are welcome to contact us if you need help and advice regarding your baby or child's health, development or wellbeing.

Call 1300 733 6060 to make an appointment or visit [www.cafhs.sa.gov.au](http://www.cafhs.sa.gov.au) to find your closest CaFHS location.

## Supporting your child's health, development and wellbeing

Regular health checks are very important. We recommend that your child's health and development is checked at 1-4 weeks, 6 months, 18 months and preschool age.

### We can offer support with:

- feeding
- settling
- sleeping
- health and development
- being a parent
- understanding your child's needs
- your emotional wellbeing
- adjustment to parenting
- child safety.

If you or your child are experiencing ongoing challenges, we have a range of extended services to help your child meet their health and development needs.

We understand the importance of cultural identity and welcome families from all cultures and communities in need of support and care. Our staff can help you make the best use of the services offered by CaFHS and ensure that your needs are considered in a culturally appropriate way. We can also direct you to other health services available in your area.

## Residential support: Torrens House

Torrens House is a free service, where parents and caregivers can stay overnight with their baby and receive feeding, settling and sleeping support from our professional team.

Please call 1300 733 606 to contact your nearest CaFHS centre for more information.

## Early Parenting groups

Join one of our friendly groups for parents with babies from birth to 8 weeks of age. It's a great way to meet other parents, share ideas and find out about other support available.

Call us on 1300 733 606 to talk about how you can be part of a parenting group in your area.

## Parent Helpline

Call our Parent Helpline on 1300 364 100 for support and advice on health or development concerns about your child.