

Maternal Child Health Service (MCH)



Maternal and Child Health Nurses (MCHN) are specialised registered nurses, often with midwifery qualifications. MCHN offer inclusive free community based, universal primary healthcare and support for all Victorian families and carers with children from birth to school age.

MCH service welcomes everyone, including kinship carers, foster carers, grandparents, and rainbow families. It is for all Victorian families regardless of Medicare, visa status or other circumstances.

MCH services support every Victorian child to grow, learn and thrive with appointments from birth to 3.5 years, assisting parents, carers and families with the following:

Child Development: Tracking physical, emotional, social growth and child wellbeing.

Parenting Support: Advice on sleep and settling, nutrition & family wellbeing

Maternal Wellbeing: Checking on the physical and mental wellbeing of mums, screening for postnatal depression, assistance with feeding

Immunisation & Safety: Guidance on schedules and injury prevention.

Community Referrals: Connecting families to Mothers groups, playgroups, NDIS, and Early Start Kindergarten.

FIND YOUR LOCAL MCH SERVICE

<https://www.betterhealth.vic.gov.au/health/healthyliving/maternal-and-child-health-services#find-your-local-mch-centre>

24 HOURS A DAY/7 DAY A WEEK MCH SUPPORT HOTLINE 13 22 29
Have an urgent questions or need to speak with an MCHN outside of business hours, you can call the state-wide Maternal and Child Health Hotline.