Great state. Great opportunity.
And a plan for the future.

Child and Youth Health Practice Manual
Manual history and review plan

The Child and Youth Health Nurses Practice Manual was developed in 2006-2007. The manual was preceded by previous versions, including the Child Health Nurses Clinical Practice Manual, developed by QE II Hospital Health Service District, Bayside District Health Service, and Logan/Beaudesert District Health Service in 1997.

The development of the accredited Certificate IV in Aboriginal and/or Torres Strait Islander Child and Youth Health course ran concurrent with the manual development in 2006-2007 which, for the first time, included components related to Aboriginal and Torres Strait Islander Child and/or Youth Health Workers practice.

This 2014 version of the manual now covers practice in the broad area of child and youth health related to:

- Child and/or youth health nurses
- Aboriginal and Torres Strait Islander Child and/or youth health workers and practitioners
- Child health psychologists/social workers, also known as early intervention clinicians / early intervention parenting specialists

The redrafting of the manual in 2014 has been supported by the Statewide Child and Youth Clinical Network – Child Health Sub-Network and has been proudly sponsored by Children’s Health Queensland Hospital and Health Service.

The review of the Child and Youth Health Practice Manual has incorporated the latest evidence relating to contemporary practice issues and in line with The National Framework for Universal Child and Family Health Services. Consultation with child and youth health professionals across Queensland was undertaken during the review and key stakeholder input integrated into the manual where appropriate.

A comprehensive literature review on each topic within the manual was not possible. The review of literature was focused on the years 2010 - 2014 and inclusive of evidence based clinical practice guidelines, government documents, professional frameworks and professional College Statements.

The following databases were also searched: The Cochrane Collaboration Clinicians Knowledge Network using the CKN Discovery Interface which searches: DynaMed, Medline, CINAHL, Academic OneFile, Informit Health Collection, and Expanded Academic – Initial Indexed Search.

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Recommended review: 2019

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<th>Description</th>
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<td>ABA</td>
<td>Australian Breastfeeding Association</td>
</tr>
<tr>
<td>ACIR</td>
<td>Australian Childhood Immunisation Register</td>
</tr>
<tr>
<td>ADHD</td>
<td>Attention deficit hyperactivity disorder</td>
</tr>
<tr>
<td>ALCA</td>
<td>Australian Lactation Consultant Association</td>
</tr>
<tr>
<td>AHPRA</td>
<td>Australian Health Practitioner Registration Agency</td>
</tr>
<tr>
<td>ASQ</td>
<td>Ages and stages questionnaire</td>
</tr>
<tr>
<td>BFHI</td>
<td>Baby Friendly Health Initiative</td>
</tr>
<tr>
<td>BMI</td>
<td>Body mass index</td>
</tr>
<tr>
<td>CALD</td>
<td>Culturally and linguistically diverse</td>
</tr>
<tr>
<td>CDC</td>
<td>Centre for disease control</td>
</tr>
<tr>
<td>CCM</td>
<td>The Chronic Conditions Manual</td>
</tr>
<tr>
<td>CINAHL</td>
<td>Cumulative Index to Nursing and the Allied Health Literature</td>
</tr>
<tr>
<td>CKN</td>
<td>Clinician’s Knowledge Network</td>
</tr>
<tr>
<td>CPA</td>
<td>Child protection advisor</td>
</tr>
<tr>
<td>CPLO</td>
<td>Child protection liaison officer</td>
</tr>
<tr>
<td>DASS</td>
<td>Depression, Anxiety and Stress Scale</td>
</tr>
<tr>
<td>dB</td>
<td>Decibels</td>
</tr>
<tr>
<td>DETE</td>
<td>Department of Education, Training and Employment</td>
</tr>
<tr>
<td>dTpa</td>
<td>Diphtheria, tetanus and acellular pertussis vaccine</td>
</tr>
<tr>
<td>DV</td>
<td>Domestic violence</td>
</tr>
<tr>
<td>EIC</td>
<td>Early intervention clinician</td>
</tr>
<tr>
<td>EIPS</td>
<td>Early intervention parenting specialist</td>
</tr>
<tr>
<td>EPDS</td>
<td>Edinburgh (Postnatal) Depression Scale</td>
</tr>
<tr>
<td>FGM</td>
<td>Female genital mutilation</td>
</tr>
<tr>
<td>FASD</td>
<td>Foetal alcohol spectrum disorder</td>
</tr>
<tr>
<td>GORD</td>
<td>Gastro-oesophageal reflux disease</td>
</tr>
<tr>
<td>GP</td>
<td>General practitioner</td>
</tr>
<tr>
<td>HEADSS</td>
<td>A framework for psychosocial health assessment. Each letter represents a theme: Home; Education/Employment/Eating and Exercise; Activities and peer relationships; Drug use/Cigarettes/Alcohol; Sex/sexuality; Suicide/Depression/mood; Safety; Spirituality</td>
</tr>
<tr>
<td>HPSF</td>
<td>Health Promoting Schools Framework</td>
</tr>
<tr>
<td>HPV</td>
<td>Human papilloma virus</td>
</tr>
<tr>
<td>HHS</td>
<td>Hospital and health service</td>
</tr>
<tr>
<td>Hz</td>
<td>Hertz</td>
</tr>
<tr>
<td>MCCM</td>
<td>The Management of Chronic Conditions Manual</td>
</tr>
<tr>
<td>MAIF</td>
<td>Marketing in Australia of infant formula</td>
</tr>
<tr>
<td>MOU</td>
<td>Memorandum of understanding</td>
</tr>
<tr>
<td>NIPS</td>
<td>National Immunisation Program Schedule</td>
</tr>
<tr>
<td>PaRROT</td>
<td>Pathways to Rural and Remote Orientation and Training</td>
</tr>
<tr>
<td>PCCM</td>
<td>Primary Clinical Care Manual</td>
</tr>
<tr>
<td>PEDS</td>
<td>Parent’s Evaluation of Developmental Status</td>
</tr>
<tr>
<td>PHR</td>
<td>Personal Health Record book</td>
</tr>
<tr>
<td>PND</td>
<td>Postnatal depression</td>
</tr>
<tr>
<td>QHEPS</td>
<td>Queensland Health Electronic Publishing Service</td>
</tr>
<tr>
<td>QHLFSS</td>
<td>Queensland Hearing Loss Family Support Service</td>
</tr>
<tr>
<td>RN</td>
<td>Registered nurse</td>
</tr>
<tr>
<td>SBYHN</td>
<td>School-based youth health nurse</td>
</tr>
<tr>
<td>SIP</td>
<td>School immunisation program</td>
</tr>
<tr>
<td>SIDS</td>
<td>Sudden infant death syndrome</td>
</tr>
<tr>
<td>SUDI</td>
<td>Sudden and unexpected deaths of infants</td>
</tr>
<tr>
<td>VIVAS</td>
<td>Vaccination information and vaccination administration system</td>
</tr>
<tr>
<td>VSP</td>
<td>Vaccine service provider</td>
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<tr>
<td>WHO</td>
<td>World Health Organisation</td>
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</table>
How to use this manual

The introduction provides foundational practice principles that underpin working within community settings with families, children and young people. It explains the context for practice and broadly discusses safe practice and professional issues. It is assumed that the reader has a knowledge of contemporary child and youth health, and primary health care.

This manual is divided into sections. Sections can be accessed according to need, knowledge and skills. Each sub-section is designed to read separately, therefore the reader of the Manual in its entirety will notice some repetition. It is recommended that the beginning practitioner cover each section. Colour coded tabs identify the continuum of care from antenatal to 18 years, in age groupings for easy navigation.

The manual is structured around the four core service elements of the National Framework for Universal Child and Family Health Services. These are as follows:

1. Developmental surveillance and health monitoring
   This core element encompasses a holistic health monitoring process including:
   - Physical, social, emotional and cognitive wellbeing
   - Growth monitoring
   - Vision and hearing screening
   - Assessment of immunisation status based on the current National Immunisation Program Schedule.

2. Health promotion
   Health promotion is a core element of child and youth health care. It encompasses increasing the health awareness of families and addressing the social determinations of health, e.g., injury and illness prevention. Child and youth health professionals use a range of health promotion strategies during their everyday practice including:
   - Health education
   - Anticipatory guidance
   - Support for families
   - Community capacity building.

3. Early identification
   This core element identifies factors known to increase the risk of a child experiencing poor health and wellbeing outcomes by:
   - Partnering with families with an identified risk, using goal setting and a strengths based model
   - Facilitating / coordinating additional support services according to need.

4. Responding to identified need
   This core element supports child and youth health professionals to provide:
   - relevant practice based interventions
   - information, support and assistance to families
   - referral to additional services
   - a response to child protection concerns.

The following table outlines how topics are allocated under the four core service elements for the purpose of
### National Framework Core Service Element

<table>
<thead>
<tr>
<th>Age group</th>
<th>Developmental surveillance and health monitoring</th>
<th>Health promotion</th>
<th>Early identification</th>
<th>Responding to need</th>
</tr>
</thead>
</table>
| **Antenatal** | ■ Antenatal assessment  
■ Pregnancy health record | ■ Engaging families  
■ Quality information and education | ■ Aboriginal and Torres Strait Islander families  
■ Culturally and linguistically diverse families  
■ Young parents  
■ Parents with intellectual disability | ■ Multidisciplinary early intervention  
■ Home visiting  
■ Safety of the unborn child |

#### Birth to five years

Some sub-sections are divided into:
- **birth to one year**
- **one to five years**

| **Well child health checks**  
■ Family health assessment  
■ Infant health assessment  
■ Infant feeding and nutrition  
■ Health concerns  
■ Clinical practice tips:  
○ Conducting a family health assessment  
○ Using the EPDS tool  
○ Using the DVI tool  
○ Conducting a ‘head to toe’ physical assessment  
○ Weighing and measuring  
○ Conducting a developmental assessment  
○ Promoting optimal positioning of the infant at the breast  
○ Breast compression  
○ Using a nursing supplementation system  
○ Supporting a mother formula feeding  
○ Vision screening  
○ Hearing and ear health screening | ■ Engaging families  
■ Group parenting sessions  
■ Quality information and education  
■ Normal infant/child behaviour  
■ Activities, parenting skills and tips to support development  
■ Immunisation  
■ Injury and illness prevention  
■ Clinical practice tips:  
○ Facilitating a group session | ■ Aboriginal and Torres Strait Islander families  
■ Culturally and linguistically diverse families  
■ Families with low income, unstable housing, low parental education level  
■ Family structure: Young, single, same-sex attracted and re-partnering parents, step- and blended families  
■ Children living in non-parental care environments  
■ Infants of parents with a disability or physical illness  
■ Isolated families  
■ Families experiencing substance use issues  
■ Families with current violence or past abuse  
■ Families where there is a parental mental health or wellbeing concern. | ■ The premature infant  
■ Cow’s milk protein allergy  
■ Weight faltering / malnutrition  
■ Obesity in childhood  
■ Sleep dysrhythmia  
■ Post-natal depression  
■ Protecting children  
■ Safety plans  
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<th>Health promotion</th>
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| 5 to 12 years | The Health Care Context  
Well child health checks  
Child health assessment  
Health concerns  
○ Speech and communication concerns  
○ Daytime and bedwetting  
○ Soiling and constipation  
○ Head lice  
Clinical practice tips:  
○ Working within School Settings  
○ Visual Acuity Screening  
○ Hearing and Ear Health Screen | Engaging families  
Quality information and education  
Normal child behaviour  
Activities, parenting skills and tips to support development  
Immunisation  
Injury and illness prevention | Vulnerable groups  
Children and families of Aboriginal and Torres Strait Islander descent  
Children and families from a culturally and linguistically diverse background  
Clinical practice tips:  
○ Working with a school aged child/family needing additional support | Case management  
Brief practice intervention  
Weight Faltering/malnutrition  
Obesity in childhood  
Bullying/cyberbullying/cybersafety  
Disruptive behaviour/agression/Regulatory Disorders  
Protecting Children |
| 12 to 18 years | Social determinants of health and wellbeing  
The healthcare setting  
Rapport building with young people in the school setting  
Youth health assessment | Health Promoting Schools approach  
Health promotion strategies  
Health promotion strategies and resources for targeted health issues | Strategies to identify need and risk  
Vulnerable groups | Care planning  
Other service initiatives to respond to identified need in the school community  
Dealing with requests for information from Queensland Police |
The following icons are used throughout the manual to identify specific information in the manual or to refer to further information and resources available, either within the manual or from another publication, resource or website:

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<tr>
<th>Icon</th>
<th>Description</th>
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<td>🌟</td>
<td>Further information in another part of the manual</td>
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<tr>
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<td>Alert</td>
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<td>Queensland Health Electronic Publishing Service (QHEPS) (intranet) resources and materials</td>
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<tr>
<td>📖</td>
<td>Refer to the <em>Chronic Conditions Manual</em></td>
</tr>
<tr>
<td>📖</td>
<td>Refer to the <em>Primary Clinical Care Manual</em></td>
</tr>
</tbody>
</table>

**Additional reading**

While it is assumed that the reader has a foundational knowledge of contemporary child and youth health and primary health care principles, additional reading on these concepts may be found in the following texts:


Introduction

Audience
This manual is a guide for child health professionals providing health care to children, young people and their families in the community and covers contemporary clinical practice issues and guidelines. It is aimed at Queensland Health child health staff who work within the community setting with families, children and young people (0-18 years). This includes:
- Child health nurses
- School-based youth health nurses,
- Aboriginal and Torres Strait Islander child and youth health workers,
- Aboriginal and Torres Strait Islander child and youth health practitioners,
- Child and youth psychologists / social workers or early intervention clinicians / practice specialists.

These professionals have a foundational knowledge of primary health care principles, the ecological framework, family centred practice and cultural sensitivity.

About these roles
The below table outlines some broad information about these roles, however it is recognised that individual roles will vary according to the local context:

<table>
<thead>
<tr>
<th>Health professional</th>
<th>Registration/qualifications</th>
<th>Example of key duties and responsibilities</th>
</tr>
</thead>
</table>
| Child health nurse  | Registration as a registered nurse AHPRA and possession of an annual practicing licence. A child health nurse is a registered nurse who has been educationally prepared to provide specialist care for children and their families in the areas of:
• Child growth and development
• Parenting support
• Working in partnership with families and other agencies in primary health care settings. A relevant qualification in child, youth and family health is highly regarded. | Provide clinical child health nursing services for children and young people from birth to 12 years, within the context of their family and community. Provide direct client services with individuals and groups, including families with additional needs e.g. home-visiting programs. Work collaboratively with relevant government and non-government agencies to address contemporary health issues. |
<p>| Child health nurse (school-based) | Registration as a registered nurse with the AHPRA and possession of an annual practicing licence. A relevant qualification in child, youth and family health is highly regarded. | Provide a range of promotion, prevention and early intervention activities to support the health and wellbeing of children in Queensland schools. Support children identified at-risk through brief intervention and referral to relevant support services. Work collaboratively with school communities and relevant government and non-government agencies to address contemporary health issues. |</p>
<table>
<thead>
<tr>
<th>Health professional</th>
<th>Registration/qualifications</th>
<th>Example of key duties and responsibilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>School-based youth health nurse (SBYHN)</td>
<td>Registration as a Registered Nurse with the AHPRA and possession of an annual practicing licence. A relevant qualification in child, youth and family health is highly regarded.</td>
<td>Provide a range of promotion, prevention and early intervention activities to support the health and wellbeing of young people in secondary schools across Queensland. Support young people identified at-risk through brief intervention and referral to relevant support services. Work collaboratively with school communities and relevant government and non-government agencies to address contemporary health issues.</td>
</tr>
<tr>
<td>Aboriginal and Torres Strait Islander child health worker</td>
<td>Diploma in Aboriginal and/or Torres Strait Islander Primary Health Care from a registered tertiary institution/facility, or equivalent.</td>
<td>Support and liaise with health care professionals to enhance the provision of primary health care to Aboriginal and Torres Strait Islander people. Delegated by registered health professionals to deliver health care, health education and promotion and prevention programs to Aboriginal and Torres Strait Islander people and communities according to local HHS guidelines.</td>
</tr>
<tr>
<td>Aboriginal and Torres Strait Islander child health practitioner</td>
<td>Registered with AHPRA and possession of an annual practicing licence. Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care Practice or equivalent.</td>
<td>Provide clinically focused advice and support in order to improve health outcomes for Aboriginal and Torres Strait Islander people. Deliver specific primary health care programs. Assess and treat Aboriginal and Torres Strait Islander people.</td>
</tr>
<tr>
<td>Early intervention clinician (EIC)/early intervention parenting specialist (EIPS)</td>
<td>Psychologist: Registration with AHPRA and an AHPRA approved tertiary qualification in Psychology. Social worker: A recognised degree in social work and eligibility for membership with the Australian Association of Social Workers.</td>
<td>Deliver high level, specialist early intervention/parenting and related services and programs for families with children with complex needs. Provide support to Health Service Community Child and Youth Health staff and key stakeholders on relevant early intervention and parenting issues. Work collaboratively with relevant government and non-government agencies to address contemporary health issues.</td>
</tr>
</tbody>
</table>
For the purpose of this manual:

- The term *child / youth health professional* will be used to refer to a:
  - Child health nurse, Child health nurse - School-based, School-based youth health nurse, Aboriginal and Torres Strait Islander health worker, Aboriginal and Torres Strait Islander health practitioner, unless specifically stated otherwise.
  - The Child Health Psychologist/Social Worker/ Early Intervention Clinician/Parenting Specialist are integral to many Child, Youth and Family Services within Queensland and will be abbreviated as ‘EIPS/EIC’.

**Key principles underpinning the child/youth health practice framework**

- Working in partnership with families across communities requires effective communication and coordination to bring all the necessary skills and expertise together for the benefit of the child or young person. Partnerships with families and other health care providers form as a direct result of this communication and collaboration.

- Elements of partnerships include:
  - a supportive, purposeful, professional relationship
  - shared vision and decision making
  - clear roles and recognition of the complementary expertise of families and health professionals
  - showing mutual trust and respect
  - recognising common and overlapping goals
  - encouraging diversity to support innovation
  - effective, clear communication and information sharing.

Information sharing should comply with relevant laws and policy pertaining to privacy and confidentiality.

- A family-centred approach to care is based on the needs and priorities of the child and family and highlights key strengths to supports their capacity for self-management and self-determination.

- Interventions are evidence based.

- A child safety focus remains central to the health professional’s decision-making framework. An ecological perspective is taken when formulating a reasonable suspicion of child abuse and/or neglect. Recognition rests with the identification or presentation of signs, disclosures, behaviours, symptoms or injuries, considered within the context of the child’s and/or family’s circumstance and protective factors that may reduce the risk of harm.

- Child/youth health professionals maintain appropriate professional boundaries within therapeutic relationships to deliver safe and effective care.

- There is a clear delineation of responsibilities between professional roles. The child/youth health professional will refer to their local role description to ensure they have a clear understanding of how this impacts their individual role and working environment. For example: Aboriginal and Torres Strait Islander Child Health Workers often function independently as delegated by a licensed health care provider, such as a Child Health Nurse. The Aboriginal and Torres Strait Islander Child Health Worker will therefore be accountable to the Child Health Nurse for the activities that are delegated to them.

  - It is the responsibility of each child/youth health professional to know and operate within their scope of practice according to:
    - Queensland Government code of conduct,
    - Local Hospital and Health Service guidelines, e.g., standards, policies, procedures,
    - Professional body guidelines, e.g. Competencies for the Specialist Paediatric and Child Health Nurse (currently under review), National School Nursing Professional Practice Standards,
Australian Psychology Society,

 Legislative frameworks, e.g. AHPRA.

 Many child/youth health professionals practice solely in increasingly complex practice environments where families may have complex needs. Additional support for the child/youth health professional is required and should be made available, such as: clinical or professional supervision, practice reflection and/or mentor support.

 Child/youth health professionals recognise the need to build community capacity to promote family health and wellbeing.

 Models of care for child, youth and family health will be specific to each HHS. These models will be guided by broader policy documents and legislative frameworks, such as:

 - National framework for universal child and family health services, Australian Government (2011)
 - Queensland Universal Child Health Framework, Queensland Health (2011)

Section 1

Antenatal
Information about the antenatal stage of the continuum of care has been included in this manual to enhance the child health professional’s awareness of antenatal services and to promote communication and collaboration between care providers to support a smooth transition of care between maternity and child and family health services.

Developmental surveillance and health monitoring

Antenatal care incorporates health surveillance and monitoring of the mother and foetus including screening for physical, social and emotional wellbeing, and assessment of risk and protective factors.

The healthcare context

Universal health services based on primary health care principles and collaborative maternity care models are designed to meet the needs of pregnant women and their families within Australia. Services are offered in a variety of settings dependant on the available resources within the local environment. Maternity care providers work in public and/or private practice settings such as:

- Hospitals
- Clinics – midwife, GP obstetrician, obstetricians, and share-care GPs
- Outreach services, for example: home visiting, community centres, Royal Flying Doctor Service.

