
My Health, Learning and Development book (green book)

Summary

- The **Maternal and Child Health (MCH) Service** works 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 MCH nurses at 10 key stages of your child's development. The visits focus on optimising child and family health, wellbeing, safety, learning and development.
 - Your MCH nurse offers additional visits, first time parenting groups, and links to local community activities and services when extra support is needed.
 - **Maternal and Child Health Line** - call **13 22 29** (24 hours a day, 7 days a week). Families with children from birth to school age can speak to an MCH nurse for advice and support.
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The **My Health, Learning and Development** ('green book') is given to the parents of every newborn child in Victoria. It contains information about early childhood development and services and can be kept as a record of your child's health, growth, development, immunisations and other milestones throughout childhood.

What is the 'green book'?

In Victoria, following the birth of your baby, the hospital will give you a free **My Health, Learning and Development Record**, commonly known as the 'green book'.

It's full of information about early childhood development, and about services and support that are available to help you build a strong foundation for your child's future.

It includes:

- information on services that support families (including the **Maternal and Child Health Service**)
- appointments to keep
- your child's growth and health record
- your child's immunisation record
- birth details
- information and a record of your child's ten key ages and stages maternal and child health visits.

By keeping your 'green book' up to date, it will become an important record of your child's development from birth to adolescence.

If you don't have a 'green book', contact your local council early childhood and family services.

How to use the 'green book'

The 'green book' is designed to keep your child's health, learning and development records in one place. There is also space for photos and plastic sleeves for important documents.

Use it to:

- find out about health, wellbeing, safety, learning and development
 - learn where you can get more information, services and support for you, your baby and your family
 - record growth and immunisations as well as valuable observations about your child's health, learning and development
 - write down questions you want to discuss with the maternal and child health nurse or other health
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professionals

- write down appointments, immunisations and notes about your baby's health, wellbeing, safety, learning and development.

Take your 'green book' to all health appointments

Important information will be given to you by a range of medical professionals, so please remember to take the 'green book' with you when you go to:

- the maternal and child health nurse
- immunisation appointments
- a local doctor, dentist or other health professional
- a hospital or emergency department
- a community health centre
- an early childhood education and care setting (e.g. child care centre, family day care, kindergarten) or school.

Ten key ages and stages visits

Information will be added to your child's 'green book' at each of these 10 key ages and stages maternal and child health service visits:

- **at birth** – this first visit is at your home, but the following visits are at a maternal and child health centre
- **two weeks**
- **four weeks**
- **eight weeks**
- **four months**
- **eight months**
- **one year**
- **18 months**
- **two years**
- **three and a half years.**

Where to get help

- **Your local maternal and child health service**
- **Your GP (doctor)**
- **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.**

This page has been produced in consultation with and approved by:

Maternal and Child Health and Parenting

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