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| **Child family and relationship | 兒童、家庭與關係服務** | |
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| For families in Victoria, there is a broad range of services to support and assist them, from parent education, to maternal and child healthcare, childcare, crisis support, child protection, family violence and relationship services.  Early parenting services offer support to parents from pregnancy through to a child turns four, helping with common difficulties such as feeding and sleeping problems, as well as more complex challenges.  A range of specialist support, counselling, education, and advice services are provided through early parenting centres across Victoria.  "We provide support and education to families  who are experiencing some challenges within their lives, so we're working with families with children  naught, or even pre-birth, through to four years of age,  where we know brain development's really important,  and we provide a range of services from day-stay,  residential, home-visiting, to community education  programs, to support young children."  Early parenting services are subsidised, and are designed to assist families needing to build their skills and confidence in caring for their infant or toddler.  "We're dealing with far more complexity with the family, and really looking at attachment and attunement, relationships within the family dynamics, to ensure the best outcomes for the infants and toddlers that we're dealing with."  Victoria's maternal and child health services monitor the health and development of your baby or toddler.  They provide 10 consultations, can provide referrals to healthcare professionals if needed, and can link you with other local families and community services.  The Maternal Child Health line is a 24 hour telephone line staffed by qualified nurses, with information, support, and guidance regarding child health, nutrition, breastfeeding, maternal and family health, and parenting.  Children and family services are inclusive of all cultures, however, there are also family and parenting services specifically designed for Aboriginal and Torres Strait Islander families.  "It's not just about the antenatal care, it could be around housing, financial counselling, mental health, so a range of issues, and we also provide transport, which is an essential part of the KMS Program.  And you can't get that in mainstream, so that's a major barrier to people attending the services here."  Childcare services provide care and support for working families.  Finding the right childcare arrangement will depend on the length of care you need, your child's age, and the type of care you think would suit your child.  The cost of childcare depends on the type of service you choose.  You may be eligible for financial assistance from the Commonwealth government.  Contact the Department of Human Services.  As families grow and children become young adults, additional services are ready at hand across Victoria.  Many are subsidised by the government, including services for mental health and dental health, as well as other allied health services, such as physiotherapy, psychology, and dietary advice.  For information on a range of dental services, information on the child dental benefit schedule, or to find a community dental clinic, contact Dental Health Services Victoria.  As young people move into adulthood, mental health or alcohol and drugs issues may occur.  