There are a variety of models of maternity care available to meet the diverse needs of consumers, communities, and the level of clinical care required for the individual woman (e.g. primary care or tertiary care. Models of care include:

- Midwife care – midwives are the primary providers of care; this may be through a caseload model (one midwife), group practice (a small number of midwives sharing a caseload) or team midwifery (a team of midwives working together).
- Shared care – several health professionals are involved in the care including GP, obstetrician, hospital doctors and midwives.
- Obstetrician care – the obstetrician is the main provider of care due to the clinical care required for the woman, or where families choose to access obstetric care through the private sector.

A maternity care plan is recommended to support collaborative care principles. This means:

- The woman is at the centre of her own care.
- Care is based on the best available evidence.
- Women actively participate in care by being given information about their care options prior to making choices.
- Women’s cultural, emotional, psychosocial and clinical needs are considered within the context of their local environment.
- Collaborating health care providers communicate using sensitive language to support professional trust and mutual respect for each other’s roles, committing to an agreed care plan, combining knowledge and expertise.
- Optimise the health of the mother, baby and their family.

A child and family health professional may engage with a family during the antenatal period to:

- inform them about services after birth,
- establish a rapport and engage with a family with additional needs,
- to minimise the effect of risk factors and build protective factors and resilience, and
- promote communication and collaboration between care providers supporting transition of care.
between maternity and child and family health services 4,6.

Other health professionals may have an integral role in the antenatal care team 4, for example:

- Aboriginal and Torres Strait Islander health workers
- Maternity liaison officers
- Bilingual or multilingual health workers
- Psychologists
- Social workers
- Nutritionists/Dieticians
- Drug and alcohol workers
- Mental health workers.

The pregnancy health record

The pregnancy health record (may be carried by the woman according to the local context) provides a complete record of pregnancy care and is an endorsed document for effective information sharing between care providers from early pregnancy to birth. There are sections in the record for all members of the health team to complete 9.

Antenatal assessment

Physical assessment

Antenatal assessment monitors physical and developmental health of the mother and foetus. This includes:

- Comprehensive clinical assessment in early pregnancy and a schedule of follow up antenatal visits according to the woman’s clinical needs
- BMI monitoring
- Obstetric ultrasound scan is offered prior to 20 weeks’ gestation for foetal morphology and later if indicated e.g., to assess foetal growth
- Routine blood screening, for example: blood group, antibody screen
- Referral may be required, for example, blood screening identifies Human Immunodeficiency Virus; BMI monitoring identifies obesity 9,10.

Universal antenatal assessment includes the consideration of psychosocial risk factors known to increase the likelihood of mental health difficulties for the woman, her partner and baby during pregnancy and in the immediate postnatal period. This includes:

- maternal mood disorder
- alcohol, tobacco and other drug use
- family and domestic violence 7.

Consideration of risk to the unborn child is inclusive within this screening process 7.
Social and emotional wellbeing
During the perinatal period a mixture of physiological and psychosocial factors put women at increased risk of experiencing perinatal depression including:

- past or present mental health disorders
- a family history of mental health disorders
- pregnancy and birth complications
- problems with the baby’s health
- a lack of practical and/or emotional support
- current life events and/or major stressors, e.g., relationship difficulties, financial stress
- past or present physical, sexual or psychological abuse
- being a single parent
- cultural kinship, community responsibilities and obligations
- quality of her own childhood experiences, e.g., attachment with her own mother
- having unrealistic expectations about motherhood, for example, that:
  - mothers bond with their babies straight away
  - mothers know instinctively what to do
  - motherhood is a time of joy

One in every twenty new fathers in Australia are thought to experience paternal anxiety and/or depression during the perinatal period. Health professionals encourage discussion about the wellness of their significant others and when and how to seek support.

The Australian Family Strengths Nursing Assessment Guide (See appendix 1) may be used by health professionals as a tool to explore family strengths and encourage activities to enhance effective family functioning and build resilience.

Recent research into perinatal depression recommends:

- Using key psychological questions to assess risk and in planning perinatal care; in particular, level of support, past history of anxiety and depression and current stressors.
- Depression screening is an important part of routine antenatal and postnatal care.
- Screening is recommended using the Edinburgh Postnatal Depression Scale (EPDS). The tool alone does not provide a diagnosis; if the scoring indicates a concern, referral to a doctor is indicated, combined with the health care professional’s ongoing support. See appendix 5 and 6.
- All pregnant women should be provided with information and resources on emotional health in the perinatal period.
- The health care provider should consider the impact of the woman’s social and emotional wellbeing on the maternal-foetal relationship and if concerns are raised, referral during the antenatal period is appropriate.
  - Refer to local care pathways guiding appropriate referrals and service links. This may include links to Perinatal and Infant Mental Health Services or the Child Health multidisciplinary team. See appendix 8.
- Resources need to address particular groups, such as, Mothers of Aboriginal and Torres Strait Islander or CALD backgrounds, Mothers having multiple births.
Screening for social and emotional wellbeing needs to be accompanied by ongoing training and support of health care professionals, e.g. using and scoring EPDS.

If left untreated, the impact of poor social, emotional and mental health on the mother, her children and relationships can be profound.

The Australian Family Strengths Nursing Assessment Guide may be used by health professionals as a tool to explore family strengths and encourage activities to enhance effective family functioning and build resilience. See appendix 1. See Practice tips: Conducting and scoring the EPDS on page 32.

National Health and Medical Research Council | www.nhmrc.gov.au
Training and professional support and development specific to perinatal-infant mental health
Beyond Blue | www.beyondblue.org.au
Raising Children Network | http://raisingchildren.net.au (information for families on pregnancy and birth)
PANDA | www.panda.org.au (information for families on antenatal depression)

Domestic and family violence
Domestic violence occurs when one person in a relationship uses their power to control the other person, in any way, including physical, emotional, verbal, sexual, financial, social, cultural, and spiritual abuse. Routine screening for domestic violence is a core component of antenatal care. It is vital that information obtained on antenatal assessment is used in a supportive and protective way and that health professionals take a child protection perspective.

The experience of domestic and family violence can result in poor obstetric outcomes for mothers and infants. Unborn infants, infants and young children are at a significant risk of negative impacts to their physical, psychological, emotional, social, behavioural, developmental and cognitive wellbeing and functioning as a result of experiencing domestic violence. This increases their potential for longer term effects and also the intergenerational cycle of violence.

Families are particularly vulnerable to domestic violence during pregnancy and relationship separation.

All health professionals providing care to families during pregnancy need an awareness of the signs and symptoms of violence and provide women with appropriate advice and support. Safety planning should be discussed with the woman when it is safe to do so (e.g. when she is alone) and accompanied by local information and resources.

Where there are safety concerns refer to further information on page 22 and see appendix 4.

Department of Communities, Child Safety and Disability Services
Domestic Violence Hotline | T: 1800 811 811 | www.dvconnect.org
Substance use/misuse in pregnancy

- Assessment of smoking, alcohol consumption and use of other drugs either pre-pregnancy or during pregnancy presents an opportunity to:
  - discuss services that can support the woman to stop or reduce substance use
  - provide the woman with evidence-based information designed to minimise the harm associated with the use of substances
  - establish a professional, trusting and empathetic relationship that encourages the continuation of pregnancy care.

- Smoking cigarettes during pregnancy is associated with significant morbidity and mortality for mother and unborn child/child. Pregnancy often motivates parents to change their smoking habits, so it is an important time to discuss options with the woman and her family. Referral to support agencies and ‘Quit’ resources are also recommended.

- Assessment of alcohol and drug use in pregnancy (present use and previous history of use) should be included in routine antenatal history taking for all women, including:
  - prescribed medications /over-the-counter medications
  - alcohol
  - tobacco, including passive smoking
  - other substances (cannabis, stimulants, inhalants and un-prescribed use of benzodiazepines).

- Both the pattern and frequency of use are important:
  - occasional use
  - regular recreational or non-dependent use
  - habitual, regular or dependent use
  - binge use.

- Consideration of the impact of misuse of substances on the developing foetus is important, e.g., Foetal Alcohol Spectrum Disorder, Neonatal Abstinence Syndrome.

- Cultural knowledge, skills and behaviours are essential to communicating and engaging respectfully when working with Aboriginal and Torres Strait Islander peoples.

Recognition of child abuse and neglect

Antenatal assessment may provide health professionals indicators of the need for parental support and/or intervention to facilitate adequate parenting and protection of the unborn child. These risk indicators do not prove abuse or neglect but they do require further assessment, interpretation and consultation. Refer to further information on page 22.
Health promotion

Pregnancy is an opportune time to provide health promotion messages and anticipatory guidance on a wide variety of topics at a time when many parents are receptive. Ideally pregnancy education prepares new parents for their life with a child, including strategies that will create support networks with in their community. Whenever possible, health education and promotion should include both the woman and her partner/support persons.

Engaging families

As well as working with mothers-to-be, marketing positive health messages to the whole family and the wider community strengthens support for parenthood and can positively impact on the health of a child.

Family structures are varied including:
- Extended families, e.g. grandparents, aunts, elders
- Single parent, step and blended families
- Foster families
- Gay, lesbian, bisexual and transgender parents

Health professionals recognise each member of the family and acknowledge the significance of their role. For example, research shows the importance of recognising a father’s unique contribution to a child’s development and the family system as a whole.

It is recommended that services facilitate the involvement of fathers and significant others by considering a range of strategies including:

- Create a physical and attitudinal environment that welcomes the father/ partner/extended family. This may include having relevant visual materials and resources.
- Recognise fathers/partners who are involved in the woman’s life and highlight the importance of such activities as: talking to the baby to enhance their role and facilitate engagement.
- Involve fathers/partners in appropriate decision-making, e.g., Discuss the benefits of breastfeeding and encourage support of breastfeeding practices, this has been shown to have favourable outcomes relating to infant breastfeeding practices.
- Discuss transition to parenthood issues including parenthood roles, lifestyle and relationships changes.
- Change service environments to address potential barriers to partners/extended family attending services, e.g. vary program times and formats to improve access, include ‘neutral’ messages for ‘parents’, attract male staff, use male inclusive literature and magazines in the waiting room.
- Having Aboriginal and Torres Strait Islander male staff available facilitates inclusiveness of Aboriginal and Torres Strait Islander fathers/partners.

One in every twenty new fathers in Australia are thought to experience paternal anxiety and/or depression during the perinatal period. Health professionals encourage discussion about the wellness of their significant others and when and how to seek support.

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Australian Indigenous HealthInfo Net | www.healthinfonet.ecu.edu.au
Family Action Centre – Newcastle University | www.newcastle.edu.au (resources on father-inclusive practice)
Quality information and education
Providing evidence-based health education in the antenatal period supports participative decision making, topics include:

- maternal nutrition and oral health
- social and emotional wellbeing during pregnancy
- infant nutrition and breastfeeding
- injury prevention and safety promotion (including SUDI and SIDS)
- immunisation for baby/parents/carers
- routine screening for baby, e.g., ear and hearing health
- becoming a parent, incorporating:
  - social and emotional wellbeing during early parenthood
  - relationship changes
  - infant care, bonding and attachment
  - factors impacting on parenting
  - services that are available after birth to support parenting
- Cultural beliefs and practices of Aboriginal and Torres Strait Islander women, and women from CALD groups.
- Group information sessions, provided to prospective parents in groups, effectively encourages networking and building possible supportive contacts for the longer term.

See appendix 2: Building Healthy Brains

Queensland Health | www.health.qld.gov.au
Clinical practice guidelines antenatal care - Module 1

Raising Children Network | http://raisingchildren.net.au/
Healthy Start | www.healthystart.net.au

‘Healthy Start for Me and My Baby’ - an interactive resource designed for pregnant women with learning difficulties

Refer to the Chronic Conditions Manual

Refer to the Primary Clinical Care Manual e.g., Woman and antenatal health.

Maternal nutrition, oral health, physical activity
Healthy eating during pregnancy is important for the woman’s health and the health of her unborn child. The health care professional will provide guidance on a healthy intake as well as food safety considerations during pregnancy.

- Eating a variety of nutritious foods during pregnancy is important for pregnant women, due to the number of outcomes that link diet quality to pregnancy and birth outcomes. Many recommended
dietary intakes (RDIs) of nutrients are increased during pregnancy. Metabolic adaptations and a high quality, balanced, dietary intake is generally sufficient to meet the increased nutrient needs. The exception to this is folate and iodine, where routine supplementation is now recommended for the majority of women in Australia. Apart from the recommended folate and iodine supplements, it is best to obtain nutrients from a varied diet consisting of nutritious foods from all the food groups.

- Clinical problems associated with excessive intake of nutrients are nearly always associated with intakes of supplements.

- As the immune system in pregnancy is suppressed, pregnant women are more susceptible to foodborne illness. Foods that should be avoided include: unpasteurised dairy products and soft, semi-soft and surfaite ripended cheese (e.g., brie, camembert, ricotta, fetta and blue cheeses), cold seafood, sandwich meats, pate, bean sprouts and packaged or pre-prepared salads.

- Women are advised to visit a dentist either before or soon after they become pregnant so any problems can be treated immediately. Pregnant women should inform their dentist that they are pregnant. During pregnancy, dental problems such as gingivitis (early gum disease) and dental caries (tooth decay) may be more common due to physical changes associated with pregnancy, such as: fatigue, nausea and vomiting.

- Reinforce nutrition and oral health care messages such as: eating small amounts of low-fat and low-sugar foods throughout the day; drinking plenty of tap water and adopting regular oral hygiene practices, such as twice daily brushing with a soft toothbrush and a fluoride toothpaste.

- Explain to parents that babies are born without decay-causing bacteria in their mouths, therefore it is important that parents reduce the possibility of transferring these bacteria to their newborn by having regular dental check-ups and maintaining good oral health.

- For most pregnant women at least 30 minutes of moderate physical activity per day should be encouraged; this can be in 2 x 15 minute or 3 x 10 minute bouts. Healthy women who have uncomplicated pregnancies can continue their previous exercise program after consultation with their maternity care provider. It is also now considered safe for a woman to start an exercise program during pregnancy, after consultation with their maternity care provider. If there is any doubt about changes in pregnancy and continuation of physical activity, women should be encouraged to seek advice.

- The following are benefits associated with physical activity during pregnancy:
  - decreased risk of the onset of gestational diabetes (physical activity is also an important part of the management plan should gestation diabetes occur)
  - improved posture
  - less insomnia, stress, anxiety and depression
  - helps reduce constipation, bloating and swelling
  - builds resistance to fatigue.

- The purpose of weight gain during pregnancy is to optimise maternal and infant outcomes. Obesity in pregnancy is one of the most common, and potentially one of the most modifiable, risk factors for adverse pregnancy outcomes and has associated long-term adverse outcomes for mothers and children. Health professionals should advise pregnant women of the recommended gestational weight gain according to their prenatal BMI documented at their first antenatal appointment. Weight gain should be discussed and monitored regularly during antenatal care.

- Use culturally-specific resources for where available.
Infant nutrition

Mothers, partners and their support networks need appropriate and consistent information in the antenatal period to enable them to make an informed decision about how their baby will be fed. Forming an intention to breastfeed the baby in the antenatal period, a woman’s sense of self efficacy and the support of her partner/family are known to improve breastfeeding outcomes. There is no specific evidence-based, physical preparation for breastfeeding required in the antenatal period. The health care professional will examine the breasts and discuss any concerns, e.g. previous breast surgery, nipple shape. The most important preparation is discussion and education to all mothers, fathers and significant others around:

- benefits of breastfeeding
- risks of not breastfeeding
- the importance of exclusive breastfeeding up to around the infant is six months
- practical aspects of breastfeeding (e.g. antenatal breast care issues, how to promote a good latch to the breast after birth, frequency of feeding)
- normal newborn behaviour including feeding cues
- how long to continue breastfeeding/returning to work and breastfeeding
- support networks
- information sources and support agencies specific to feeding, e.g., Australian Breastfeeding Association, LCANZ.

While breastfeeding is recognised as the normal and natural way to feed infants, some women will choose not to breastfeed. Some studies have reported women feeling as though they were judged by staff and felt like a ‘bad mother’ and that they had ‘failed’ at an early task of mothering by not breastfeeding. These feelings may impact on the mother’s self-esteem and mental health. Sensitive enquiry by health care professionals ensure an informed decision-making process has been undertaken by the mother not to breastfeed. Clear documentation of this discussion is important so that the mother doesn’t have to repeat it with other healthcare professionals.

Use culturally appropriate tools for education on breastfeeding and infant nutrition such as Growing Strong: Feeding You and Your Baby. This resource was developed to assist health staff talk with Aboriginal and Torres Strait Islander families about nutrition for mother, babies and young children. There are a range of resources available. Additionally, a range of multicultural breastfeeding fact sheets are available in a number of different languages.

Information and education to pregnant women and families who choose to feed their baby with infant formula can be provided in a non-judgemental way during a one-on-one consultation.
The *Eat for Health* nutrition guideline discusses the health benefits of breast milk for both the baby and the mother. A comprehensive list of factors that may hinder or predict the initiation and/or duration of breastfeeding is available in these guidelines. Other topics specific to infant nutrition should include information about Vitamin K administration after birth.

The Ten Steps to Successful Breastfeeding is the global standard by which health services are assessed and accredited as ‘baby friendly’. A baby friendly health service is one where mothers’ informed choice of feeding is encouraged, respected and supported. To achieve the standard, midwives and other carers must possess:

- training and education around supporting breastfeeding,
- a sound knowledge of infant feeding,
- sound skills in assisting women with breastfeeding, and
- a commitment and positive attitude to facilitate breastfeeding.

The Ten Steps to Successful Breastfeeding are outlined in the Baby Friendly Health Initiative (BFHI) and have been shown to positively influence breastfeeding outcomes:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the advantages and management of breastfeeding.
4. Place babies in skin to skin contact with their mothers immediately following birth for at least an hour and encourage mother to recognise when their babies are ready to breastfeed, offering help if needed.
5. Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.
6. Give newborn infants no food or drink other than breastmilk, unless medically indicated.
7. Practice rooming-in, allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or dummies to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

**National Health and Medical Research Council** | [www.nhmrc.gov.au](http://www.nhmrc.gov.au)


**Culturally appropriate tools**


**Fact sheets**


Refer to the **Chronic Conditions Manual**

Injury prevention/safety promotion and safe sleeping

Parents will be purchasing nursery and other equipment for their baby during the pregnancy and thus it is important to provide information regarding the selection of safe products that meet Australian Standards or voluntary safety guidelines.

Offer evidence-based information on safe infant sleeping and refer parents to resource support/brochures, e.g. SIDS and Kids 45.

Suggest that parents use a Home Safety Checklist – a safety audit of their home – before the baby arrives. This will identify risks and give parents time to prepare the home 46.

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**Kidsafe Queensland** | www.kidsafeqld.com.au
Multicultural fact sheets in a range of languages:

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**Immunisation**

- Some diseases can cause serious illness in pregnant women, the unborn child or the newborn baby. Immunisation before, during and after pregnancy can protect against such disease. It is therefore an appropriate time for discussion regarding immunisation programs 47. This includes assessment of the immunisation status of mother, partner, close family members particularly:
  - adult boosters e.g. d’Tpa (Boostrix®, Adacel®)
  - influenza vaccination
  - measles, mumps and rubella (MMR) vaccination after birth if required (MMR can be given to breastfeeding women) 47.

- For further advice about vaccination in pregnancy, advise to discuss the issue with the GP/Medical Officer 47.

- Discussions about infant vaccinations offered at birth and the recommended immunisation schedule are also important as some vaccines have a strict time frame for administration 48. The National Immunisation Program Schedule Queensland is updated regularly in line with the national schedule 48.

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**The Australian Immunisation Handbook**

**The National Immunisation Program Schedule**


Immunisation scheduled medicines course – Queensland Health-legislated course offered through Cunningham centre

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Refer to the **Primary Clinical Care Manual**
Early identification

Where antenatal assessment identifies factors that increase the risk of poor health and wellbeing of the unborn infant, mother and/or family, health care professionals are recommended to use a strengths based approach and refer to the multidisciplinary team members according to their scope of practice framework.

Vulnerability factors

Additional need/s may be identified when the following factors are present:

- low socioeconomic groups
- family violence
- history of abuse or neglect as a child
- poor maternal nutrition/obesity
- substance misuse
- recent major life stressors
- past or present mental health issue
- social isolation
- Aboriginal and Torres Strait Islander families
- CALD groups including migrants
- unintended pregnancy
- young parents
- single parents
- assisted reproduction techniques
- history of perinatal loss or loss of an infant / child.

Provide evidence-based, culturally and socially appropriate, accessible and supportive antenatal care that promotes health, particularly to women in these priority groups.

