

What support is there for our family?

Every family is different.
Some options to consider include:

- Local playgroups
- Community Centres
- Family support services
- Aboriginal Early Linkers

Who can I talk to about services in my area?

Call

ParentLine NSW
1300 1300 52

You can ring from anywhere in NSW
for the cost of a local call
(additional charges apply for mobile phones).



Family &
Community Services
Ageing, Disability & Home Care

www.adhc.nsw.gov.au



Do you have questions about Bub?



ParentLine NSW

You may have questions about...

Eating

Is Bub fussy with food or doesn't eat much?



Tantrums

Do you find it hard to stop your Bub's tantrums?



Movement

Does Bub need help to sit, crawl or walk?



Play

Does Bub need help to play, either alone or with other kids?

Who can I talk to about Bub?

CHILD CARE CENTRE

EARLY CHILDHOOD NURSE

YOUR LOCAL GP

ABORIGINAL MEDICAL SERVICE