Finding someone to talk to as early as possible is important.  Starting with family is a good place, or talk to your doctor or contact a confidential phoneline or online service.  These services are free, and expert counsellors can provide valuable advice and counselling.  In times of urgent family crisis, there are emergency services to assist you.  In an emergency, always call 000.  If you or someone in your family is thinking about self-harm or suicide, call Lifeline, on 13 11 14.  If you are concerned about the safety and risk of harm to a child, contact your local child protection service.  Phone numbers are available at betterhealth.vic.gov.au/childprotection.  If you are worried about the immediate safety and risk of harm to a child, that cannot safely be left until the next working day, call the After Hours Child Protection Emergency Service on 13 12 78.  Child FIRST ensures that vulnerable children, young people, and their families, are linked to relevant services.  Visit the Department of Human Services website for more information and your local service.  Asylum-seekers and refugees in Victoria, including children, are able to access most health and community services funded by the Victorian government, as eligibility for most services is not determined by visa or residency status.  These services include community health services, the refugee health program, torture, and trauma counselling, and the catch-up immunisation program.  All families have different needs.  At times, for some, they can be urgent, while for others, longer-term help is needed.  The Victorian health system offers a range of services to meet these needs.  For more information, visit: betterhealth.vic.gov.au/family. | 維多利亞州有各式各樣的服務，去支援和協助家庭，包括育兒教育、孕產婦及嬰兒保健、托兒、危機支援、兒童保護、家庭暴力以至家庭關係等服務。  早期育兒服務為從懷孕起，直至子女踏入四歲的父母，提供協助，常見的困難包括：餵哺及睡眠問題，但也可以是較複雜的挑戰。  通過分佈於維州各處的早期育兒中心，家長可獲得專業支援、輔導、教育及意見等服務。  「我們向那些正遇到一些挑戰的家庭，提供協助及教育。所以我們協助那些有剛出生、甚至是未出生至四歲兒童的家庭，這個是腦部發展的重要時期。我們提供一系列的服務，包括日間看護、住宿院舎、家庭探訪以至社區教育計劃，來支援這些幼兒。」  早期育兒服務獲政府資助，主要是為了協助那些照顧嬰兒或初學行兒童的父母，加强他們的照顧技巧及信心而設的。  「我們還會處理更複雜的家庭問題，例如看看家人之間的依附感、協調感及關係，以確保受我們輔助的嬰兒和剛學步的小孩，均能夠得到最佳照顧。」  維州的母嬰健康服務會對你的嬰兒或剛學步子女的健康及成長加以監察。  他們提供 10 次會診，而在有需要時，能把你轉介到醫護專業人員；也能轉介你到區内的家庭及社區服務。  母嬰健康熱線是一條 24 小時的熱線電話，由合資格的護士接聽，提供關於兒童健康、營養需要、餵哺母乳、孕產婦及家庭健康，和育兒方面的資訊、支援和指引。  兒童及家庭服務的服務對象涵蓋所有文化背景的家庭，不過，也有專門針對土著及托勒斯島民家庭的家庭及育兒服務。  「服務不限於產前護理，還包括居住及財政上的輔導、精神健康等方面的問題，還會提供交通接送，這個更是 KMS 計劃的一個主要部分，由於接送服務在主流是沒有提供的，它成爲大家難以前來使用這些服務的主要障礙。」  托兒服務專為工作家庭提供照顧和支援。  尋找適合的托兒安排，需要考慮托管時間長短、兒女的年紀，以及你覺得哪種托管方式最適合你的子女。  托兒費用視乎你所選擇的服務而定。  你或可向聯邦政府申領金錢上的援助。  請聯絡 Department of Human Services (民政部)。  當你的兒女長大、變成年輕的成人時，維州各地都有為他們而設的額外服務。  這些服務很多都獲得政府資助，包括是對精神健康及牙齒保健的服務，也包括其他專職醫護服務，如物理治療、心理學及營養方面的建議。  欲知關於牙齒護理服務、兒童牙齒護理福利計劃的資訊，又或者尋找社區牙齒護理診所，請聯絡維州牙齒衛生服務處。  當年輕人步入成年期，可能會出現精神健康或酗酒及毒品問題。  儘早找人商量是很重要的。  從家人處開始著手，是不錯的選擇，你也可跟你的醫生傾談、使用保密的熱線電話或網上服務也可以。  這些服務是免費的，專業的輔導員可以提供寶貴的意見和輔導。當有緊急家庭危機時，也可爲你提供緊急輔助服務。  遇到緊急情況，一定要致電 000。  如果你或你的家人正計劃自殘或自殺，請致電 Lifeline，電話 13 11 14。  如果你擔心兒童的安全或可能受傷害的話，請與區內的兒童保護服務處聯絡。  電話號碼可以在這網頁找到：betterhealth.vic.gov.au/childprotection  如果你擔心一名小童的即時安危，並認爲他有危險，而等不及下一個工作日作解決的話，請致電非辦公時間兒童保護緊急服務處，電話 13 12 78。  Child FIRST (兒童優先) 確保那些弱勢兒童、年輕人和他們的家庭，可以連接到相關服務。  欲知詳情和了解你區內的服務，請瀏覽 Department of Human Services  (民政部) 的網站。  維州的尋求政治庇護者及難民(包括兒童在內)，均可享用由維州政府撥款設立的大部分社區服務，因為這些服務大都不受簽證或居留權情況所限制。  這些服務包括：社區衛生服務、難民健康計劃、虐待及創傷輔導，也有追補免疫注射計劃。  每個家庭的需要都有不同的。  有時候，他們的需要是緊急的，但有時他們需要為時較長期的協助。  維州政府的衛生系統，有各種各樣的服務，能滿足各方面的需要。  欲知詳情，請瀏覽： betterhealth.vic.gov.au/family |
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