Aboriginal and Torres Strait Islanders

- Aboriginal and Torres Strait Islander women are twice as likely to have a baby born with a low birth weight and the greater risks of morbidity and mortality that comes with being of low birth weight (12.3% compared to 5.9% born to non-Aboriginal and Torres Strait Islander mothers). Aboriginal and Torres Strait Islander infants aged 0-4 years died at over twice the rate of an non-indigenous child. This group of families need sensitive, respectful care.

- Aboriginal and Torres Strait Islander children have the world’s highest rates of middle ear disease. The associated conductive hearing loss has a significant impact on child development. Specific information and resources on promoting ear and hearing health particularly to Aboriginal and Torres Strait Islander families is imperative.

- Aboriginal and Torres Strait Islander child health worker/practitioner have specific knowledge and skills to engage with these women and families, this may include consideration of values that recognise connection to land and country and an overarching philosophy of ‘Women’s Business’.

- Where possible, provide antenatal care in outreach clinics and community centres that are welcoming and non-judgemental.

- Follow local refer pathways according to need. This may include referral to:
  - Aboriginal and Torres Strait Islander health workers and community agencies
  - Perinatal and infant mental health services
  - Adult mental health services
  - Sexual health services
  - Drug and alcohol support services.
Families from culturally and linguistically diverse backgrounds

- Women from culturally and linguistically diverse (CALD) backgrounds, including refugees or asylum seekers, may present with co-existing health issues, malnutrition, past traumatic life experiences and are at greater risk of poor health outcomes for their infant. Research culturally specific antenatal and birthing issues for CALD women and incorporate this knowledge into practice.

Follow local referral pathways according to need. This may include referral to:
- CALD health services and support networks
- Transcultural mental health services
- Perinatal and infant mental health services
- Adult mental health services
- Drug and alcohol support services

- Where possible, provide antenatal care in outreach clinics and community centres that are welcoming and non-judgemental.

Young parents

Young parents (less than 20 years) experience a greater rate of foetal morbidity and mortality, often seek antenatal care later in the pregnancy and are at risk of greater social disadvantage than the general population. It is important that consideration is given to promote best practice for this population.

This may include:
- Youth friendly environments are vital to encourage young people to access antenatal care. Provide additional support to young people in settings such as: schools (SBYH nurse) and community centres (e.g., young parents support programs).
- Use posters, pamphlets and reading material that are youth-friendly and ensure waiting areas convey a welcoming environment for all people.
- Enable young women to explore choices for their future, e.g., ongoing education; youth health professional acts as an advocate for the young person in this regard.
Young prospective fathers experience considerable anxiety around relationship difficulties, lifestyle changes, financial resources and role expectations. Antenatal care that alienates fathers by concentrating predominantly on women and birthing and the father's birth support role (overlooking father's broader role) may accentuate these anxieties.

Provide young fathers with information about:
- normal pregnancy and baby development
- a young father’s role
- creating support networks and how to use them
- Aboriginal and Torres Strait Islander young men need appropriate support in understanding what it means to be a ‘Young Aboriginal/Torres Strait Islander Father’.

Follow local refer pathways according to need. This may include referral to:
- Young Parents Support Groups
- Perinatal and infant mental health services
- Youth mental health services
- Drug and alcohol support services.

Parents with learning difficulties
Women with learning difficulties and their infants have a higher risk of poor health outcomes in the perinatal period.

It is important to use additional strategies that will enable parents with learning difficulties to acquire the skills for parenting. Strategies include:
- use visual aids as prompts for learning e.g., picture stories, doll to teach child care in an interactive way
- plan learning sessions so parents can actively participate and learn practical skills
- provide verbal information in clear, direct and short statements
- use a variety of methods to reinforce and repeat information
- ask parents to explain back to you what the new information means
- be flexible.

Follow local refer pathways according to need. This may include referral to:
- Early intervention parenting specialist (EIPS/EIC) within the child health multidisciplinary team
- Disability support services
- Perinatal and infant mental health services.

Resources about supporting parents who have learning difficulties: [Healthy Start](http://www.healthystart.net.au/)
Responding to need

Where antenatal care identifies the need for further assessment and/or intervention relating to the health of the mother or unborn baby, families will be referred for a higher level of care.

Access to higher level services

■ Higher level services may be required during the antenatal period such as:
  ○ tertiary maternity care, e.g., premature birth
  ○ district CPLO, e.g., concerns of risk to the unborn child.

■ Information sharing and care coordination is vital.

Multidisciplinary early intervention

■ Multidisciplinary early intervention offers the family access a broader range of health care providers during the antenatal period at a time when early intervention can have a positive effect on health outcomes. This may include:
  ○ child health nurse
  ○ EIPS/EIC (social workers and psychologists)
  ○ Aboriginal and Torres Strait Islander child health workers
  ○ nutritionists/dieteticians
  ○ mental health services - including specialist perinatal and infant mental health services
  ○ alcohol and drug services
  ○ oral health services.

■ Case management with quality documentation (including collaborative care plans) will facilitate communication among the team and the family. Focusing the care plan on the family’s needs and goals will drive this process.

■ Information sharing is important to ensure the continuum of care following the birth of the baby; a strong connection with the local maternity unit will facilitate this. In some hospitals, an Aboriginal and Torres Strait Islander hospital liaison officer is available to support families with more complex needs to transition to community services once the baby has arrived.

Home visiting

■ Evidence-based home visiting programs provide the opportunity for identified families to access a higher level of care when key risks are identified, such as:
  ○ family violence
  ○ maternal mood disorder
  ○ financial stress.

Contact by a child health professional ideally commences in the antenatal period, followed by professional home-based support for the first twelve months of the infant’s life.

■ Aboriginal and Torres Strait Islander families are offered a culturally appropriate model of home visiting.

■ Sustained home visiting programs have shown trends of improved health outcomes specific to breastfeeding and the woman’s experience of motherhood and the children’s mental development.

■ Ensure local referral pathways are followed so that families are provided with services according to their specific needs.
Child protection

Health care professionals recognise the importance of identifying concerns around the need of protection of the unborn child after they are born and will refer to their local Child Protection Advisor/Liaison Officer, or equivalent if they have concerns 17,276.

■ Registered nurses, midwives, doctors and other health professionals have a duty of care to report a reasonable suspicion that an unborn child may be at risk of significant harm following their birth 17,276. Staff are responsible to recognise and report a reasonable suspicion that any child may be in need of protection and follow mandatory reporting requirements 17,276.

■ Ongoing work with the family where the unborn child/child is at risk of harm requires the child health professional to:
  ○ continue to work with the family to increase their capacity to meet and plan for the health and protective needs of the child following their birth
  ○ work in partnership with a range of service providers
  ○ establish consultation links with the CPA/CPLO and continue the consultation process throughout your contact with the family regardless of the outcome of any reporting
  ○ be proactive in seeking advice and clarification from services involved with the family 6,17, 52.

Dealing with requests for information from Queensland Police Service

Staff may at times be approached by Queensland Police for information; be requested to provide a statement or be interviewed by police; or be approached by the Queensland Police Service to attend court to give evidence. Should any of these situations occur, it is essential to first discuss the matter with your line manager who will seek advice from HHS management/medico-legal services as required, and direct you to specific HHS policies and procedures addressing the matter.

Queensland Centre for Domestic and Family Violence Research
Fact sheet: Babies and toddlers: Keeping them safe

The Queensland Child Protection Guide is a decision support guide available to assist professionals

Queensland Health Child Safety QHEPS site
Providing optimal, evidence-based health care during the early years of life has the potential to significantly improve health outcomes for the child. Integration of services at local and regional levels, across government and non-government sectors is promoted to support equity of access to services, as well as provision of additional services to those in greater need, such as Aboriginal and Torres Strait Islander families. Universal child and family health services play a key role in identifying biopsychosocial health factors that are known to impact on parenting. Delivering services that include health education, anticipatory guidance and parenting skill development and support are aimed at promoting the parent-child relationship and the best health outcome possible for the child.

Developmental surveillance and health monitoring

This section includes:
- the setting in which services are provided,
- infant/child health surveillance and monitoring - physical, social, emotional, cognitive growth and developmental health
- family health assessment and monitoring.

Some of these topics are broken down into ‘0 to 12 months’ and ‘One to five years’.

The healthcare context

A best practice health care model for parents with children is one that aims to ensure access to services that are:
- appropriate to the individual family needs
- prioritised according to need
- provided in the most appropriate setting for the family.

Consultations may be provided in numerous settings such as: community-based clinics or centres, community locations, family homes and by a variety of modes e.g., face-to-face, phone, group work. Universal child and family health services work in partnership to provide integrated service delivery and ‘seamless’ transitions for families from one service to another. All infants born in Queensland will be given a Personal Health Record (PHR) which aims to support families in their transition to parenthood and in accessing services.

Engaging families

As well as working with children and their parent/s, marketing positive health messages to the whole family and the wider community strengthens support for parents and can positively impact on the health of a child. Family structures are varied including:
- Extended families e.g. grandparents, aunts, Elders
- Foster families
- Single parent, step and blended families
- Gay, lesbian, bisexual and transgender parents.

Health professionals recognise each member of the family and acknowledge the significance of their role in the child’s life. For example, research shows the importance of recognising a fathers’ unique contribution to a child’s development and the family system as a whole. It is recommended that services facilitate greater involvement of fathers by considering a range of strategies. These strategies can be considered in the context of the varied family structures of each family. Strategies include:
○ Create a physical and attitudinal environment that welcomes the father/partner/extended family. This may include having relevant visual materials and resources.

○ Recognise fathers/partners who are involved in the infant’s life and highlight the importance of such activities as: talking to, singing to, and telling stories to the infant. This enhances their role and facilitates engagement.

○ Involve fathers/partners in appropriate decision-making e.g. Discuss the benefits of breastfeeding and encourage support of breastfeeding practices, this has been shown to have favourable outcomes relating to infant breastfeeding practices.

○ Discuss transition to parenthood issues including parenthood roles, lifestyle and relationships changes.

○ Change service environments to account for possible barriers that prohibit partners/extended family attending services e.g. vary program times and formats to improve access, include ‘neutral’ messages for ‘parents’, attract male staff, use male inclusive literature and magazines in the waiting room.

○ Having Aboriginal and Torres Strait Islander male staff available facilitates inclusiveness of Aboriginal and Torres Strait Islander fathers/partners.

Family members are encouraged to attend appointments with the child and attendance at group based parenting programs is also encouraged e.g., Parenting groups, (e.g., Triple P) have been found to result in positive outcomes for parents/carers with less depression, anxiety, stress, anger, guilt and more confidence and partner satisfaction reported in short term.

The personal health record and child health information booklet

The PHR provides a template for parents to record their child’s age-related progress and includes: growth, development and immunisations. Families are encouraged to bring the PHR to all appointments for completion by the health care professional. Inserted in the cover of the PHR is a booklet Child Health Information – Your guide to the first 12 months, which offers evidence-based information on a range of topics such as: infant development, nutrition and safety. Health care professionals are recommended to encourage families to use this resource. A schedule of visits – ‘Well Child Health Checks’ are part of the PHR.
**0 TO 12 MONTHS**

**Well child health checks**

Contact visits between families and child health professionals are recommended as part of the minimum standards for conducting evidence-based early detection. Surveillance focuses on individual children and includes gathering information from screening tests, physical examinations and discussions with parents and other caregivers. Promotion and monitoring of immunisation can also be undertaken at this time.

The schedule of well child health checks recommended in the first year include:

<table>
<thead>
<tr>
<th>Age</th>
<th>Health check/intervention</th>
<th>Healthcare professional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soon after birth</td>
<td>Full physical examination</td>
<td>Maternity care provider/hospital staff</td>
</tr>
<tr>
<td>Before discharge</td>
<td>Neonatal examination Neontal Screening Test Universal Hearing Screen Immunisation as per NIPS</td>
<td>Maternity care provider/hospital staff Healthy Hearing Program team</td>
</tr>
<tr>
<td>0-4 weeks</td>
<td>Well child health check Check immunisation record against NIPS</td>
<td>Doctor or midwife or child health nurse</td>
</tr>
<tr>
<td>2 months (6-8 weeks)</td>
<td>Well child health check Check immunisation record against NIPS</td>
<td>Doctor or child health professional*</td>
</tr>
<tr>
<td>4 months</td>
<td>Well child health check Check immunisation record against NIPS</td>
<td>Doctor or child health professional*</td>
</tr>
<tr>
<td>6 months</td>
<td>Well child health check Check immunisation record against NIPS</td>
<td>Doctor or child health professional*</td>
</tr>
<tr>
<td>12 months</td>
<td>Well child health check Check immunisation record against NIPS</td>
<td>Doctor or child health professional*</td>
</tr>
</tbody>
</table>

* An Aboriginal and Torres Strait Islander child and youth health worker may undertake the health checks as delegated by the RN or Doctor.

**Other health checks**

As part of the *Chronic Conditions Manual*, population screening through health checks are offered to all children when they present at primary health care centres in rural and remote areas. These health checks form the early detection component of the chronic disease strategy to identify risk factors and early markers which lead to the development of chronic diseases.

Refer to the *Chronic Conditions Manual, e.g., child health checks, vision and hearing*


Parents may wish to access additional services to complement well child health checks, such as:

- self-weigh facilities (e.g., at child health clinics)
- information on the world wide web
- telephone support
- information and support groups – child health clinic and other parent groups, playgroups, ABA, Young Parents Program.
Family health assessment

The health of the family, in particular a parent / primary care giver and their ability to fulfil the role of ‘parent’ is crucial in optimising infant development. Nurturing an infant in the early years has a decisive and long-lasting impact on how children develop, their capacity to learn, their behaviour and ability to regulate their emotions, and their risks for disease in later life.

- There is no universal standard of what ‘good’ parenting is, however there are characteristics that appear to enrich the parenting role such as:
  - An ability to parent in a sensitive and responsive way
  - Knowledge of the basic needs of a child (both physically and emotionally) and the ability to be available and provide for those needs
  - An ability to prioritise their child’s needs over their own e.g. a child’s safety and protection
  - The ability to be consistent yet flexible when necessary, in response to the changing demands within family life.

- The purpose of family health assessment is to:
  - identify biopsychosocial risk factors relating to the health and wellbeing of the child
  - engage with the family using a partnership approach to develop a therapeutic relationship followed by a strength based approach to build parent capacities and skills
  - formulate an individualised care plan with the family according to their level of need.

- A comprehensive family health assessment is foundational to child health monitoring and surveillance. Child health professional utilise advanced communication skills to engage with families and address sensitive issues, including domestic violence and mental health issues.

- Social circumstances and family functioning also impact on the health outcomes of children. Populations groups that may experience higher rates of infant morbidity and mortality in Australia include:
  - Aboriginal and Torres Strait Islander families
  - Families with CALD backgrounds
  - Families with low incomes; unstable housing
  - Family structured with single parents, parents with multiple re-partnering experiences, step families, blended families
  - Children living in non-parental or out-of-home care environments
  - Low level of parental education often when other factors are present. e.g. financial stress, ethnicity
  - Families with chronic illnesses and/or disability.

- The following Clinical Practice Tips are offered to support effective clinical practice during:
  - conducting a family health assessment
  - conducting a Domestic Violence screen, and
  - using the Edinburgh Postnatal Depression Scale.
A family health assessment is commenced at the first visit and may take a number of visits to complete during relationship-building with the family. Once this is complete, updates can be made to the assessment or the complete assessment should be redone at the discretion of the child health care professional. The consultation and interview will include the following stages:

1. **Engagement** – commence the interaction with the family using the AIDET principles.

<table>
<thead>
<tr>
<th></th>
<th>Acknowledge</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>A</strong></td>
<td>Acknowledge the client and family</td>
<td>Use body language that demonstrates a welcoming and friendly approach</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th></th>
<th>Introduce</th>
<th></th>
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<tbody>
<tr>
<td><strong>I</strong></td>
<td>Introduce yourself and colleagues</td>
<td>If this is a home visit await permission to enter the house and establish where the consultation will take place</td>
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<table>
<thead>
<tr>
<th></th>
<th>Duration</th>
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<tbody>
<tr>
<td><strong>D</strong></td>
<td>Estimate time to complete appointment</td>
<td>Give families some idea of what is involved</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Explanation</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>E</strong></td>
<td>Ask clients/families if they have any concerns regarding what is happening.</td>
<td>Listen</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Thank you</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>T</strong></td>
<td>Thank client and families for their cooperation</td>
<td>Ask if there’s anything they would like to add.</td>
</tr>
</tbody>
</table>

2. **Orientation** - discuss the assessment and interview process and set the scene for the family and infant health assessment. It is important to let the parents know:
   - what kinds of questions will be asked and why
   - record keeping, confidentiality and privacy
   - informed consent processes
   - the concept of working together in partnership

3. **Establishing the relationship** – help the parent to feel relaxed, focus on the child in a warm and positive way. Explain your role and clarify their expectations. This may involve some negotiation and re-clarification as necessary. Seek permission to progress.

4. **Assessment** - discuss the presenting issues and concerns and let them ‘tell their story’. Explore the problems/issues they discuss and focus further on engaging the parent and establishing the relationship. Obtain background information and the health/social history. Consider the relationship between family interactions and a health issue by exploring the typical response to a health problem.

5. **Encourage the helping relationship** - facilitate the parent to identify and explore solutions and goals, provide motivation and collaborate on areas for change/goals.

6. **Ending** – finish the consultation, summarise as necessary and discuss the next steps with the family. Thank the family for their time and the information they have shared with you.
The initial family assessment will explore the following indicators of health and wellbeing:

- cultural background and health beliefs
- parental education level
- financial situation
- housing stress
- family structure
- family functioning
- parental physical wellbeing – lifestyle factors such as exercise, usual nutritional intake; chronic disease, e.g., epilepsy, diabetes, physical disability
- parental mental wellbeing – current state of health including interaction between parent and infant; intellectual impairment, history of mental illness
- domestic and family violence and/or abuse as a child
- substance use/misuse
- critical events/transition times
- partner attitudes surrounding pregnancy, birth and parenting
- social circumstances.

The initial infant health assessment includes information such as:

- pregnancy details – unintended pregnancy, assisted reproduction, history of perinatal loss, multiple pregnancy
- birth details – gestational age, weight, length, head circumference, APGAR, birth events, admission to neonatal nursery
- infant health – feeding at birth and at hospital discharge, hearing screen completed, prematurity, low birth weight / macrosomia, congenital malformations, hospital discharge details
- head to toe infant examination
- parent-infant interaction and attachment.

Examples of positive and problem indicators of parent-child interaction

<table>
<thead>
<tr>
<th>Positive indicators</th>
<th>Problem indicators</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Parent</strong></td>
<td><strong>Parent</strong></td>
</tr>
<tr>
<td>Responsive to the child’s communication cues most of the time</td>
<td>Unable to identify the child’s communication cues</td>
</tr>
<tr>
<td>Maintains eye contact when culturally appropriate</td>
<td>Unable to respond consistently and appropriately to the child’s communication cues</td>
</tr>
<tr>
<td>Communicates in a kind, loving, empathic manner most of the time</td>
<td>Lack of empathy</td>
</tr>
<tr>
<td>Engages with child appropriately, e.g., welcomes the child, encourages the child to explore, comforts the child when it’s needed</td>
<td>Does not ensure the child is safe/overprotective</td>
</tr>
<tr>
<td>Appears to enjoys ‘being with’ the child</td>
<td>Hostile, rejecting language toward the child</td>
</tr>
<tr>
<td>Provides practical support to the child as needed</td>
<td>Rough handling of the child</td>
</tr>
<tr>
<td>Provides appropriate guidance when the child needs it in a sensitive way</td>
<td>Inappropriate representations of child’s behaviours, e.g., manipulative, rejecting, vindictive</td>
</tr>
<tr>
<td>Positive indicators</td>
<td>Problem indicators</td>
</tr>
<tr>
<td>---------------------</td>
<td>--------------------</td>
</tr>
<tr>
<td><strong>Child</strong></td>
<td></td>
</tr>
<tr>
<td>■ Alert, yet relaxed demeanour</td>
<td>■ Has difficulty communicating needs to the parent</td>
</tr>
<tr>
<td>■ Maintains eye contact when culturally appropriate</td>
<td>■ Overly friendly/overly fearful with strangers</td>
</tr>
<tr>
<td>■ Engages with caregivers appropriately, e.g. engages, dis-engages to explore, re-engages</td>
<td>■ Child avoids looking at/towards the parent</td>
</tr>
<tr>
<td>■ Seeks comfort from caregiver</td>
<td>■ Does not seek out the parent for comfort</td>
</tr>
<tr>
<td>■ Enjoys being cuddled, sitting on parent’s lap</td>
<td>■ Child appears apprehensive around the parent</td>
</tr>
<tr>
<td>■ Generally predictable with needs, e.g., eating, sleeping, interaction cycles appropriate to age stage</td>
<td></td>
</tr>
<tr>
<td>■ Mimics parental behaviours, e.g. infant smiles and babbles; pretend play in the child</td>
<td></td>
</tr>
</tbody>
</table>

When risk factors are identified additional care may be required, see Early identification, page 139.

