

SUPPORT FOR NEW PARENTS AND BABIES IN NEW SOUTH WALES

Name: Name Suppressed
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As a first time mother in 2013, I found the ECHC services in the Ryde District immensely helpful.

A combination of the initial home visit, breast feeding clinics and the drop in clinics kept my sanity and helped me navigate the steep learning curve of the first couple of months. By comparison, friends and families in other districts without this level of support and access have struggled a bit more. When they have tried to attend clinics with me, they unfortunately were turned away due to being out of area.

The nurses do still help in their own time but we all commented how this is an essential service and funding should reflect this I am now about to have my third child and while I use the services less, I do still attend my local ECHC for all milestone and age checks.

I find this service also as essential for early identification and prevention. Whilst GPs Offer this as well, I find their focus is different with the GPs being more clinical when compared to the ECHC nurses