

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.cyh.com

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.

Child and Family Health Service (CaFHS)



For more information

TTY Speak and Listen
Telephone: 1300 555 727



Interpreter

If you do not speak English, request
an interpreter from SA Health and
the department will make every
effort to provide you with an
interpreter in your language.



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Supporting you to give your
child the best start in life



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 733 606 to make an appointment or to find your nearest CaFHS centre.

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
- > parenting groups
- > 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 Cultural Consultants 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.

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.