See appendix 3 for a sample of a Family Health Assessment

*Family Health Assessment – A guide for child health nurses and other child health clinicians*

AIDET and SBAR toolkit
The Edinburgh Postnatal Depression Scale (EPDS) is used in the antenatal and postnatal period primarily for screening for depression. The tool provides a means to open a conversation with the parent regarding their current feelings (the client is asked to answer each question in terms of the past seven days). The answers to the questions are used as a guide but do not provide a diagnosis; clinical judgement should always be used.

Inaccuracy of scoring of psychological tests can result in incorrect recommendations. Health professionals should use a scoring template and check their adding-up process to reduce scoring errors.

If the scoring indicates a concern, referral to a GP/MO/Mental Health Service is indicated:
- Total score of 13 or more
- A score of 1, 2 or 3 on Question 10 as it relates to thoughts of self-harm.

If the client has scored 1, 2 or 3 to Question 10, the health care professional is required to assess the current safety of the mother/father, infant and other children in her/his care and take appropriate action. This will include staying engaged with the client whilst seeking further advice/support from an acute mental health service provider and developing a safety plan with the client and her/his family and support agencies.

A total score of 15 or more is an indicator of major depression and the health care professional should ensure timely access to mental health assessment and management.

Child safety concerns will require a Report of Suspected Child in Need of Protection, see page 173.

Questions 3, 4, and/or 5 are related to ‘worry’. The health professional may discuss these scores with the client and use their clinical judgement to consider if further referral may be warranted for symptoms of anxiety.

A total score of 10-12 requires a repeat of the EPDS within a two to four-week period.

In some cases it may be appropriate for the EPDS to be administered verbally, e.g. difficulties relating to language, literacy, cultural factors.

Referral is combined with ongoing support by the child health professional.
**Appropriate responses to various EPDS scores**

**Provide EPDS questionnaire or administer face-to-face**

- **Woman scores 1, 2 or 3 on Q10**
  - **Woman scores 10, 11 or 12**
    - Repeat EPDS within 2–4 weeks
  - **Woman scores 13 or more**
    - Depending on clinical judgement:
      - Antenatal: Repeat EPDS within 2–4 weeks and if 13 or more refer to appropriate health professional*
      - Postnatal: Refer to appropriate health professional*
    - Assess current safety of woman, fetus or infant and other children in the woman’s care

**Notes:** * Ideally, referral will be to the woman’s usual GP; referral and information exchange require consent from the woman

Excerpt from: *Beyondblue, Clinical practice guidelines for depression and related disorders - anxiety, bipolar disorder and puerperal psychosis - in the perinatal period*. 2011, Melbourne: beyondblue: the national depression initiative

See appendix 5 and 6
Practice tips: Conducting the domestic violence screen

- Undertake the screen when the parent is alone
- Children over the age of three should not be present
- Training supports the health care professional in discussing concerns regarding family violence screening with a parent and improves the health professional’s confidence in responding effectively when domestic violence is disclosed
- Rapport building is important - a parent may not disclose information about domestic violence until she/he has built up sufficient trust and confidence in the health professional
- Affirm with the parent that they have made an important step in telling their story and that both he/she and the infant / other children have a legal right to protection (including support of child protection services)
- Be guided by the DVI tool in the use of open-ended questions to explore the disclosures of domestic violence, this should be done immediately and without delay
- Family and child safety is the prime consideration
- Work with the parent to enhance safety planning

In rural and remote areas the parent may be concerned by knowing everyone within a small community. This may result in limitations to disclosures and it may be appropriate to encourage follow up support through recognised DVI telephone support.

Child safety concerns will require a Report of Suspected Child in Need of Protection. See page 173.

See appendix 4

DV-alert (Domestic Violence Response Training) | www.dvalert.org.au
Free accredited training program for health professionals
Infant health assessment

Universal newborn hearing screen

Why, when and how:

- In the healthy infant, once amniotic fluid drains from their ear after birth, the auditory acuity will be similar to that of an adult. The response to sound is usually demonstrated with a Moro or startle reflex. Observing a startle reflex does not confirm the infant has normal hearing and does not replace the need for hearing screening and assessment.

- The Healthy Hearing Program aims to identify children with sensorineural or permanent hearing loss as soon as possible after birth. The screening is performed using Automated Auditory Brainstem Response technology during the birth admission. If hearing problems are detected early and early intervention through the fitting of hearing aids and/or communication development support begins before babies are six months old, they have a stronger chance of heading off future communication, health and learning problems.

  - Infants who were not screened during their birth admission, or those who require follow up, are identified and managed after discharge.
  - It is important for all children to have their hearing screened in the early neonatal period. The child health professional is recommended to check in the PHR book that this screening has been conducted and follow up with the parents if it has not been done.
  - It is extremely important to follow up with the parents of any child who has not passed newborn hearing screening, (i.e. ‘refer’ result for one or both ears) and has not attended for diagnostic audio-logical assessment. A proportion of children who pass the screen, but have risk factors for progressive or delayed onset hearing loss may also be offered an audio-logical assessment in their first 12 months.

- Screening for hearing impairment for all children beyond the neonatal period should occur immediately upon suspicion of hearing concerns. Early identification of hearing loss is critical.

When additional care is required / referral process:

- Post-diagnostic medical guidelines have been developed for the medical assessment of children diagnosed with a hearing loss.

- The Queensland Hearing Loss Family Support Service (QHLFSS) is a state-wide service which has been established to provide family-centred support and counselling for families where children are diagnosed with a permanent hearing loss. The QHLFSS has a team of family support facilitators operating from two service hubs, one located in Brisbane and one located in Townsville, including outreach services within Queensland. QHLFSS will offer support from birth through to completion of Year 1 at school.

- General information and translated brochures which describe the program and provide contacts within each area are available on the Healthy Hearing website.

Queensland Hearing Loss Family Support Service | Tel: 1800 352 075
Neonatal screening test

Why, when and how

- The Neonatal Screening Test is designed to identify newborns with a high probability of having a particular disorder. Disorders that are screened for include:
  - phenylketonuria
  - primary hypothyroidism
  - cystic fibrosis
  - galactosaemia
  - rare metabolic disorders relating to amino acid / organic acid /fatty acid metabolism, such as homocystinuria, methylmalonic acidaemia and MCAD deficiency.

Early detection and treatment impacts on improved health outcomes in the event that any of these disorders are diagnosed. Infant screening occurs following parental explanation and consent with the collection and analysis of a bloodspot sample on a newborn screening card usually via a heal prick. The blood sample is ideally collected between 48 and 72 hours after birth.

- During the initial consultation by the child health professional, the health professional will check that the test has been conducted and recorded in the PHR. If there is no record of the test, contact the newborn screening laboratory on 07 3636 7051 to ensure the test has been completed.

- Families are only notified if results are ‘positive’ indicating that further clinical evaluation is required via their GP / paediatrician to determine whether or not they are affected by a disorder.

Physical assessment

Why and when

- Any contact with a child gives the child health professional an opportunity to gain valuable information about their developmental progress and health status. The child can be observed when speaking or interacting, at play or during a routine health screening or surveillance.

- A physical assessment is conducted and combined with history taking and interviewing to enable the health professional to develop a holistic assessment of the individual health status of an infant. The extent of examination varies depending on the circumstances of each health contact.

- Following birth the maternity care provider completes a complete ‘head to toe’ examination and it is recommended to be repeated within the first seven days of life; this may be done by the maternity care provider or GP if the infant is discharged prior to 72hrs of age. Early detection of cardiac disease, undescended testes, developmental dysplasia of hip and specific examination of the eyes in the newborn period should occur as a routine part of early detection by medical practitioners. Follow on physical assessments are undertaken by the child health professional according to the well child checks schedule in the PHR and at other contacts at the discretion of the child health professional.


Refer to Chronic Conditions Manual

Refer to Primary Clinical Care Manual
General considerations  

- Ensure environment factors are considered, e.g. reduce loss of body temperature in a newborn by conducting the assessment in a warm area and covering body areas that are not being examined.

- Work place health and safety factors, such as:
  - protective equipment for the examiner (e.g. gloves)
  - infection control measures (e.g. cleaning of environment in between infants)
  - suitable height of the examination table.

- To be most effective in observing the health status of the child a methodical, systematic approach ensures maximum information is obtained with a minimum of time and effort.

- The health professional can gain a range of information from the general appearance of the infant prior to the examination, such as: infant’s response to parent / examiner, state of alertness and activity, range of spontaneous movements, body odour, how the infant is dressed. The examination generally commences at the head and systematically moves down to the toes, however, each body part can be done in any order depending on the infants activity at the time of the examination.

- The health professionals' foundational theoretical knowledge and training facilitates the interpretation of the findings from the physical examination to be deemed ‘normal’, ‘abnormal’ or requiring further examination. These clinical judgements guide the health professional about when to refer for further assessment (e.g. GP/medical officer).

Below are some specific components of the total head to toe assessment outlined in more detail:

Head examination

- The skull is palpated to assess anatomy of the sutures and fontanelles. Fontanelles should be flat and firm and are often used as a clue to an infant’s hydration status. The triangular posterior fontanelle generally closes by around eight weeks. There is a varying range of normal sizes of the anterior fontanelle among infants of different ethnic backgrounds and the average time of closure is 13–14 months, with all infants expected to have a closed anterior fontanelle by two years 75.

- General observation of the contour of the head is important to detect plagiocephaly. Plagiocephaly can be either **positional** (also called non-synostotic deformational) or **synostotic** 73.

  **Synostotic plagiocephaly** results from a premature fusion of one or more cranial sutures. This is a rare condition and can result in an unusual head shape, including facial changes. It may be associated with developmental delay and possible raised intracranial pressure. Treatment may include helmet and/or surgery 77,78.

  **Positional plagiocephaly** (PP) is a common, mostly preventable and often a self-resolving condition, where the skull becomes misshapen as a result of external forces that mould the skull in the first year of life 76.
Positional plagiocephaly (PP) | Synostotic plagiocephaly
---|---
- Oblique head shape | - Overall head shape may be a trapezium shape (see diagram below) with characteristics such as a pointed triangular forehead

Lateral PP
- Flattening on one side of the head with corresponding prominence on the opposite side resulting in a parallelogram-shaped skull (see diagram above).
- No sutural ridging
- Ear shift forward on the same side of lateral PP
- The flatness can be on the side (lateral PP) or there can be a central flattening of the back of the head (posterior PP or Brachycephaly) \(^73\).

Lambdoid synostosis
- Suture abnormalities, e.g. ridging palpated greater than what would be expected after birth moulding
- Ear shift backwards on the flattened side of the skull
- Infants should be referred for further investigation
- If the child health professional detected any signs or symptoms of increased intracranial pressure or poor brain growth immediate referral to a Medical Officer for further assessment is recommended \(^73\)

There is a higher prevalence of right-sided positional plagiocephaly and it has an increased incidence in:
- males
- history of gestational uterine constraints (e.g. multiple birth)
- torticollis (tightening of the neck muscles)
- Any condition causing neurodevelopmental delay and poor head movement / head control
- infants that sleep well
- sleep positioning
- cultural factors \(^76\)-\(^79\).

Emerging evidence suggests infants with PP are less active, have variable tone and have some areas of developmental delay when compared with their age-matched peers. It is not clear however, whether the PP results from these characteristics or whether the PP is the cause of these characteristics. None the less, this demonstrates the importance of prevention and early intervention strategies and the need for health care professionals to be aware of an increased possibility of developmental delay among infants with a history of plagiocephaly \(^77\), \(^78\).

**Referral**
- The child health professional is recommended to refer the child to a MO/GP for further assessment if plagiocephaly is identified. All infants with plagiocephaly should be examined for craniosynostosis, congenital torticollis and cervical spine abnormality \(^79\).
- Outcomes and treatment will depend on the severity of the PP. Often conservative strategies implemented early will result in good outcomes, with some cases where developmental/motor delay has been identified on assessment, referral to the broader multidisciplinary team via a MO. Physiotherapy and use of a moulding device (helmet) may be considered \(^79\).
Early intervention is key in the prevention of long-lasting changes in the skull shape. The child health professional is ideally placed to promote preventative measures and implement early management strategies including referral for further assessment.

See page 114.

Assessment of vision and eye function

- The current standards for conducting evidence-based early detection recommend vision assessment and examination of the eyes in the newborn period by medical practitioners.

- Universal health check at key ages as per PHR, include an examination of the infant’s eye. The health professional should consider the following:
  - at birth the eye is structurally immature which limits the eyes’ ability to accommodate and fixate on objects for any length of time. The pupils will react to light, the blink reflex is responsive and the corneal reflex can be activated. The newborn has the ability to momentarily fixate on a bright or moving object that is within 20 cm and in the midline of the visual field.
  - examination should include observing the eyes for symmetry, location of the eyes in relation to the nose, structural abnormality.

- **Fixation and following objects (6 and 12 months)**: use an interesting toy to track in a ‘H’ pattern about 30 cms away from the child to see if the child is tracking the object and then gradually move away to about 6 meters from the child with the toy. The child should be able to track the object without any abnormal eye movements.

- **A red eye reflex: completed by trained staff, at 1-6 weeks, 2,4,6,12 months.** Using an ophthalmoscope, the pupil will appear red (the blood at the back of the retina) as evidence that the retina is intact and the lens and cornea are clear.

- **The corneal light reflex (complete at 6 and 12 months)** can be tested as follows:
  - Infant can be sitting on the lap of the parent.
  - Hold a small flashlight directly in front of the child’s eyes, aimed towards the bridge of the nose but level with the two eyes at a distance of 30 cm.
  - Observe light reflection in both eyes. If each eye is properly fixing on the light, the reflections of the light on the cornea will be on the same, more or less central part, of each cornea. It is normal for the light reflex to be slightly nasal to dead centre (positive angle Kappa).
  - What you are looking for is asymmetry of the corneal light reflexes. Document findings (e.g. corneal light reflexes R = L, or corneal light reflex test).

- A range of conditions may be identified, e.g. strabismus, congenital cataract, congenital glaucoma

- **Referral**
  Refer for GP review if you detect any abnormalities or have any concerns, also consider referral for infants with history of prematurity and/or oxygen therapy, e.g. unclear red reflex, unequal corneal light reflex.

Refer to Chronic Conditions Manual

Refer to the Pathways to Rural and Remote Orientation and Training
Assessment of hearing and ear health: 0–12 months

- An appropriately trained Registered Nurse/Health Worker/Practitioner may undertake an ear and hearing health screen for children less than four (4) years of age by Otoscopy and tympanometry.

- Do not proceed with ear health and hearing screening if there is ear pain, notable discharge or the skin is broken or inflamed. These children are referred to MO/GP/Nurse Practitioner or refer to the guidelines in the Primary Clinical Care Manual.

- Ask the parent/carer if they have any concerns about their child’s hearing, ear health, speech and language development and developmental progress using the questions outlined below.

- Always start with the right ear as a point of reference.

- Determine if the child requires otoscopy and/or tympanometry. When both are required the sequencing of tests will be:
  1. otoscopy
  2. tympanometry.

### Hearing and ear health screening recommendations

<table>
<thead>
<tr>
<th>Age</th>
<th>Questions to ask</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>During the birth admission / early neonatal period</td>
<td>Visual examination of the external pinna for shape, structure, size, skin colour, any lesions. Gently palpate the area around the ear, i.e., area over the mastoid bone behind the ear, under and around the front of the ear for swelling, inflammation or suspected tenderness</td>
<td>Universal Newborn Hearing Screen</td>
</tr>
<tr>
<td>One to six weeks</td>
<td>Did your baby have a universal newborn hearing screen?</td>
<td>Otoscopy</td>
</tr>
<tr>
<td></td>
<td>Did your baby require any follow up following the newborn hearing screen?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Is your baby startled by loud noises, e.g. a loud clap?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Has your baby been free of ear infections or discharge?</td>
<td></td>
</tr>
<tr>
<td>Two months</td>
<td>Do you think your baby can hear you?</td>
<td>Otoscopy</td>
</tr>
<tr>
<td></td>
<td>Has your baby been free of ear infections or discharge?</td>
<td></td>
</tr>
<tr>
<td>Four months</td>
<td>Are you happy about your baby’s hearing?</td>
<td>Otoscopy</td>
</tr>
<tr>
<td></td>
<td>Does your baby turn towards sound or voices?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Does your baby settle with familiar sounds or voices?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Has your baby been free of ear infections or discharge?</td>
<td></td>
</tr>
<tr>
<td>Six months</td>
<td>Are you happy about your baby’s hearing?</td>
<td>Otoscopy</td>
</tr>
<tr>
<td></td>
<td>Does your baby turn towards sound or voices?</td>
<td>Tympanometry</td>
</tr>
<tr>
<td></td>
<td>Has your baby been free of ear infections or discharge?</td>
<td></td>
</tr>
<tr>
<td>Twelve months</td>
<td>Has your child been free of ear infections or discharge?</td>
<td>Otoscopy</td>
</tr>
<tr>
<td></td>
<td>Are you happy about your child’s ears and hearing?</td>
<td>Tympanometry</td>
</tr>
<tr>
<td></td>
<td>Are you happy with your child’s speech and language development?</td>
<td></td>
</tr>
</tbody>
</table>

Refer to further Practice tips: Conducting Otoscopy and Tympanometry on page 85.
Examination of the hip (6-8 weeks and 6 months) ⁵⁸,²⁷⁶

- Infants should be examined for hip function and to rule out Developmental Dysplasia of the Hip (DDH).

- Infants beyond a few weeks old have greater hip stability than infants soon after birth, therefore child health professionals need to observe for subtle changes and loss of hip abduction:
  - Lay the undressed (waist to feet) child on examination table in a supine position.
  - When relaxed extend the infants legs to ensure the pelvis is horizontal and equal leg length.
  - The examiner's middle finger of each hand is then placed over the greater trochanter (outer side of the hip joint). The examiner's thumbs are simultaneously placed on the inner side of the thighs. The hip and knee joints are flexed to right angles.
  - The examiner then attempts full abduction only of both legs.
  - Note the presence of limited abduction or unequal abduction, shortening of the thigh, unequal skin folds.
  - Documentation should detail findings of the examination in the clinical record, e.g. equal leg length, symmetrical abduction of both legs.

- **Referral**
  There is a narrow window of opportunity for safe, simple treatment of DDH, child health professionals should refer any abnormalities to General Practitioner/Medical Officer, for example: limited abduction of both or either leg, leg lengths unequal.

Examination of the testes (6-8 weeks) ⁵⁸

- Male infants should be examined to ensure testes have descended
  - Ensure hands are warm (when stimulated by cold or touch the cremasteric muscle reflex causes the skin of the scrotum to shrink and pulls the testes high into the pelvic cavity)
  - Lay the undressed (waist to feet) child on examination table in a supine position.
  - Observe the genitalia for any overall variation from normal, e.g., swelling
  - Block the possible ascent of the testes by placing the thumb and index finger on the upper part of the scrotal sac along the inguinal canal. The testes are then gently palpated between the index finger and thumb of the other hand.
  - Identify the presence of testes/liquid in the scrotum.
  - Repeat for the other side.
  - Document findings (e.g. right and left testes descended into scrotum)

- **Referral** – If palpation reveals any abnormality, refer to General Practitioner/medical officer.

Femoral pulses (6-8 weeks) ⁵⁸

- Femoral pulses should have equal and strong pulsation.
- Lay the child on examination table in a supine position with nappy off.
- With legs extended place the index and middle fingers into the groin to palpate the femoral pulses simultaneously for fullness and equality.
- Document findings, e.g., femoral pulses equal and strong.
- **Referral** – Refer any abnormality of pulses, e.g., weak, absent, unequal.
Growth monitoring

Growth during infancy and childhood is an important indicator of nutritional and health status and remains the best method of assessment at the primary care level. Weight gain and increase in size of the child occurs as body systems mature. Physical growth is best assessed by measuring weight, length or height and head circumference and comparing these measures with a growth reference.

Accuracy is crucial in obtaining all physical measurements. There are three components of accurate measuring:

- technique that is standardised, e.g., bare weigh children less than two years old
- equipment that is calibrated and accurate
- measurers that are trained so they are accurate and reliable.

In addition:

- ensure scales and stadiometers are regularly calibrated to manufacturer’s instructions and checked each day of use
- use the same scales whenever possible
- follow manufacturer’s instructions on transportation of portable scales.

