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## Maternal and child health – visit 6 - eight month visit

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### Summary

- This is your sixth key age and stage visit with a maternal and child health nurse in your local area.
  - Maternal and child health nurses work in partnership with families to care for babies and young children until they start school. The service is free for all Victorian families.
  - You will visit a maternal and child health nurse at 10 key ages and stages from birth to three and a half years.
  - Your nurse can help you with things like breastfeeding and feeding your child; sleep and settling, making sure your child is growing, learning and developing well; being a parent and looking after yourself.
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### What happens at my eight month maternal and child health visit?

At this visit, your baby's growth, health and development will be reviewed. You will also be asked to answer **My Health, Learning and Development – green book**. It is under the Parents' Evaluation of Development Status (PEDS) section. Try to complete these questions before your visit.

This visit will focus on:

- addressing the PEDS questions in your green book.
- poisons information.
- preventing injuries.
- taking care of your child's teeth.
- being sun smart (learning how to protect your child from the sun).
- how play helps learning and development.
- **immunisations**.
- hearing screen - the **Victorian Infant Hearing Screen Program (VIHSP)**. Check the newborn hearing screen section of your 'green book' to see if it has been completed.
- **family relationships** and wellbeing.

Remember, you and your nurse can talk about other issues or concerns if they arise.

### Don't forget your 'green book'

When your baby was born, you should have received a copy of **My Health, Learning and Development – green book**. This book belongs to you and your baby and is full of information about early child development, and services and support.

Make sure you take your green book with you each time you see your nurse so you can jot down any issues, and record information on your baby's growth and development.

If you don't have a green book, let your nurse know.

### What is my baby doing at this key age and stage?

At this key age and stage, your baby is learning about their world by touching, tasting, smelling, listening, watching and moving around. They need lots of floor play and time on their tummy in a safe place. They might be:

- sitting up by themselves, rolling and crawling
  - putting toys in their mouth
  - becoming a little worried about new faces
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- babbling or copying sounds you make
- looking closely at objects.

### What to tell your nurse

Please tell the nurse if your baby is:

- NOT enjoying eye contact with you
- NOT interested in sounds
- NOT babbling
- NOT able to roll.

### Activity ideas for this age and stage

Try some of these ideas to help your baby learn and develop:

- play peek-a-boo
- play on the floor with them
- take them for a walk outside and talk about what you see
- visit a local playgroup
- read aloud and share stories.

### Tip sheets for this visit

- [How to prevent poisoning \(pdf\)](#), [Victorian Poisons Information Centre, Austin Health, Melbourne](#).
- [Cool? Cloudy? Hot? Sunny? Whatever the weather, use the 5 SunSmart steps to protect your skin and eyes](#) – available in multiple languages from [SunSmart](#), Cancer Council Victoria
- [Baby teeth are important: tooth tips 0-12 months \(pdf\)](#), (available in multiple languages) from [Dental Health Services Victoria](#)
- [Toddlers on the move 9 to 18 months \(pdf\)](#), (available in multiple languages), [Kidsafe Victoria](#)

### Where to get help

- [Your local maternal and child health service](#)
- Your [GP \(doctor\)](#)
- [Your local council early childhood and family services](#)
- [Maternal and Child Health Line](#) Tel: **13 22 29** – available 24 hours a day for the cost of a local call throughout Victoria
- [Aboriginal Health Service \(VAHS\)](#) Tel. **03 9419 3000**
- [Parentline](#) Tel. **13 22 89**
- [Translating and Interpreting Service \(TIS National\)](#) Tel. **131 450** – available (24 hours, 7 days a week) for callers who speak other languages.
- [National Relay Service](#) (24 hours a day, every day) – Speak and listen Tel: **1300 555 727**, TTY Tel: **133 677**, SMS relay Tel: **0423 677 767**. **Captioned, internet and video relay calls are also available through this service.**

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Maternal and Child Health and Parenting

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