

**Submission
No 4**

SUPPORT FOR NEW PARENTS AND BABIES IN NEW SOUTH WALES

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The Early Childhood Health Centre ECHC is the most vital service run by NSW Government for new parents. The ECHC are traditionally run out of run down buildings with limited resources. The ECHC should be located in new buildings with state of the art equipment. At the moment, due to the history of the ECHC and the fact that local councils provided buildings they are not receiving the attention they need. For example my local ECHC is located in Lane Cove. The staff are amazing, but the building they are located in is run down and quite frankly depressing. The breastfeeding room is tired and old. It should be a place of cleanliness and calm. The nurses work hard and provide so much support they are let down by their working environment. It would be great if their hours could be extended and available on Saturdays (for mums who have to go back to work). Your committee should view the state of some of the ECHC I am sure you will be shocked.

The Blue Book

The Blue Book is a an amazing resource – it should be online and available to be accessed by ECHC, your GP and anyone who administers vaccinations (including high schools).

Any person or health professional (including hearing check and speech pathologists) should be able to enter information into a child's record. There should be one place to access all records

There should be a dedicated ECHC website with links available to all the resources provided by the ECHC. You should be able to book online appointments with all the providers ECHC and Tresillian.

Post Natal Depression

The ECHC should also have on staff a person trained to assist with post natal depression.

Talks and Practical Training

More resources should be provided to assist in education – talks and practical training. For example parents should receiving first aid training at the ECHC. If a parent has first aid training this will empower them to know they can deal with every day issues such as choking or dealing with small burns.