Growth charts

- Growth charts are used as a reference to critically analyse growth measurements of weight, length or height and head circumference by comparing these against recommended populations
- There are currently a number of growth charts available for use. Current recommendations use the WHO growth standard up to 2 years of age, followed by the CDC growth charts
- Regular and consistent growth monitoring enables the health professional to critically analyse the pattern or trend of growth when plotted on a growth chart by observing the shape of the curve and compare it to percentile curve
- Factors that influence a child’s growth can include gender, genetics, health, environmental facts. (e.g. nutrition)
- Children who are not following the shape of the curve over a number of readings are referred for further assessment according to recognised referral guidelines
- Always ensure the correct chart is being used. (e.g. gender)
- Health professionals may need to ensure parents understand the importance of the pattern of growth following a trajectory along the percentiles, more so than the position on the percentile charts.

Growth charts

- Centre for Disease and Prevention | www.cdc.gov/growthcharts
- Royal Children’s Hospital, Melbourne | www.rch.org.au/childgrowth/about_child_growth/Top_10_things_you_need_to_know_about_growth_charts/
Allowance for gestational age

Allowance for gestational age for growth and development is made for children born under 37 weeks and according to their gestational age at birth:

- Infants less than 37 weeks gestation and after the 32nd completed week should have their age corrected until one year
- Infants less than 32 completed weeks gestation should have their age corrected up until two years
- Correction beyond two years may be required as directed by a tertiary specialist.

For example, if an infant is born at 34 weeks gestation visits a child health centre at eight weeks of age, the weight will be plotted at the age of two weeks. (eight weeks chronological age less six weeks preterm = two weeks).

See page 160 for further information about prematurity.

Weight

- Weight (or mass) is an overall measure of body size and is of interest because it indicates changing health status and growth and development. Knowing the weight of an individual also enables the calculation of the body mass index (BMI).

- Weighing activities of an infant is valued by parents and often an incentive for visiting a health professional. This raises an opportunity for other concerns to be raised and anticipatory guidance to be offered.

- In general, weight variations for infants follow the pattern of:
  - An initial weight loss (up to 10% of the birth weight) followed by the infant gaining weight by four to six days of age and returning to birth weight by two weeks of age
  - Gains of 150-200 g/wk up to 3 months
  - Gains of 100-150 g/wk from 3-6 months
  - Gains of 70-90 g/wk up to 12 months.

- Families should be given accurate information about their infant’s growth and informed when there are any concerns regarding poor growth or high rates of growth. This is particularly important with rising rates of obesity in children and teens in Australia and in high risk groups such as Aboriginal and Torres Strait Islander families who have a higher prevalence of:
  - small for gestational age,
  - obesity,
  - early onset type 2 diabetes and
  - other chronic diseases.

- Documentation should include the child health professional’s assessment of the weight measurement.

Length/height

- Changes in the height of an individual over a period of 3-12 months (height velocity) reflect changes in the nutritional and health status of that individual. Height is important in the calculation of BMI.

- Length is measured in the recumbent (lying) position as this is the correct linear measurement for infants younger than 24 months of age or children aged 24-36 months who cannot stand unassisted.
A calibrated length board is recommended for length measures and it must have:
  - a fixed headpiece
  - a moveable foot-piece, perpendicular to the surface that the length board is on.

Height measurement requires a vertical metric rule, a horizontal headboard and a non-compressible flat, even surface, on which the subject stands. A rigid stadiometer is best (portable measures are available for situations where the screener moves from site to site; while well-calibrated wall mounted stadiometers are ideal for centre-based screening).

The graduations on the metric rule should be at 0.1 cm intervals and have the capacity to measure up to at least 210 cm. Measurement graduations need to be easily readable.

Children who are not following the shape of the curve over a number of readings are referred for further assessment according to recognised referral guidelines.

Documentation should include the child health professional's assessment of the measurement.

**Head circumference**

- It is recommended that the infant's head circumference recorded after birth and before discharge. Any excessive oedema or moulding of the scalp should be recorded. Head measurement should subsequently be undertaken at universal child health checks during the first 12 months of age.

- A routine measurement of head circumference is intended to aid the detection of two groups of disorders: those characterised by a large head (macrocephaly) and those indicated by a small head (microcephaly). These conditions cannot be diagnosed by measurement of the head circumference alone. A head circumference above the 97th percentile or below the 3rd percentile at any stage is an indication for more detailed assessment. In the primary care setting the infant is referred to the General Practitioner.

- If the head circumference growth line crosses the percentiles upwards and the child shows symptoms or signs of hydrocephalus, or downwards associated with other abnormality, (e.g. weight loss) referral to GP/MO is essential. Where the measurement crosses the percentile lines and there are no accompanying signs or symptoms, the measurement can be repeated in four weeks. If this measurement confirms the change in percentiles then refer to GP/MO.

- Documentation should include the child health professional's assessment of the measurement.

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**Growth charts**

- [Centre for Disease and Prevention](http://www.cdc.gov/growthcharts)
- [Royal Children's Hospital, Melbourne](http://www.rch.org.au/childgrowth/about_child_growth/Top_10_things_you_need_to_know_about_growth_charts/)
- [Queensland Health Guideline: Assessment of infant/child nutrition, growth and development within the primary health care setting](http://qheps.health.qld.gov.au/patientflow/docs/scycn_nutrit_guide.pdf)

Refer to [Chronic Conditions Manual](#)
Practice tips: Weighing and measuring an infant

**Weight**

Weighing infants with too much clothing is one of the most frequent sources of error in infant weight measurements. Weighing an infant/child under two years naked gives the most accurate measurement.

1. Check the accuracy of the scales daily prior to weighing any infants.
2. Infant is placed on the scales so that the weight is distributed equally.
3. When the infant is lying quietly, weight is recorded to the nearest 10 grams.
4. Record in client record / PHR and plot on the appropriate percentile chart 82-84,86-88.

**Referral**

For infants under 12 months of age referral to a Medical Officer will be required if:

- any sudden deviation in weight, where the weight has crossed two percentiles
- weight below the 10th percentile or greater than the 90th percentile 82-84,86-88.

**Length**

Length/height is a mandatory component of the growth assessment, weight is meaningless unless a corresponding length/height is done simultaneously.

1. Infant should be measured wearing a clean disposable nappy and singlet. Remove shoes and any hair ornaments from the top of the head.
2. Two observers are required – one observer (carer) positions the head correctly while the other ensures the remaining position is correct and brings the measuring board in contact with the feet.
3. The crown of the head must touch the stationary, vertical headboard and the child’s head is held with the line of vision aligned perpendicular to the plane of the measuring surface.
4. The shoulders and buttocks must be flat against the table top, with the shoulders and hips aligned at right angles to the long axis of the body.
5. The legs are gently extended at the hips; knees and lie flat against the table top; arms rest against the sides of the trunk.
6. The measurer must ensure that the legs remain flat on the table and must shift the movable board against the heels.
7. The length is recorded to the nearest 0.1 cm.
8. Record in client record, PHR and plot on appropriate percentile chart 41,58.

**Referral**

Generally weight and height should follow the same percentiles with variations among children from different cultural backgrounds. Refer to general practitioner/medical officer if length has crossed two percentile lines or if it is above 90th percentile or below 10th percentile 41,58.
Head circumference

1. Observe the overall shape of the head noting any abnormal shape and the size of the anterior and/or posterior fontanelles if present.
2. Head circumference can be measured with the infant lying supine.
3. Remove objects such as hairpins from the hair, if necessary.
4. Head circumference or OFC (occipital frontal circumference) is measured over the most prominent part on the back of the head (occiput), just above the eyebrows (supraorbital ridges), and above the ears. The goal is to locate the largest circumference of the head. It should be sufficiently tight to compress hair.
5. The measurement is recorded to the nearest 0.1cm.
6. Take a repeat measurement after taking off the tape and replacing it again. If the two measurements disagree by equal to or more than the 0.3cm, then take a third measurement. The child’s measured head circumference is subsequently calculated as the mean of the two observations or the mean of the two closest measurements if a third is taken.
7. Record in client record, PHR and plot on appropriate percentile chart [58, 85].

Referral

A head circumference above the 97th percentile or below the 3rd percentile at any stage is an indication for more detailed assessment. In the primary care setting the infant is referred to the GP [57]. If the head circumference growth line crosses the percentiles upwards and the child shows symptoms or signs of hydrocephalus or other abnormality referral to GP/MO is essential. If there are no accompanying signs or symptoms, repeat the measurement in four weeks and reassess [58, 85].

Refer to Chronic Conditions Manual

Refer to the Pathways to Rural and Remote Orientation and Training
Developmental assessment

The first year of life for an infant incorporates growing at an amazing rate in physical size and in the ability to perform tasks and develop social relationships. (Further information on promoting normal infant development is available within the health promotion section of this manual.)

- Development refers to the increased ability of the body to function within the environment and can be categorised into a number of domains, for example:
  - Physical development – gross motor and fine motor skills
  - Socio-emotional and cognitive development
  - Language and literacy.

Whilst development proceeds at different rates in different individuals, an average systematic, predictable sequence occurs, which we can use to assess the developmental progress of each infant.

Validated screening tools

- There are a number of tools that are available for developmental assessment in the primary care setting. Health professionals should check which developmental assessment tools are recommended to be used in their particular setting and be trained to administer and interpret the outcomes of the tools correctly. Some screening tools include:
  - Ages and stages questionnaire (ASQ)  
    - http://agesandstages.com/
    - Age: 3 months – 5 years
    - Why it is used: to identify developmental delays
    - Completed by: Parents/carers at home. Any concerns can be discussed with a child health professional.
  - Parents Evaluation of Developmental Status (PEDS)  
    - www.pedstest.com/Home.aspx
    - Age: 0–8 years
    - Why it is used: To detect developmental and behavioural issues.
    - Used in conjunction with ASQ for screening purposes.
    - ASQ:SE Questionnaire can be used in addition to screen the personal and social skill domain
    - Completed by: Parents and incorporated into a child health monitoring program.
    - Further information: www.rch.org.au/ccch/resources_and_publications/Monitoring_Child_Development/
  - Brigance Screens (Brigance Early Childhood Screen II)  
    - Age: 0–7 years
    - When it is used: Secondary screening, tests to identify developmental delay or advanced development.
    - Completed by: Trained health care professional.

- Developmental assessment of any child must have a holistic focus. This means that the domains of development are considered in an ecological framework that considers the physical, social, emotional and environmental factors involved.

- Developmental delay often describes a lag in the acquisition of a skill/developmental milestone. In less common cases the typical developmental trajectory is significantly impacted and the term disorder or impairment is commonly used. Early and accurate identification of infants with developmental delays or disorders facilitates early intervention. Early intervention has been shown to result in improved developmental, educational and social outcomes with the earlier the intervention taking place the better the outcome.
Communication and interaction

Communication development commences from the first interaction between the parent and child. Communication is about more than just talking and encompasses:

- Verbal and non-verbal interactions between parent and infant. Language is a cognitive process that develops in a social context. It is acquired through interaction with caring and responsive adults and is influenced by biological, cognitive, psycho-social and environmental factors.
- Children who show signs of communication delay or difficulty, should be referred for further assessment and intervention as early as possible. Research shows that the best long term outcomes arise from children who are given help before the child enters school – as early as 0-3 years. The approach recommended is early intervention rather than ‘wait and see’.
- Some factors are known to increase the probability of a child experiencing a communication difficulty. These risk factors include:
  - hearing loss, including both sensorineural and early fluctuating conductive hearing loss,
  - a family history (including parents and siblings) of speech and/or language delays,
  - limited babble, limited different types of babble, or a small amount of consonants used in babble a small number of verbs (action words) in their early sentences,
  - a child’s receptive language behind their expressive language by at least 6 months,
  - delays in other areas of development (eg. fine motor and gross motor).
  - The development of communication and interaction may also be impacted by the parent/carer’s reactions, such as:
    - The parent/carer does not respond to the child’s communication, e.g. does not respond consistently to the child’s cues, does not soothe the child when distressed, does not pay attention to the child’s reactions, is not in tune with the child.
    - The parent/carer has limited communication with the child or may use a harsh or negative communication style with the child.

Referral

When concerns are raised following a thorough developmental assessment a referral is recommended. Depending on the nature of the concern and the services available, this may include referral to the families’ GP / Medical Officer / Paediatrician / EIPS/EIC/Child Health Developmental Service/Infant-Mental Health Service. The “Red Flag” Early Intervention Referral Guide for children 0-5 years can be used as a guide.

See appendix 1, 2 and 8.

Monitoring Child Development | The Royal Children’s Hospital Melbourne

www.rch.org.au/ccch/resources_and_publications/Monitoring_Child_Development/

The Red Flag Early Intervention Referral Guide for children 0-5 years (Queensland Health)


Refer to Chronic Conditions Manual
### Age-appropriate interaction, speech and language skills (birth to one year)  

<table>
<thead>
<tr>
<th>Age</th>
<th>Interaction</th>
<th>Speech</th>
<th>Understanding</th>
<th>Expression</th>
<th>When to refer</th>
</tr>
</thead>
<tbody>
<tr>
<td>0–3 mths</td>
<td>makes eye contact with you and you will smile at each other</td>
<td>vowel sounds</td>
<td>infant will ‘read’ some of your expressions and will look worried if you look worried</td>
<td>coos and gurgles with pleasure</td>
<td>not startling to loud noises</td>
</tr>
<tr>
<td></td>
<td>becomes easily over stimulated, take care - when infant has had too much excitement - will start to cry and need to be calmed down</td>
<td>produced</td>
<td>sounds as well as sights are becoming familiar and defined - will recognise voices and turn head towards them</td>
<td>begins babbling and then listening at around 3–4 months</td>
<td>not seeking sounds with eyes</td>
</tr>
<tr>
<td></td>
<td>quiets to familiar voices</td>
<td></td>
<td>babies can start showing interest in books</td>
<td>different cries indicate what needs are</td>
<td>no vocalisations</td>
</tr>
<tr>
<td>4–6 mths</td>
<td>smiles lots</td>
<td>starts to make</td>
<td>infant will have conversations’</td>
<td>experiments with sounds (vocal play)</td>
<td>not smiling</td>
</tr>
<tr>
<td></td>
<td>laughs out loud, squeals with delight</td>
<td>sounds when you</td>
<td>will be getting excited at the feeling of a parent responding to them, shown by kicking their legs and waving their arms</td>
<td>blows raspberries, squeals and growls</td>
<td>not showing interest in interacting with people</td>
</tr>
<tr>
<td></td>
<td>likes being around people</td>
<td>talk</td>
<td>‘talks’ to toys at around 5–6 months</td>
<td>‘talks’ to toys at around 5–6 months</td>
<td>no vocalisations or no variety in the sounds being produced</td>
</tr>
<tr>
<td>Age</td>
<td>Interaction</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-----------</td>
<td>------------------------------------------------------------------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 7–9 mths  | • begins to have desires of own, simple things they know they want, like wanting to hold an object or to be picked up immediately  
  • recognises the important, familiar people in their world and become sensitive to strangers  
  • by 9 months may be shy with strangers, may not want to be too close to people they know, such as grandparents. However, it is a very sociable age and they will love to be talked to and played with (e.g. ‘peek-a-boo’) |  
  • enjoys making sounds they know and that they have made them  
  • experiments and copies different sounds like clicks and lip bubbles  
  • starts putting a vowel and a consonant together in long chains of babble (e.g., dadada, mumumum, babababa) |  
  • infant will listen carefully when spoken to, and will try to talk back to you using babbling sounds  
  • recognises familiar names or words |  
  • infant will use different sounds to express different emotions; such as frustrated grunts, squeals and chortles of delight  
  • might say ‘ma-ma-ma’ because they can, rather than because they understand that this sound is a word they can use when they want their mother |  
  • does not babble or make other sounds when someone talks to them  
  • does not recognise mother  
  • does not show interest in surroundings |  
| 10–12 mths | • smiles and babbles and tries to engage you in a conversation  
  • uses gestures and copies simple hand games like ‘clap hands’ or ‘bye bye’  
  • is frightened when parents leave and will cling and cry  
  • wary of strangers  
  • looks at objects and people |  
  • lots of babble and jargon  
  • long chains of babble  
  • real words may emerge |  
  • recognises several words  
  • can identify two body parts by 12 months  
  • understands no and will pause momentarily when ‘no’ is said in a stern voice |  
  • points and grunts  
  • uses gesture  
  • shakes head ‘no’ by about ten months  
  • some words may emerge  
  • uses babble in interactions |  
  • babbling has not become more complex (i.e. only occasionally or not at all; babble structures do not vary)  
  • does not show pleasure when with main caregiver  
  • does not show anxiety with strangers |
Practice tips: Conducting a developmental assessment

- Developmental assessment involves:
  - eliciting and discussing parents' concerns
  - making accurate and informative observations of a child
  - obtaining relevant developmental history
  - promoting development.

- Aboriginal and Torres Strait Islander Health Workers will refer to the child health professional (as necessary) to discuss developmental assessment.

- The PHR book has specific questions about development for the parent to consider prior to attending for routine health checks. Use these questions as discussion points with parents.

- Using a systematic approach (often this is done in combination with the head to toe assessment) assess the infant against the expected milestones.

- As topics are discussed anticipatory guidance can be offered on promoting development (a variety of information about promoting normal development is included in the Health Promotion sections of this manual).

- Access the approved tool from your local hospital and health service district to document your findings.

ReReferral
When concerns are raised following a thorough developmental assessment a referral to the family's GP / medical officer / paediatrician / multidisciplinary team according to local referral pathways.

See appendix 7.

Refer to the Pathways to Rural and Remote Orientation and Training

Refer to Chronic Conditions Manual
Assessing infant nutrition

Nutritional assessment is an opportune time for discussion and anticipatory guidance around healthy eating within the family. Considerations of cultural and environmental factors are important during these discussions.

Stages of feeding development

Oro-motor development involves both structural development and neural development and can be used as a guide to indicate readiness to progress through each stage of feeding development. At birth the mouth is fully filled by the tongue, which is in close proximity to the cheeks, hard palate, and soft palate. The tongue protrudes past the alveolar ridge to maintain contact with the lower lip. This close proximity of structures and the infant’s subcutaneous fat provides positional stability. As the infant matures, structures move further apart and postural stability is provided. The infant’s oro-motor structures should be symmetrical and have a symmetrical range of movement.

Neural development impacts on feeding development. The cranial nerves primarily involved in sucking, chewing, drinking and swallowing are: CN V, VII, IX, X and XII. Initially, the infant’s feeding is predominantly reflex based. It is important to understand and utilise the reflexes. For example, it is important to elicit the rooting reflex to support cue based feeding.

Development of oral feeding skills

For feeding to be optimal there must be co-ordination of the infant’s ability to suck, swallow and breathe to transfer food from the mouth to the stomach.

Sucking can be nutritive or non-nutritive. Non-nutritive sucking matures earlier than nutritive sucking. Both behaviours seen in infants vary in a number of ways:

<table>
<thead>
<tr>
<th>Nutritive sucking</th>
<th>Non-nutritive sucking</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Purpose</strong></td>
<td>■ Obtain nourishment</td>
</tr>
<tr>
<td></td>
<td>■ Satisfy sucking desire, exploration, infant regulation</td>
</tr>
<tr>
<td><strong>Rhythm</strong></td>
<td>■ Initial continuous sucking burst, moving to intermittent</td>
</tr>
<tr>
<td></td>
<td>■ Repetitive pattern of bursts and pauses; stable number</td>
</tr>
<tr>
<td></td>
<td>■ Repetitive pattern of bursts and pauses; stable number</td>
</tr>
<tr>
<td></td>
<td>■ Repetitive pattern of bursts and pauses; stable number</td>
</tr>
<tr>
<td></td>
<td>■ Repetitive pattern of bursts and pauses; stable number</td>
</tr>
<tr>
<td><strong>Rate</strong></td>
<td>■ One suck per second, constant</td>
</tr>
<tr>
<td></td>
<td>■ Two sucks per second</td>
</tr>
<tr>
<td><strong>Suck: Swallow ratio</strong></td>
<td>■ Young infant – 1:1 may be higher</td>
</tr>
<tr>
<td></td>
<td>■ Very high ratio, 6:1 or 8:1</td>
</tr>
<tr>
<td></td>
<td>■ Older infant - 2 or 3:1</td>
</tr>
</tbody>
</table>

During breastfeeding, nutritive sucking comprises to two components:

Suction: the infant generates negative intra-oral pressure by closure of the nasal passages with the soft palate and a tight seal of the lips around the breast and a lowering of the mandible.

Expression: by the infant moving the tongue toward the hard palate fluid is expressed by a stripping or compression process and the creation of positive pressure.
Both rhythm components play an important role in infant feeding. When an infant has an immature suck or the rhythm is uncoordinated the feeding will not be effective. Variations within this process are created by infant factors and varied shapes, sizes and functions of the breast and nipple.

The characteristics and feeding development stages are listed in the following table. When assessing an infant, the ages are a guide only. It is important to assess the infant’s skills to decide their readiness to progress through each stage of feeding development and that development of feeding skills should also be considered with the infant’s development of gross and fine motor control, and their exposure to feeding experiences.

