

# Pre-Referral Guidelines

The Child Health Service offers parents and caregivers a variety of free services to give every child the best possible start in life.

## Referral Pathways

### Self-referral for the following services

#### myChildHealth clinic

A telehealth clinic offered to all NEW clients to the Child Health Service (CHS) as the first point of contact.

A short telehealth consultation with a child health nurse to:

- Provide information about the CHS
- Clarify what to expect at a CHS appointment
- Answer any questions
- Provide anticipatory guidance
- Link with other CHS services as needed
- Link with other services as needed

#### Drop-in clinics birth to 5 years (no appointment required)

A short consultation with a child health nurse for:

- Advice about feeding, sleeping and other concerns
- Support with linking into other CHS services
- Follow up appointments will be arranged for further assessments and support, and key age child health checks

#### Clinic appointment (birth to 5 years)

Consultation with a child health nurse for:

- Key age child health checks (as per Personal Health Record – Red Book)
- Nutritional information and feeding support
- Advice about infant and child behaviour
- Parenting support
- Link with other services as needed



**Aboriginal and Torres Strait Islander Advanced Health Workers appointment:**

For Aboriginal and Torres Strait Islander families:

- Provide cultural support and holistic care
- Provide antenatal and postnatal support
- Link families with child health nurses
- Assist with weighing bub and arranging developmental checks
- Refer to various community services at request of families
- Support with navigating the healthcare system

**Early Intervention Clinician appointment:**

\*\* Self-refer ONLY for parents of children 6-8yrs old. For parents of children 0-5yrs see below referral information.

Consultation with a psychologist or social worker to provide individual support for:

- Parent-child relationships
- Understanding and responding to challenging child behaviours and strong emotions
- Adjusting to parenthood and parental mood difficulties
- Coping with anxiety and stress
- Caregiving capacity and family functioning
- Parenting confidence and emotional resilience

**Parent Groups:**

- New Parent Groups
- Triple P
- Circle of Security
- Seminars on topical parenting issues at ages 4-6mths and 10-12mths

**How to self-refer**

- Attend drop in clinic on the specific clinic open days and times – search here [Services | Children's Health Queensland](#) for the nearest clinic
- Call the CHS bookings team on 1300 366 039 for more information and to make an appointment
- If the client is new to CHS the [Child Health Service Appointment Booking Enquiry Form](#) can be completed and the CHS bookings team will call the parent/caregiver within two business days to arrange an appointment

## Referral to CHS

- If there are any barriers for parents/caregivers accessing the CHS, a referral can be submitted with their consent to support engagement.
- A bookings officer contacts all parents/caregivers of referred children to arrange an appointment.

## Referrals are required for the following services

\*\* The child may require an initial appointment with a child health nurse for assessment prior to accessing these services.

### Antenatal Referrals

The CHS provides support in the antenatal period for parents **living in eligible suburbs**.

- Sustained Nurse Home Visiting
- Regular and ongoing clinic appointments
- Early Intervention Clinician support is offered
- Support can be provided up to 2 years of age dependent on parental need

Parent must have at least 2 of the following risk factors:

- Young pregnancy (maternal age < 23 years)
- Smoker
- Has a global health index = poor/fair/good
- Not living with another adult
- No financial, emotional, practical support during pregnancy
- Has a health problem or disability that limits daily activities
- Is anxious in mood
- Has an education < Year 12
- No-one in the household currently has paid work
- Has never held a job

### Early Intervention Clinician

Consultation with a psychologist or social worker to provide parenting support for parents of children birth to 8 years.

- See self-referral section for information regarding support provided.

## Infant Feeding and Parenting Support Program

An extended child health nurse consultation for intensive support for babies up to six months old.

## Postnatal Wellbeing Group

For mothers with a baby under 12 months experiencing difficulties adjusting to parenting or have mild-to-moderate postnatal depression and/or anxiety for support with:

- How to manage anxiety and stress
- How to nurture your baby's development
- Adjusting to having a new baby
- Ideas on how to look after yourself

## Circle of Security Parenting Group

For parents and caregivers with children aged from birth to 5 years to support with:

- A child's emotional and behavioural needs
- Building positive relationships with children
- Helping children manage their feelings and enhancing self-esteem

## How to refer

Complete the [Child Health Service Referral Form](#)

- In the child's name
- Indicate if the child and/or parent identifies as Aboriginal and Torres Strait Islander
- Include parent/caregiver name, address, contact number, and alternate contact number if available
- Indicate the parent/caregiver has consented to the referral
- Is an interpreter required? Include preferred language
- Any additional considerations for a clinician home visiting the client

Send referrals by either:

**Email** [CHQ-CH-Referral@health.qld.gov.au](mailto:CHQ-CH-Referral@health.qld.gov.au)

**Fax** (07) 3068 3719

**Please advise Parents/Caregivers they will be contacted by  
the Bookings Team from a private number**

## Other referral options

- If main concern is developmental and/or learning difficulties refer to [Child Development Service](#)
- If main concern is severe primary emotional disorder refer to [Child and Youth Mental Health Service](#)

## Our locations

Our child health services are available in community health centres and facilities throughout greater Brisbane area. We cover a geographical area from Kilcoy and Bribie Island in the north, south to Beaudesert and east to include the Southern Moreton Bay Islands.

Search here [Services | Children's Health Queensland](#) for more information on the above services by entering the child's postcode to find their closest clinics

## Contact us

### Child Health Service

**t** 1300 366 039

**w** Services | Children's Health Queensland