<table>
<thead>
<tr>
<th>Birth</th>
<th>24, 41, 58, 93</th>
</tr>
</thead>
</table>
| **Reflexes** | ■ Rooting reflex  
Reflex is stimulated by touch at the corner of the mouth  
Response: turn the head toward the touch  
■ Suck-swallow reflex and gag reflex  
Reflex is triggered when the posterior tongue or pharynx is touched  
Response: contraction of the palate and pharynx  
■ Tongue protrusion and transverse reflex  
Reflex is triggered by touch to lips or tongue  
Response: tongue protrudes and moves laterally  
■ Phasic bite reflex  
Reflex is triggered by pressure on gums  
Response: rhythmic open and closing of jaw  |
| **Oro-motor skills** | ■ respond to primitive reflexes  
■ tongue occupies large proportion of the mouth  
■ lips and tongue function as a total unit when feeding  |
| **Sucking** | ■ 1:1 suck to swallow ratio  
■ 2 or 3 sucks per swallow by the end of the feed  
■ bursts of sucking followed by pauses  
■ in-out tongue movements  
■ support required to achieve midline orientation  |
| **Cup drinking** | Not a main method of feeding  |
| **Solids** | Not introduced  |
### Three months

| Reflexes | gag and suck-swallow reflexes may still be present  
| ▼ rooting reflex is diminishing  
| ▼ tongue protrusion reflex present  
| ▼ phasic bite present |
| Oro-motor skills | head and neck control improve along with oro-motor skills  
| ▼ increased oral and facial movement and control occurs, e.g., eye-contact, cooing, smiling, tongue poking  
| ▼ active lip movement with sucking |
| Sucking | rhythmic sucking  
| ▼ 2 or 3 sucks per swallow  
| ▼ bursts of sucking followed by pauses  
| ▼ midline orientation with less support required  
| ▼ may lose some fluid from mouth during feeding |
| Cup drinking | Not main method of feeding |
| Solids | Not introduced |

### Four months

| Reflexes | Reflexes diminishing  
| ▼ gag  
| ▼ rooting  
| ▼ tongue protrusion and lateral reflex  
| ▼ phasic bite |
| Oro-motor skills | lip pursing  
| ▼ blowing bubbles in saliva  
| ▼ voluntary control of mouth  
| ▼ opens mouth wide to presentation of breast/teat.  
| ▼ increased sound imitation  
| ▼ observe for signs of readiness for solids |
| Sucking | in-out sucking changes to include up-down tongue movements  
| ▼ may lose some fluid from the mouth during feeding |
| Cup drinking | Not main method of feeding |
| Solids | World Health Organisation guidelines recommend introducing solids around six months |
### Six months

| Reflexes | ■ reflexes diminishing  
|---|---|
| ■ gag  
| ■ rooting  
| ■ tongue protrusion and lateral reflex  
| ■ phasic bite |
| Oro-motor skills | ■ graded opening of mouth at presentation of breast/teat or spoon  
|---|---|
| ■ able to hold mouth open in a quiet, stable position  
| ■ increased active oral exploration with toys, other objects and fingers  
| ■ gag reflex reduces as more experience of solids is gained  
| ■ tongue movements include protrusion and lateral movements  
| ■ longer lip closure  
| ■ can be fed in an upright posture with some support from high chair or carer |
| Sucking | ■ no fluid is lost during sucking  
|---|---|
| ■ some fluid may be lost at insertion or removal of breast/teat  
| ■ infant can hold a bottle independently and throw it to the floor when they have finished |
| Cup drinking | ■ introduce cup drinking  
|---|---|
| ■ loss of liquid may be observed  
| ■ some coughing may be observed due to poor regulation of fluid flow while learning to coordinate  
| ■ some parent use a spout cup to minimise loss and regulate flow  
| ■ a wide lipped cup can help with lip closure and provide greater stability resulting in less fluid loss |
| Solids | ■ All nutritional needs are met with breast milk or formula up to around 6 months old; for good health, infant needs to start eating solids  
|---|---|
| ■ introduce purees, smooth, soft, mashed solids  
| ■ sucking pattern occurs on the spoon to remove solids  
| ■ bolus manipulation involves sucking motions, jaw moves in an up-down motion  
| ■ some food is pushed out of the mouth as the swallow is attempted  
| ■ swallow is usually a suck swallow or a tongue thrust swallow  
| ■ enjoys exploring food with fingers |
### Seven to nine months

| Reflexes | ■ rooting reflex disappears  
■ gag reflex diminishes  
■ tongue protrusion and lateral reflex diminish  
■ phasic bite may still be present |
|----------|-----------------------------------------------------------------|
| Oro-motor skills | ■ hand to mouth control improves  
■ lip and jaw movement begin to separate for early chewing  
■ greater range of babbling  
■ coordinated lip, tongue and jaw movements in all positions  
■ infants can sit in a high chair unsupported |
| Sucking | ■ up-down tongue movements more common  
■ mature rhythmical sucking  
■ drinks via teat/nipple or cup  
■ no fluid is lost during breastfeeding/bottlefeeding |
| Cup drinking | ■ large jaw excursions with open cup  
■ fluid loss continues  
■ With open cup experience:  
  ○ cup drinking with lower lip as stabiliser  
  ○ mouth closure around cup rim |
| Solids | ■ solid foods are progressed from purees to smooth, soft, mashed solids according to infant cues  
■ transferring foods from the centre to the sides of the mouth for chewing begins  
■ begins using the upper lip to clear solids off spoon  
■ enjoys exploring food with fingers, some self finger feeding |
## 10 to 12 months

| Reflexes | ■ Gag reflex diminished  
<table>
<thead>
<tr>
<th></th>
<th>■ Phasic bite reflex disappears by approximately 12 months</th>
</tr>
</thead>
</table>
| Oro-motor skills | ■ increasing coordination of jaw, tongue and lip movements, in all positions  
|          | ■ can sit independently in high chair or booster seat  
|          | ■ new sequences of sounds in babble  
|          | ■ real words may emerge |
| Sucking | ■ Breastfeeding continues  
|          | ■ if formula fed, wean from bottle as cup drinking increases |
| Cup drinking | ■ As cup-drinking experience is gained:  
| | ○ cup drinking becomes prominent  
| | ○ mature up-down tongue movement occurs during drinking  
| | ○ occasional loss of fluid occurs especially when the cup is removed  
| | ○ infant may sequence three or more suck swallow movements continuously  
| | ■ the tongue may protrude to make contact with the cup  
| | ■ may have some initial difficulty coordinating lip closure and sucking with a straw and may chew down on the straw |
| Solids | ■ self finger feeding  
|          | ■ variety of mashed and chopped textures managed  
|          | ■ can eat sandwiches and biscuits by twelve months  
|          | ■ controlled sustained bite - Biting through food such as cheese and biscuits improves  
|          | ■ lips active during chewing  
|          | ■ easily closes lips on spoon to clear food  
|          | ■ top teeth clean the lower lips  
|          | ■ chewing with up-down and diagonal rotary movements  
|          | ■ solid food is moved by the tongue to each side of the mouth and back to the centre of the mouth  
|          | ■ holds spoon in either hand and transfers from hand to hand  
|          | ■ uses utensils  
|          | ■ turns spoon over in mouth |
Assessment of breastfeeding

- Breastfeeding is the physiological normal way for an infant to be fed and is unequalled at providing optimal nutrition and healthy growth for around the first 6 months of life. Thereafter, appropriate complementary foods are added with continued breastfeeding up to 2 years of age or beyond, for as long as the mother and child desire. 41-94.

- Timely access to child health services in the community ensure families are provided with professional support, encouragement and promotion of breastfeeding. Services can be provided in a range of modes, e.g. telephone support, clinic visits, home visiting, group sessions.

- Health professionals support breastfeeding by:
  - informing families of the benefits of breastfeeding and the risks of not breastfeeding
  - supporting partners and family in the support role for breastfeeding
  - promoting maternal self-care
  - providing evidence based information, education and support on breastfeeding, e.g. correct positioning of the infant at the breast, expression and storage of breast milk
  - encouraging the family to use expressed breast milk when the mother and infant are separated
  - encouraging the family to avoid the use of teats and pacifiers until breastfeeding is well established
  - normalise and discuss newborn and infant behaviours
  - supporting families if they have specific breastfeeding concerns, e.g. perceived inadequate milk supply, painful breasts, inverted nipples
  - exploring with families strategies to overcome difficulties
  - providing information on the range of support services available, e.g. Australian Breastfeeding Association, Raising Children website
  - supporting the principles of the Baby Friendly Health Initiative.

- Whilst exclusive breastfeeding is the best option for infants, not all families are able to do this and it is important the family be reassured that any breastfeeding is better than none. 41.

- Some women will make an informed decision not to breastfeed, others may stop breastfeeding. In the absence of breastfeeding, Queensland Health recommends the use of a breast milk substitute that conforms to the recommendations of NHMRC and meet the Food Standards of Australia New Zealand. 95.

- Be culturally sensitive and where possible utilise culturally specific resources to discuss breastfeeding with parents (e.g. Growing Strong). 42.

- Identify community partnerships and opportunities for services to work together to support optimal infant nutrition including:
  - local hospital/s
  - general practitioners
  - birthing units and postnatal services
  - breastfeeding support organisations (e.g. ABA, LCANZ - Lactation Consultants)
  - nutritionists and dieticians
  - speech pathologists
  - local pharmacies
  - oral health services.
Initiation and establishment of lactation

- The initiation of lactation is hormonally driven following a drop in progesterone levels with the delivery of the placenta. However, effective removal of milk from the breasts is necessary to establish and maintain lactation. The hormone prolactin is necessary for milk production, and oxytocin initiates the milk-ejection reflex. Unrestricted breastfeeds and effective removal of milk from the breasts are the most important factors contributing to successful breast feeding.\(^4^1\)

- Initiation of breastfeeding occurs within the first hour or so after birth when the infant indicates readiness to feed. After the first day or so, most newborns will establish a pattern of breastfeeding between 8-12 times over 24 hours. Refer the family to Breastfeeding – Getting Started in the Child Health Information booklet.\(^6^2\)

- As lactation becomes established the hormonal influences have less influence as a process of ‘supply’ and ‘demand’ regulates milk production; that is the rate of milk production becomes regulated by the amount of milk drained from the breast.\(^4^1\)

- On average, a woman exclusively breast feeding will produce around 800mls a day. The storage capacity of the breast varies from person to person, women with a capacity to store a large amount of milk will have greater flexibility in their feeding frequency than women with smaller storage capacity, these women will feed more frequently to maintain a similar levels of milk production.\(^4^1\)

- Each mother-infant dyad will be unique in the way they feed due to individual differences, e.g. breast anatomy, anatomy of the infant’s mouth, rate of milk flow, etc. Health care professionals avoid using an arbitrary set of rules for frequency and length of feeds, as this can compromise the unique balance set up by the individual infant – mother feeding dyad.\(^4^1\)

- The colour of milk is irrelevant to the quality of the milk. The colour of colostrum varies from clear to pale yellow to bright orange and mature breast milk varies from creamy to opalescent. The composition of breast milk is complex, containing essential compounds and fluids that meet all the infants requirements for at least the first six months of life.\(^4^1\) No additional fluids are required even in hot climates.

- The changing content of the breast milk is complex and changes from feed to feed to meet with the child’s need, whether nutritional, thirst quenching or for comfort. In general however, at the start of a breastfeed the fat content is lower with an increasing rise as the breast becomes drained (noting that the breast is never fully drained).\(^4^1\)

- Babies are generally offered both breasts at each feed, based on their feeding cues, however the infant may resist both breasts at all feeds. A period of cluster feeding on most days is normal where an infant cues for breastfeeds frequently within a short period of time over a period of hours.

- Signs that the infant is getting an adequate milk intake once breastfeeding is established, include:
  - at least four to six single use, or six to eight very wet cloth nappies in 24 hours
  - pale yellow, in-offensive urine
  - weight gain - averaged over a month
  - infant is reasonably content after some breastfeeds
  - good skin tone, moist mucus membranes and clear, bright eyes
  - infant is active and alert when awake
  - (in the first couple of months at least 2-3 soft, yellow, curdy bowel motions per day, offers further reassurance about adequate supply).\(^4^1\)
Nipple care and management

Nipple pain is a common discomfort among breast feeding women in the early days with a peak of discomfort usually about the third day following birth. Continuing nipple pain is not expected and could be caused by both maternal and infant factors such as:

- incorrect positioning of the infant at the breast
- trauma from the use of breast pumps or nipple shields
- infection (Mother or Infant), e.g., thrush, Staphylococcus Aureus
- dermatological conditions (dermatitis, eczema, psoriasis)
- infant anatomical problems (ankyloglossia - tongue-tie, high arched palate, receding chin, large nipple and small mouth)
- vasospasm (Raynaud's Phenomenon) 41.

Tips for managing nipple pain can include:

- assess positioning at the breast to support optimal infant positioning and latch
- encourage the Mother to express a little milk at the end of the feed and gently spread it over the nipple and allow the nipples to air dry after feeds.
- if breast pads are used, encourage frequent changing of them if damp
- if infection or a dermatological condition is suspected, refer to a medical officer for review
- compresses with warm water may be helpful
- expressing breast milk may be needed to manage some breastfeeding difficulties; use as a last resort with ongoing support of the health professional
- infants may need further assessment and referral (e.g., tongue tie) if nipple trauma does not resolve 41.
- Refer family to the information - Common Breastfeeding Concerns: Common Early Problems – Tender or Cracked Nipples, in the Child Health Information booklet 62.
Practice tips: Promoting optimal positioning of the infant at the breast

There are many different positions that mothers can use such as side-lying, football hold, cross arm hold, and cradle hold.

1. Whatever the position, it is important the mother is comfortable with adequate support for her back, arms and feet and her clothing non-restrictive.
2. The infant is unwrapped to enable easy handling and promote skin to skin contact.
3. The infant is held facing the mother (chest to chest) and close to the mother’s body.
4. The infant's body can be supported by the mother’s forearm to stabilize the infant’s body.
5. The infant's mouth is level with or slightly below the mother’s nipple.
6. By touching and stroking the nipple on the infant's nose and upper lip, the infant should tilt his head back slightly and open his mouth wide. The tongue should come down and forward.
7. Bring the infant to the breast, not the breast to the infant.

Indicators of correct latch

- infant’s mouth is wide open with lips flanged outwards
- lips form a complete seal around the areola
- a ‘suck, swallow, breathe’ pattern is observed
- no dimpling or drawing in of infant’s cheeks occurs during suckling
- no ‘clicking’ sounds
- infant’s tongue over bottom gum
- infant’s jaw moves rhythmically and ears may move slightly
- mother should have no pain with feeding, although nipples may be tender
- nipples should be elongated with no signs of trauma at the end of the feed.

See information about tongue tie, page 70.

Refer family to the information - Breastfeeding: How do I start breastfeeding? in the Child Health Information booklet.
Expressing breast milk
A mother may need to express breast milk for a number of reasons, for example: premature birth. It is important the mother knows how to express and store the breast milk, this may support her feeling of breast feeding competence and increase her achieving maximum time breast feeding.

Preparation
- wash hands with soap and warm water and dry thoroughly (this cleans and warms the hands)
- express in a comfortable, private place where you can relax and not be interrupted (e.g. phone off, nice music)
- collect breast milk in a clean container
- encourage the milk ejection reflex (e.g. gently massage the breast)
- if more milk is needed try again later.

Hand expressing
- place thumb and fingers on opposite sides of the breast just behind the areola
- rhythmically squeeze the breast with a rolling movement between the thumb and fingers and an inward direction (try about twice per second).
- drops of milk form on the nipple, after the letdown reflex milk may spray.
- when the flow stops, move thumb and fingers around the areola so that all the milk ducts are emptied.

Using a pump (hand or electric)
- follow the directions that come with the pump
- follow the steps above, it is often helpful to get the flow going by hand then applying the pump
- ensure the breast cup is centred on the nipple and the flange is the correct size
- start the electric suction at a low strength and increase according to comfort.

Storing expressed breast milk
Pour the collected milk into a sterile storage container (glass, plastic, sealable plastic bag) and put it in the refrigerator or into the freezer in a sterilised container.

Breast milk can be:
- refrigerated for three to four days at 5°C Celsius or lower. Store in the back of the refrigerator, not in the door.
- stored without refrigeration (if needed) for six to eight hours if the temperature is under 26°C. If refrigeration is available, store milk there.
- kept for two weeks only in a freezer compartment of a refrigerator.
- frozen in the freezer section of a refrigerator with separate freezer door for up to three months.
- frozen in the deep freeze (-20°C Celsius or lower) for 6-12 months.
- transported in a cooler with an ice brick and place it in the refrigerator immediately when you arrive.
Other tips for managing expressed breast milk include:

- label with date and time before freezing
- use oldest milk first
- freshly expressed milk should be stored in a new container rather than added to previously refrigerated or frozen milk
- thaw frozen milk slowly by standing in the refrigerator, or if necessary for rapid defrost by standing in a container of luke-warm water and mix thoroughly - use within 24 hours.
- never refreeze or reheat breast milk
- leftover expressed milk from feeding should be discarded
- **Do not** thaw or heat breast milk in a microwave oven.
- Refer families to ‘Common Breastfeeding Concerns: Common Early Problems – Breastfeeding when you are working or away from your infant’ in the *Child Health Information* booklet 62.

**Management of milk supply**

**Breast compression**

When baby is only suckling at the breast and not drinking effectively, breast compressions help with the flow of milk to encourage baby to continue with nutritive suckling.

The technique may be useful for:

- poor weight gain in the infant
- colic in the breastfed infant
- frequent feedings and/or long feedings
- sore nipples in the mother
- recurrent blocked ducts and/or mastitis
- encouraging the infant who falls asleep quickly to continue drinking not just sucking 96.
Instruct the mother to:

- Hold the infant with one arm.
- Hold your breast with the other, thumb on one side of the breast (thumb on the upper side of the breast is easiest), your other fingers on the other, fairly far back from the nipple.
- **Watch for the infant’s drinking.** The infant gets substantial amounts of milk when he is drinking with an “open mouth wide—pause—then close mouth” type of suck.
- Use compression while the infant is sucking but not drinking! When the infant is ‘nibbling’ at the breast and no longer drinking, compress the breast by applying gentle pressure with the flat of you hand against the breast. Do not roll your fingers along the breast toward the infant, just squeeze. This should not be painful and try not to change the shape of the areola. With the compression, the infant should start drinking again with the “open mouth wide—pause—then close mouth” type of suck.
- Keep the pressure up until the infant no longer drinks even with the compression, and then release the pressure. Often the infant will stop sucking altogether when the pressure is released, but will start again shortly as milk starts to flow again. If the infant does not stop sucking with the release of pressure, wait a short time before compressing again.
- When the infant starts sucking again, he may drink ("open mouth wide—pause—then close mouth" type of suck). If not, compress again as above.
- Continue on the first side until the infant does not drink even with the compression. You should allow the infant to stay on the side for a short time longer, as you may occasionally get another letdown reflex (milk ejection reflex) and the infant will start drinking again, on his own. If the infant no longer drinks, however, take him off the breast.
- If the infant wants more, offer the other side and repeat the process.
- You may wish, unless you have sore nipples, to switch sides back and forth in this way several times.
- **Remember, compress as the infant sucks but does not drink.**
Management of inadequate milk supply
Many women (approximately 25-35%) reduce the duration or level of breast feeding due to a perceived lack of milk supply, therefore thorough assessment is imperative \[41\]. The following conditions indicate adequate milk intake:

- at least 4-6 disposable, or 6-8 very wet cloth nappies in 24 hours
- pale yellow, in-offensive urine
- 3 or more bowel movements of seedy yellow stools a day by Day 3 for at least up to 6 weeks
- in the first couple of months, at least 2-3 soft, yellow, curdy bowel motions per day (absence of this does not necessarily indicate inadequate supply)
- weight gain, averaged over a month
- infant is reasonably content for some time between some breast feeds
- good skin tone, moist mucus membranes and clear, bright eyes \[41\].

In the case where these conditions are met over the course of breast feeding, the health professional can provide reassurance and education to families, such as normal infant behaviour and normal physiological changes within the breast.

If however these conditions are not met the health care professional will observe for other signs of insufficient milks intake such as:

- Infant lethargy,
- infrequent stools,
- scant urine,
- failure to gain weight or
- weight loss, e.g. over a period of 4 weeks

If there appears to be a low milk supply the following management is appropriate:

- Check positioning and latch
- Check the number of feeds in 24 hours
- ensure the Mother is offering both breasts at each feed
- suggest frequent skin-to-skin contact, breast massage and nipple stimulation \[97\]
- ensure infant is draining the first breast well
- allow the infant to finish the first breast before offering the second breast
- allow retries by offering both breasts again at each feed
- Increase frequency of feeds, e.g., unrestricted frequency and duration, offer the breast between usual feeds, wake the infant and offer an extra feed before going to bed
- Swap breasts when the infant stops suckling effectively and use both breasts twice at each feed.
- Breast compression may also increase the amount of milk available to the infant.
- If the infant is requiring supplements, consider the use of a ‘supplemener system’ so baby can continue to feed at the breast.
- Express between breastfeeds
Apply a warm compress to the breast prior to feeding and during expression – this may encourage the letdown reflex.

- Review use of supplementation
- Encourage woman to rest and relax and drink according to thirst
- Discourage smoking and alcohol intake; limit caffeine intake.

**Galactogogues**

Consideration may be given to informing the mother about the use of galactogogues – a medication or other substance that may increase maternal milk synthesis. Due to the inconclusive research findings specific to pharmaceutical galactogogues (such as domperidone), and the lack of regulation around herbal galactogogues (e.g. fenugreek), the health care professional should use caution in delivering this information. The health care professional should be guided by their scope of practice framework and local Hospital and Health Service protocols.

**Supplementary feeds**

Supplementary feeding are feeds given in addition to a breast feed. There is evidence that offering supplementary feeds, i.e. water/glucose/infant formula, when there is no medical reason, adversely affects the establishment and maintenance of lactation.

**Indications**

- Supplements should always be used in addition to strategies for increasing milk supply. It is preferable that strategies to increase milk supply be used before the addition of supplementary feeds, but, depending on the condition of the infant, this is sometimes not possible.
- Evidence of inadequate intake
- Infant malnutrition
- Medical orders.

**Management**

- Supplements can be given via a nursing supplementer, bottle, spoon or cup. The action of feeding from a bottle is different from feeding at the breast and it is difficult for some babies to switch from one to the other.
- Expressed breast milk should be used if possible.
- Supplements should be offered after the infant has had an opportunity to drain the breasts and, if possible, only after some, not all feeds.
- Allow the infant to determine when he has had enough complement.
- Gradually reduce the complement as the milk supply increases.
- Increase the number of breast feeds per day.
- Express after breastfeeds to increase milk supply and to use as a complement when available.
- Clients should be informed of the potential outcomes for supplementary feeding and this needs to be documented in the clients record. The infant may begin to prefer the bottle and milk supply may decrease if measures aren’t taken to maintain or increase supply.
Practice tips: Supporting a mother to use a nursing supplementer

Nursing supplementer / supply line
A temporary device used to provide additional nourishment to an infant during breast feeding when the mother’s supply is inadequate or infant is ill or too lethargic to suck effectively. It is used to meet the infant’s nutritional needs. Either expressed breast milk or formula may be used. The nursing supplementer may not suit all mothers. Mothers must be individually counselled so that they can make an informed decision regarding the options available.

Reasons for use
- to provide nutritional requirement
- increases breast stimulation
- promotes continued nutritive sucking when breast milk supply may be inadequate
- avoids nipple confusion
- adoptive mothers
- a medical reason that results in a decrease in milk secreting tissues
- time-efficient alternative to complementing with a bottle.

Management
- Avoid overfeeding (it is preferable to ensure the infant is alert and hungry and ready for the next feed).
- Educate the mother on assessment, management and instruction in the utilisation and sanitisation of the apparatus.
- As mother’s lactation increases it will be necessary to reduce the volume offered in the nursing supplementer and gradually reduce the reliance on the supplementer.

Disadvantages
- Mother may find it awkward to use especially if they are having difficulties with basic breast feeding techniques.
- Mothers may find it difficult to breast feed discreetly.
- Some babies become use to the constant flow of milk and are disinclined to feed without the supplementer.
- Cleaning and sanitising is extra work.
- Mother may feel it forms a barrier between herself and infant.

Because of these disadvantages it is recommended that the mother be guided in the use of the supplementer and its cleaning. When commencing the use of a supplementer a mother should be supervised for a minimum of three consecutive feeds so that she feels confident in using the device. The health professional must follow up the mother and infant’s progress in the following days.
Oversupply

Oversupply is often a temporary difficulty during the early stage of breastfeeding prior to the ‘supply-demand’ process becoming established through the body’s local autocrine controls. Fast milk ejection reflex / fast flow may occur in response to the letdown reflex causing difficulty for the infant to maintain a comfortable suck-swallow pattern. Health care professionals need to distinguish between oversupply and fast milk ejection reflex/fast flow when discussing this issue with parents.

Symptoms of oversupply
- uncomfortably full breasts
- unsettled, colicky infant, frothy stools
- feeding frequently.

Symptoms of fast flow
- fussing
- choking
- gulping during feeds
- pulling off breast.

Management
The health professionals can provide reassurance to the family that this will resolve over time. However if the oversupply continues the following can be recommended:
- express a little milk until the milk ejection reflex commences and the areola softens
- temporarily feed one breast at each feed until the supply settles, i.e. put the baby back on the first breast instead of offering the second breast
- express for comfort on the second side if required
- comfort measures (cold packs, breast support, simple analgesia)
- Women with oversupply are at greater risk of mastitis due to incomplete drainage of the breasts.
- Refer client to ‘Breastfeeding: Is My Infant Getting Enough Milk?’ in the Child Health Information booklet.

Mastitis
Ten to 25% of breastfeeding women will experience at least one episode of mastitis and occurs most commonly in the first month of breast feeding.

Causes
- inadequate breast drainage
  - blocked ducts
  - poor infant latch
  - sudden changes in feeding pattern (i.e. infant sleeping through the night).
- nipple trauma and infection.

Signs and symptoms
- flu-like symptoms
- fever and rigors
- painful/tender/red/firm area in the breast.
Complications
Untreated and unresolved mastitis may develop into a breast abscess.

Management
■ Apply a warm cloth to the affected area before / during the feed
■ Feed infant frequently starting with the affected side until the acute breast symptoms begin to resolve.
■ If it is too painful to start the infant on the affected side, start on the unaffected side until the milk ejection reflex and then swap breasts.
■ Position the infant so that the chin is against or pointing to the affected area to enhance emptying of that area.
■ Gently massage the affected area of the breast during the feed, towards the nipple during the feed
■ If symptoms persist, refer to a medical officer for antibiotics, if severe, hospitalisation may be required
■ Encourage rest, nutritious diet and adequate fluids 41.
■ Refer client to ‘Common Breastfeeding Concerns: Common Early Problems – Swollen Breasts, Blocked Ducts, Mastitis’ in Child Health Information booklet 62.

Drugs and breastfeeding
■ Many prescription drugs and medicines are compatible for a mother breast feeding, but each medication should be specifically assessed by a health professional.
■ Families can also refer to the information: ‘Common Breastfeeding Concerns: Drugs and Breastfeeding’ in the Child Health Information booklet 62.


For health professionals:  
Queensland Drug Information Centre  |  Royal Brisbane & Women’s Hospital  |  Tel: 3636 7098 / 36367599
National Prescribing Service: Therapeutic Advice and Information Service  |  Tel: 1300 138 677

For general public:  
National Prescribing Service: Medicines Line  |  Tel: 1300 888 763  (weekdays 9am–6pm)
After hours and on weekends advise client to contact their local public hospital, GP or local pharmacy.

Multiple births
■ Twins can be fed together or separately.
■ Either alternate the breast offered for each infant or use one breast for one particular infant at each feed.
■ If feeding together:
  ○ use underarm hold for both babies, or
  ○ use underarm hold for one infant and cradle hold for the second, or
  ○ use cradle hold for both babies (crisscross or V hold).
■ Boomerang pillows and or other pillows can be used to support the babies.
■ Feed on a bed, couch or floor so one infant can easily be put down without disturbing the other 68.
Feeding through pregnancy and tandem feeding

It is not detrimental for a healthy woman to continue to breastfeed her toddler during a subsequent uncomplicated pregnancy and then breastfeed both the infant and toddler.

Considerations of breast feeding during a subsequent pregnancy

- nipple tenderness
- milk may revert to colostrum
- some women feel nauseous
- maternal fatigue
- risk of uterine contractions
- need for adequate nutrition for the mother

When breastfeeding a toddler, it is important that the infant has priority at the breast 98.

Tongue tie (ankyloglossia)

Tongue tie or ankyloglossia is a developmental variant, in which the tongue has limited mobility caused by congenital thickening, tightening or shortening of the frenulum 99,100. In ultrasound studies tongue movements have been observed during breastfeeding whereby the infant places their tongue over the lower gumline and cups the tongue around the breast to form a seal. This demonstrates that intra-oral negative pressure is largely responsible for milk removal. In another study examining sucking in tongue-tied infants pre and post frenotomy, the imaging confirmed suspicion that tongue-tied infants used a different sucking action and that action then converted to a normal suck post frenotomy. It is important that during an assessment of breastfeeding and lactation that the oral examination of the infant includes assessment of both tongue function and also any restriction in the upper lip to explore potential impact of a restricted labial frenulum of breastfeeding or artificial feeding 294-295.

If the child health professional suspects an oral anomaly or tongue or upper lip restriction that is impacting on breastfeeding (e.g. poor latch, clicking noises, milk leakage during attempted attachment, poor tongue function including elevation and lateralisation, tongue tip may appear heart or square shaped instead of being pointed, weight loss) the child health professional is recommended to refer the family to their GP/Medical Officer with experience in this area to facilitate diagnosis and options for families to consider, such as frenotomy 99, 100.

Some child health professionals with additional training may undertake additional observation using tools to assess the function of the tongue, such as the Hazelbaker Assessment Tool for Lingual Frenulum Function 294.

Sometimes tongue tie may be present without having an impact on the breastfeeding diad, whereby no action is required. It is only when feeding difficulties are combined with the functioning of the infant’s oral anatomy that referral is required.

Conduct a comprehensive family health assessment including a comprehensive assessment of breastfeeding to identify specific needs of the individual infant/family.

Consider offering referral to: Feeding Clinic, Early Parenting Service, LCANZ, GP/MO, Ellen Barron Family Centre.

Provide ongoing support and review of progress through follow up visits.

Factsheet: Tongue tie: information for families

The Royal Women’s Hospital (Victoria) | Tongue tie: Information for families (fact sheet)
Weaning

Weaning may be infant-led, mother-led, mutual weaning, sudden or planned weaning.

All options should be discussed with the mother to allow her to make an informed decision regarding how and when she will wean and care for her breasts. The degree and duration of breast refilling depends on the amount of milk being produced before weaning commences. Ideally all babies should be weaned slowly, this way the breast milk supply decreases slowly and there is time for the infant to adjust to the change. Breastfeeds should gradually be replaced with other milk feeds (depending on the age of the infant) over time, e.g., start dropping the feed the infant is least interested in, then reduce another feed every few days depending on the individual situation.

Some situations may result in a mother weaning suddenly, e.g. maternal illness, medications incompatible with breastfeeding. Breast care is important to minimise discomfort during this time and to reduce the risk of blocked ducts and/or mastitis. Expressing for comfort only until lactation diminishes is the most common way of weaning, however some women with a large milk supply may find additional support by their child health professional or support service is required during this time.

It is important to discuss contraceptive methods with the mother during and after weaning as the contraceptive effect of breastfeeding will cease once weaning begins.

- Refer client to ‘Common Breastfeeding Concerns: When Do I Stop Breastfeeding?’ in the Child Health Information booklet.

Safe use of infant formula

When women are unable to, or have made an informed decision not to breastfeed, providing individual education around the safe use of formula is indicated. It is important to promote a responsive feeding pattern for infants whether breast or formula fed. Inappropriate bottle feeding practices can have implications for the health of the child, for example:

- putting babies to bed with a bottle can impact on a child’s oral health;
- focusing on the amount of formula consumed, rather than the infant’s feeding cues (e.g., no longer interested in sucking, pushing the teat out of the mouth) may disrupt the development of the infant’s appetite regulation;
- chronic use of formula feeding to soothe an unsettled infant may result in overfeeding and impact on appetite regulation which has been linked to increased adiposity and obesity in later life.
Infant formula requirements

Bottle-fed babies should be fed according to need, i.e., fed in response to their hunger cues and the feed stopped in response to cues of satiety. Each infant is different and needs vary from day to day. Refer to the “Is my infant getting enough” section of the Child Health Information booklet if concerned about how much your infant is drinking. As a guide:

- Day 5-3 months: 150ml/kg body weight/ day
- 3 – 6 months: 120ml/kg bodyweight/ day
- 6-12 months: 100ml/kg bodyweight/ day.

It is important that infant formula is made up according to the directions and is not too diluted or over concentrated. It is recommended that infant formula, where possible be reconstituted with fluoridated water. It may take a while to settle into a feeding routine. A young infant may want to be fed as often as every three hours during the day. Feeding time may last 20 to 30 minutes.

Choosing infant formula

There are many different infant formulas available in Australia. Despite being marketed differently, there is minimal difference between the composition of most infant formulae and all must comply with regulations defined by Food Standards Australia New Zealand (FSANZ). Specialised formulae should only be used where there is a diagnosed, indicated use and should be done so in consultation with a dietitian or medical officer.

**Standard infant artificial formula** – labelled ‘suitable from birth’, this is for babies up to 12 months of age. Standard cow’s milk based infant artificial formula is the recommended choice.

**Follow-on infant artificial formula** – labelled ‘suitable only for babies over six months’, this is for babies aged six to 12 months. There is no research to show these preparations are any better than standard artificial formula, and they are not considered nutritionally necessary.

**Thickened artificial formula** – thickened formula is available and often recommended for the treatment of GORD, however, there is inconsistent support and due to the paucity of evidence it is not recommended.

**Premature infant artificial formula** – is specifically designed for the nutritional needs of a premature infant. This is not suitable for healthy term babies.

[www.Raising Children Network](http://raisingchildren.net.au)

Making the formula

Although no identified contamination has been identified in Australia, powdered infant formula is not a sterile product and occasionally infections can occur e.g. Cronobacter sakazadii. If formula is prepared with water at 70°C this will destroy bacteria, however vitamins and nutrients are also lost. In addition there is a greater risk of serious burns. It is therefore recommended to use previously boiled water that has been cooled to body temperature when preparing infant formula.

- Check the expiry date on the can of formula and the date opened – discard after one month of opening.
Encourage hygiene and safety practices. For example:
- washing hands before making up the formula,
- all the bottles, teats and utensils used for bottle feeding are both cleaned and sterilised
- Rinse bottles, teats, screw caps and teat covers well in cold running water immediately after use.
- Wash bottles, teats, screw caps and teat covers thoroughly with hot soapy water, rub teats inside and outside (turning inside out) and then squirt water through holes. Use a bottle/teat brush to assist cleaning.
- Bottles can be sterilised using boiling, steam or chemical methods according to manufacturer’s instructions.
- Encourage families to use the information in the booklet 'Child Health Information: Your guide to the first 12 months', this includes information on sterilising and cleaning equipment.

Care should be taken to ensure formula is made up according to manufacturer’s instructions, including:
- Measure the formula carefully using the scoop from the container
- Level scoops with a knife
- Take care not to mix up scoops from other containers.
- Using the wrong strength of formula (ie too much or too little powder) may harm the infant.

Refrigerate made up milk if not using immediately (store the bottles in the back of the fridge – not the door). Made up formula can be stored in the fridge for 24 hours. Discard any made up formula after 24 hours.

Inform families to only put formula and water in the bottle. Do not add cereal, sugar, cordial or anything else.

How to bottle feed
- Hold infant close when feeding. Do not leave the infant alone to drink the bottle.
- Seat yourself comfortably and hold the infant in your arms while giving the bottle, swap sides that the baby is fed on to reduce the risk of Positional Plagiocephaly.
- If families choose to heat the milk, encourage standing the bottle in a jug of hot water out of reach of children, to bring it to room temperature and then test the temperature before giving it to the infant. Dropping a small amount onto the inside of their wrist to check the temperature is a common practice to test the temperature.
- Microwave heating is not recommended as the bottle can feel cool on the outside but be hot in the middle causing scalding.
- Check the bottle flow – when bottle is upside down, the milk should drop at a steady flow from the teat. Sometimes the teat gets clogged when a powdered formula is used. Check teats often.
- Hold the bottle tilted with neck and teat filled with formula to prevent the infant from swallowing air. Even when fed properly, an infant swallows some air. Encourage giving the infant an opportunity to burp to help them to get rid of the air if necessary. If the infant is feeding happily, don’t stop until they are ready, then hold the infant upright over your shoulder or upright on your lap with your hand supporting their head under the chin.
- Let the infant decide when they have finished. The amount taken will vary from feed to feed. Most feeds take around 30 minutes. Watch for signs that your infant has had enough, i.e., lack of interest in the feed, easily distracted, stops sucking, pushes the teat out of the mouth, turns the head away).
- Throw out any leftover milk.
Introduction of solid foods

- How and when families introduce foods to their infants will be influenced by a range of issues including culture and interest level of the child. Encouraging a range of nutritious food options and flavours establishes an infant’s sense of taste and an acceptance of variety, instilling habits that can inform lifelong healthy eating patterns 41.

- Parents should be advised to introduce solids to their infant from around 6 months according to their infant’s developmental signs of readiness, including:
  - The infant’s head and neck control has developed enough that he/she is able to sit with support
  - Infants explores toys and other objects by putting them in his/her mouth
  - Infant watches with interest when others are eating
  - Seems hungry between milk feeds 102.
  - Delaying the introduction of solids beyond around 6 months may increase the risk of developing allergies 41.
  - First foods should be high in iron and zinc as infant stores are believed to be declining at this time 41.
  - Foods can be introduced at a rate that suits the infant progressing from pureed to lumpy to normal textures during the 6-12 month period 41.
  - By twelve months of age infants should be enjoying a variety of nutritious family foods in addition to breastmilk where possible 41.
  - Sweetened fluids, e.g. juice are not recommended and are associated with increased dental caries
  - Encourage a cup from 6 months of milk / water
  - Avoid nutrient poor foods with high levels of fat, sugar, salt. 41

- Foods to avoid
  - whole nuts or similar hard foods under three years to reduce the risk of choking
  - honey
  - unmodified milk
  - low fat or reduced fat milk products are not recommended for infants
  - teas, herbal teas, coffee, sugar sweetened drinks.

Referral

A health care professional may refer an infant for further assessment when:
- sucking and swallowing incoordination
- weak suck / poor latch despite support
- uncoordinated tongue movements
- breathing disruptions or apnoea during feeding
- excessive gagging or recurrent coughing during feeds
- new onset of feeding difficulty
- diagnosis of disorders associated with dysphagia
- weight loss, weight faltering or lack of weight gain (see weight section)
- severe irritability or behaviour problems during feeds
- history of recurrent pneumonia and feeding difficulty
- concern for possible aspiration during feeds
- lethargy or decreased arousal during feeds
- prolonged feeding periods
unexplained food refusal
- delay in feeding developmental milestones
- children with craniofacial anomalies

Further specialised assessment should be made as early as possible when difficulties or risks are identified to reduce parent stress, reduce the chance of exacerbating difficulties due to negative experiences and to reduce long term negative effects such as: poor weight gain.41,58,92.

Raising Children Network  |  http://raisingchildren.net.au

Refer to the Pathways to Rural and Remote Orientation and Training

Health concerns

Colic
- Colic is a clinical term used when an infant cries excessively and persistently:
  - for more than three hours/day,
  - for at least three days per week,
  - for more than three weeks
  usually in the first three months, in an otherwise well infant.
- Whilst the aetiology is elusive, a common thought is that it is associated with an accumulation of gastrointestinal gas with varying behavioural and biological factors influencing the symptoms.24,103.
- All infants with excessive crying should have a complete medical assessment to rule out underlying medical conditions including: cow’s milk allergy (see page 162), pyloric stenosis, otitis media, inguinal hernia, and intussusception.24,104.
- When an organic cause (including cow’s milk allergy) has been excluded, behavioural management is recommended to help the parents manage the infant’s crying. Whilst there are numerous suggested remedies/treatments for infant colic, there are none that assure infant safety and a current, strong evidence base.103,105.
- Emerging research is drawing possible links between colic and low numbers of, and less diversity in, the intestinal microbiota.106. There are hopeful results being identified with the use of oral pre and probiotics with a systematic review recommending a large scale randomized trial.105 and The Cochrane Collaboration publishing a protocol for such a trial.103.
- Other strategies that have been found to be safe, such as, infant massage, use of Simethicone, modified infant-parent interactions; despite having no rigorous evidence base proving the relief of colic.104.

Management
- Conduct a comprehensive family health assessment to identify specific needs of the individual infant/family, this should include assessment of infant feeding and sleep patterns and discussion regarding parent/carer skills and knowledge about settling strategies.

Full examination should include observation for non-accidental injury, e.g. bruises, petechiae due to the high rate of parental stress often associated with ‘colic’ and the increased rate of Shaken Baby Syndrome in relation to peak infant crying.104,107.
Additional parental support may be required due to the ongoing stressors of parenting an unsettled infant. This may include:
- All hours support services and phone numbers as per PHR, e.g. Parent Hotline, I3HEALTH
- Safety plan (see page 177)
- Self-care promotion
- Attend parenting groups.

Additional breast feeding support may be required with supporting the Mother to continue to breast feed during the infant’s unsettled periods.

Monitor emotional health of parents. Use EPDS / DASS / Attachment Assessment Tools when indicated.

Consider offering referral to: GP, Feeding Clinic, Early Parenting Service or Ellen Barron Family Centre.

Provide ongoing support and review of progress through follow up visits.

Gastro oesophageal reflux

Vomiting and regurgitation of gastric contents into the oesophagus in infants (GOR) is a normal physiological process which self resolves usually during the first year of life of life. Some infants may be reported to be a ‘happy spitter’ with simple, recurrent ‘spills’ and most infants will have no relationship between GOR and disease – GORD (see below). Often the amount posseted appears to be large and is worrying for the parents. As long as the infant is continuing to gain weight and is contented, it is of no concern. Parents may be advised re:
- Use of bibs
- Continue to sleep the infant on his back
- Observe infant through regular health surveillance.

Vomiting may be a symptom of illness and if associated with fever, diarrhoea, pain, lethargy or poor feeding, the infant should be referred to a medical officer for assessment. Other causes of vomiting include: pyloric stenosis and bowel obstruction.

Pyloric Stenosis is an acute outlet obstruction of the stomach usually developing between two to five weeks of age, characterised by projectile non-bilious vomiting, dehydration and constant hunger. On palpation an olive-shaped mass is readily palpable just right of the umbilical. This condition requires immediate medical intervention.

Gastro oesophageal reflux disease

Gastro oesophageal reflux disease (GORD) occurs when GOR causes complications such as: Oesphagitis, weight faltering, aspiration, respiratory symptoms including apnoea.

Symptoms include infant irritability, excessive crying with arching of the back and neck extension, vomiting, haematemesis.

Conduct a comprehensive family health assessment to identify specific needs of the individual infant / family, this should include:
- Assessment of infant growth and development
- Full feeding assessment (exclude a cracked and bleeding nipple if haematemesis has been reported)
- Additional breast feeding support may be required with supporting the Mother to continue to breast feed during the infant’s unsettled periods. Whilst there is no evidence, avoiding over feeding may be helpful.
Additional support may be required around bottle feeding for example:
- Avoid aerophagia (swallowing of excessive air) by keeping bottle horizontal, appropriate teat
- Avoid overfeeding
- Avoid change of formula unless recommended by MO.

Whilst there is no evidence, keeping the baby upright during and immediately after a feed may be helpful.

Discussion with family about infant cues relating to feeding and tiredness.

Full examination should include observation for non-accidental injury and Shaken Baby Syndrome, e.g., bruises, petechiae due to the high rates of parental stress often associated with peak infant crying.

Provide additional parental support due to the ongoing stressors of parenting an unsettled infant. This may include:
- All hours support services and phone numbers as per PHR, e.g. Parent Hotline, I3HEALTH
- Safety plan (see page 177)
- Self-care promotion
- Attend parenting groups
- Monitor emotional health of parents
- Parents may need to work through range of psychological tasks in relation to their parenting experience and expectations.
- Observe parent-infant interaction and emotional health
- Use EPDS / DASS / Attachment Assessment Tools

If symptoms of GORD are present the health care professional should refer the infant for a medical review within 1 week.

Medical officers may consider the following:
- Differential diagnosis: Normal infant crying (see page 113), colic, cow’s milk allergy (see page 162)
- Other medical conditions, e.g. infection, pyloric stenosis, intussusception.
- Conservative management may be suggested when infant is thriving, this may include positional measures, e.g. use prone position after a feed when awake; avoid overfeeding.
- Further investigations may be ordered, e.g. Ph study.
- Medication: Proton pump inhibitors (PPI) e.g., Omeprazole or histamine-2 receptor antagonists, e.g., Ranitidine. PPIs are considered the superior of the two, however guidelines caution against the overuse of medication in infants. Antacid suspensions can lead to excessive ingestion of aluminium.
- Thickening of infant feeds: there is inconsistent support for the thickening of feeds for the treatment of GORD, however due to the paucity of evidence it is not recommended.

Provide ongoing support and review of progress through follow up visits.

Inform families of specific support groups, e.g. Reflux Infants Support Association (RISA)

Reflux Infants Support Association (RISA) | www.reflux.org.au
Raising Children Network | http://raisingchildren.net.au

Refer to Primary Clinical Care Manual
Topics: pyloric stenosis, intussusception, acute gastroenteritis and dehydration
ONE TO FIVE YEARS

One to five years represents a period of incredible human development. Children in the one to three year age group experience significant progress in locomotion and communication. They learn to walk, talk and how to say ‘no’ as they also begin developing independence. Many children start to spend increasing amounts of time in environments outside the home such as child care, kindergartens and other settings. From three to five years, children’s biological, psychosocial and cognitive development progress enough for them to move to an even greater degree of independence as they enter into schooling with long periods of separation from their home environment.

The role of the child health professional is to continue to work in partnership with parents and families and in addition, work alongside staff in early childhood and education settings with evolving issues affecting child health and wellbeing.

Well child health checks

Contact visits between families and child health professionals are recommended as part of the minimum standards for conducting evidence-based early detection. Surveillance focuses on individual children and includes gathering information from screening tests, physical examinations and discussions with parents and other caregivers.

The visits recommended from one – five years are:

<table>
<thead>
<tr>
<th>Age</th>
<th>Type of contact</th>
<th>Healthcare professional</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ years</td>
<td>Health check</td>
<td>Doctor or child health nurse</td>
</tr>
<tr>
<td>2 ½ - 3 ½ years</td>
<td>Health check</td>
<td>Doctor or child health professional*</td>
</tr>
<tr>
<td>4 - 5 years</td>
<td>Health check</td>
<td>Doctor or child health professional*</td>
</tr>
</tbody>
</table>

Note: Check immunisation against NIPS at each visit

* The Aboriginal and Torres Strait Islander Child and Youth Health Worker may undertake the health checks as delegated by the RN or Doctor.

* Healthy Kids Check at GP is available for children over 3 and under 5 years and is often completed in association with a GP visit for immunisation.

Department of Health | www.health.gov.au

Refer to Chronic Conditions Manual

■ Some child health services may provide school entry screening to the whole of the Preparatory Year students and/or Year One students. Other services use more targeted approaches which provide screening following an initial assessment process (e.g. parental questionnaire for hearing). This assessment process will identify sub groups of children at greater risk of hearing difficulties and thus indicate where targeted screening is most needed. Parental concerns regarding children may also be addressed within this targeted process.

■ For staff working in school settings work in partnership with DETE, parochial and/or independent schools, should follow agreed protocols for entry to the school, including preparation ahead of time and for screening activities. For further information, see page 182.
Other health checks

As part of the ‘Chronic Conditions Manual’ population screening through health checks are offered to all children when they present at primary health care centres in rural and remote areas. These health checks form the early detection component of the chronic disease strategy to identify risk factors and early markers which lead to the development of chronic diseases.\(^{141}\)

Refer to [Chronic Conditions Manual](#)

Parents may wish to access additional services to complement well child health checks, such as:

- self-weigh facilities (e.g. at child health clinics)
- information on the world wide web
- telephone support
- information and support groups – child health clinic and parent groups e.g. Young Parents Program, Triple P Parenting; playgroups, ABA\(^{1}\).

As well as working with child and their parent/s, marketing positive health messages to the whole family and the wider community strengthens support for parents and can positively impact on the health of a child.\(^{1}\)

Engaging families

Family structures are varied including:

- Extended families e.g. grandparents, aunts, Elders
- Foster families
- Single parent, step and blended families
- Gay, lesbian, bisexual and transgender parents\(^{25}\).

It is important for child health professionals to recognise each member of the family and acknowledge the significance of their role in the child’s life. For example, research shows the importance of recognising a fathers’ unique contribution to a child’s development and the family system as a whole.\(^{26}\)

Family members are encouraged to attend appointments with the child and attendance at group based parenting programs is also recommended e.g. Triple P. Parenting groups have been found to result in positive outcomes for parents / carers with less depression, anxiety, stress, anger, guilt and more confidence and partner satisfaction reported in short term.\(^{61}\).


[Strong Fathers Strong Families Program](#), [Growing Strong Resources](#)

[Raising Children Network](#) | [http://raisingchildren.net.au/](http://raisingchildren.net.au/)

Videos and fact sheets on a variety of topics including Parenting in pictures, Positive parenting, Families that work well, Sole parenting, Becoming a dad, Being a grandparent, Being a grandparent carer, Teenage parents, Parenting in a same-sex relationship and Step-parents.
Family health assessment and monitoring

The health of the family, in particular a parent / primary care giver and their ability to fulfil the role of ‘parent’ is crucial in optimising child development. Nurturing a child in the early years has a decisive and long-lasting impact on how children develop, their capacity to learn, their behaviour and ability to regulate their emotions, and their risks for disease in later life.

- While there is no universal standard of what ‘good’ parenting is, there are characteristics that appear to enrich the parenting role such as:
  - An ability to parent in a sensitive and responsive way
  - Knowledge of the basic needs of a child (both physically and emotionally) and the ability to be available and provide for those needs
  - An ability to prioritise their child’s needs over their own e.g. a child’s safety and protection
  - The ability to be consistent yet flexible when necessary, in response to the changing demands within family life.
- Social circumstances and family functioning also impact on the health outcomes of children. Populations that are associated with higher rates of child morbidity and mortality in Australia include:
  - Aboriginal and Torres Strait Islander
  - CALD backgrounds
  - Families with low incomes; unstable housing
  - Family make up e.g. Single parents, parents with multiple re-partnering experiences, step families, blended families
  - Children living in non-parental or out-of-home care environments
  - Low parental education levels often when other factors are present e.g. financial stress, ethnicity
  - Families with chronic illnesses and/or disability.

- A complete family health assessment is commenced the first time a family visits a child health professional. The full family assessment may take a number of visits to complete. Once this is complete updates can be made to the assessment or the complete assessment should be redone at the discretion of the child health care professional (Refer to your local guidelines).

- Family health assessment is about:
  - identifying bio-psychosocial risk factors relating to the health and wellbeing of the child
  - engaging with the family using a partnership approach to develop a therapeutic relationship followed by a strength based approach to build parent capacities and skills
  - formulating an individualised care plan with the family according to their level of need.

When risk factors are identified additional care may be required.

- See ‘Responding to need’, page 158.
- See ‘How to do a family health assessment’, page 29.
- See appendix 3 for a sample of a family health assessment.

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_A guide for child health nurses and other child health clinicians_ 25


Nursing - AIDET and SBAR toolkit | http://qheps.health.gov.au
Child health assessment

Physical assessment

- Any contact with a child gives the child health professional an opportunity to gain valuable information about their developmental progress and health status. The child can be observed when:
  - speaking or interacting
  - at play
  - conducting routine health screening and surveillance in different settings.

- A physical assessment is conducted and combined with history taking and interviewing to enable the health professional to develop a holistic view of the individual health status of a child. The extent of examination varies depending on the circumstances of each health contact. Follow on physical assessments are undertaken by the child health professional as per the well child checks and at other contacts at the discretion of the child health care professional.

- Ensure that universal hearing screens have been completed in the child’s first year and if any follow up is required.

- Vision screening in children 18 months to 5 years aims to detect visual problems early and intervene to improve overall eyesight. Common visual disorders in children include:
  - Amblyopia or ‘lazy’ eye (1.4 – 3.6%)
  - Strabismus or ‘cross-eyed’ (0.3 – 7.3%)
  - Refractive error – short or far sightedness or astigmatism (1 – 14.7%) 112.

- School entry vision assessment requires the selection of the most sophisticated method of testing that the child can accurately perform. Non-vision health professionals should be trained to complete visual screening and refer to an Optometrist or Medical Officer if any concerns are identified.

- See ‘Practice tips: Conducting visual screening’ on page 83.
### Physical assessment specifics (one to five years)

<table>
<thead>
<tr>
<th>Age</th>
<th>Physical characteristics</th>
</tr>
</thead>
</table>
| 1.5 years    | - Physical growth slows during toddlerhood.  
- Growth predominately occurs in the limbs with an average length increase of 7.5 cm/year.  
- The head circumference usually increases by 2.5 cm in the second year of life.  
- The anterior fontanelle closing between 12 – 18 months.  
- Complete a visual screen including fixation on an object, red eye reflex and corneal light reflex.  
- Aboriginal and Torres Strait Islander children: Complete hearing screen: Otoscopy and Tympanometry |
| 2.5 to 3.5 years | - Usually the birth weight has quadrupled by the second birthday.  
- In general the child’s adult height will be about twice the height they are at two years old. The head circumference usually increases by 2.5 cm in the second year of life and then the rate slows to approximately 1.25cm/year up to 5 years.  
- Calculate a BMI (see page 91).  
- Complete a visual screen including a near cover test.  
- Aboriginal and Torres Strait Islander children: Complete hearing screen: Otoscopy and Tympanometry |
| 4 to 5 years | - Growth on average: length increase of 7.5 cm/year, head circumference increases approximately 1.25cm/year up to 5 years.  
- Complete a visual screen including a near cover test (see below)  
- Vision acuity screen  
- Hearing and ear health screen  
- Immunisation – is the child immunised as per recommendations? |
Practice tips: Completing a vision screening

- Ask the parent if they have any concerns about their child’s vision or how their eyes look e.g. in photographs particularly when a flash is used.
- Children with glasses should be tested as some children may not be wearing correct glasses. It is important for parents to be aware of the need for follow-up with their eye specialist.
- **Fixation and following objects**, see page 39.
- **Red eye reflex**, see page 39.
- **Corneal light reflex**, see page 39.

**Cover test**
- Near cover test – vision tested to approximately 30cm
- Far cover test – vision tested to 6 metres
- The cover for the eye not being tested can be a simple piece of card or an occluder.
- The far cover test is completed first and then the near cover test.
- Ask the child to look at an object whilst keeping their eyes still e.g. toy, finger puppet.

Do not use a lit torch as the child may be required to focus on the object for a good length of time – a light shining in their eyes may be uncomfortable.

- Cover one eye and then test the other eye by moving the object in a smooth pendulum like manner. Smooth and slow movements allow the eye time to adjust.
- Repeat the process until satisfied the test has been performed adequately.
- Any involuntary corrective movement of the eye could indicate a squint.
- Some children may have difficulty keeping their eyes focussed on the object due to age.
- Document findings such as:
  - Record any unequal movement of eyes according to the direction of movement:
    - Outwards movement to take up fixation = convergent squint
    - Inwards movement to take up fixation = divergent squint.
- Refer to optometrist / GP when any abnormalities are detected according to local processes.

**Visual acuity screen (4-5 years)**
- Full size charts should be at a distance of six meters
- Tools that may be used for vision testing include:
  - Linear STYCAR 5 letter chart with key-card for preparatory year students
  - Linear STYCAR 7 letter chart with/without key-card for year one students
- Establish a routine of testing the right eye first as the results of the right eye are usually recorded first.
- Children do not have to be literate to have their vision assessed with Linear Staycar 5 vision chart and keycard. Reassure parents that this is a ‘matching game’ and not unlike asking a child to match a square or circle when asked.
- At close distance, ask the child to point to the same ‘shape’ on their keycard that the assessor is pointing to on their card. When the child is able to match a number of ‘shapes’ correctly then the assessor can commence assessment at the six metre distance.
○ An well fitting eye patch may be used to occlude the eye not being tested.
○ Point clearly to letters being tested (e.g. use a red coloured pencil/pen or pointer). Make sure not to obliterate any part of a letter. If child is uncertain as to which letter requires a response, circle the letter with the pointer.
○ When using the Linear STYCAR chart begin testing above the 6/9 (normal vision) line of the chart (e.g., start at 6/36) and quickly move down the chart. It is not necessary for them to read the whole chart but the whole of the lowest line reached must be tested. Do not jump along a line being tested, but proceed along the line either forwards or backwards. Allow child adequate time to respond. Allow two attempts at any one failure.
○ Observe child’s behaviour during testing (e.g. holding head forward, frowning, blinking, and turning head to side and/or attempting to look over occlusive eye cover). This may indicate that they are experiencing difficulty reading the letters on the chart. If child actively resists the covering of one eye, the uncovered eye may have a vision defect. In such cases, cover the other eye first and repeat procedure.
○ At no time is a child to be forced to cooperate.
○ Document which eye chart has been used and the reading using a fraction format.
    ▶ The first figure (numerator) being the distance and the second figure (denominator) being the lowest line read successfully. e.g. normal vision = 6/6.
    ▶ Acceptable visual acuity for the 4-6 year old child is 6/9.
    ▶ Acceptable visual acuity for the child younger than four years is 6/12.
○ Cleaning and infection control measures are used between children.

Referral

■ Refer any abnormalities detected to Optometrist/GP/Medical Officer, this will include:
  ○ if any clinical concerns
  ○ less than acceptable visual acuity for age i.e. visual acuity of 6/12 or worse in either eye
  ○ unequal visual acuity is outside normal parameters if there is a difference of one line or more between the eyes.

For young children do not test single letters on a bland background because you may miss some amblyopes. Instead test single letters in a line of letters or single letters with confusion bars. The crowding phenomenon (caused by the so-called abnormal contour interaction of amblyopic eyes) refers to the behaviour of amblyopic eyes – they will easily distinguish a single letter on a bland background but the true acuity of the eye is discovered when the child tries to read a single letter in a line of letters or a single letter surrounded by confusion bars.
A Registered Nurse or an appropriately trained Health Worker / Practitioner may undertake an ear and hearing health screen for children less than four (4) years of age by Otoscopy and tympanometry.

All equipment should be handled with care and maintained according to the manufacturer’s instructions, this may include regular calibration.

Maintain strict infection control recommendations to reduce contamination and spread of disease.

Do not proceed with ear health and hearing screening if there is ear pain, notable discharge or the skin is broken or inflamed. These children are referred to MO/GP/Nurse Practitioner or refer to the Primary Clinical Care Manual.

Hearing screening aims to identify those children most likely to have hearing loss that may interfere with their speech and language, education, health and development. Screening is aimed at detecting previously undiagnosed unilateral, bilateral and progressive hearing loss whether sensorineural, conductive or mixed in nature. Hearing loss may be temporary or permanent e.g. fluctuating conductive hearing loss.

Ask the parent if they have any concerns about their child’s hearing, ear health, speech and language development and developmental/academic progress.

Determine if the child requires otoscopy and/or tympanometry and/or audiometry according to recommendations and clinical judgement. Recommendations are as follows:

**Hearing and ear health screening recommendations between 1 – 5 years**

<table>
<thead>
<tr>
<th>Age*</th>
<th>Questions to ask</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 months, 18 months, 2 years, 3 years</td>
<td></td>
<td>Otoscopy Tympanometry</td>
</tr>
<tr>
<td></td>
<td>■ Has your child been free of ear infections or discharge?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>■ Are you happy about your child’s ears and hearing?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>■ Are you happy with your child’s speech and language development?</td>
<td></td>
</tr>
<tr>
<td>4 years, 5 years</td>
<td></td>
<td>Otoscopy Tympanometry Audiometry</td>
</tr>
<tr>
<td></td>
<td>■ Has your child been free of ear infections or discharge?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>■ Are you happy about your child’s ears and hearing?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>■ Are you happy with your child’s speech and language development?</td>
<td></td>
</tr>
</tbody>
</table>

* Refer to other sections for recommendations less than 12 months (page 40) and over 5 years (page 186).

- A hearing screen for the child with grommets should be within normal limits.
- Encourage and acknowledge the child’s efforts during the procedures in an age-appropriate manner.
- Always start with the right ear as a point of reference.
Visually observe and gently palpate the area around the ear, i.e. area over the mastoid bone behind the ear, under and around the front of the ear for swelling, inflammation or tenderness.

If using screening audiometry with otoscopy and tympanometry then the sequencing of tests will be:
- otoscopy
- tympanometry
- audiometry.

**Otoscopy**

- The otoscopy assessment is used to check for obvious signs of ear disease.

- Three parts of the ear can be checked with an otoscope:
  - pinna – check for swelling, inflammation and/or discharge;
  - ear canal – check for inflammation, discharge, wax, fungal infections, colour and/or foreign body;
  - tympanic membrane (eardrum).

- When checking the tympanic membrane observe the following:
  - colour (normal is transparent and shiny),
  - landmarks, i.e. a reflection or ‘cone of light’ can be seen at 5 o’clock in the right ear and 7 o’clock in the left ear; other reflections may indicate bulging of the membrane.
  - the handle of malleus can be seen at 1 o’clock in the right ear and 11 o’clock in the left ear.
  - perforation or grommets may also be observed.

Do not proceed with ear health and hearing screening if there is ear pain, notable discharge or the skin is broken or inflamed. These children are referred to MO/GP/Nurse Practitioner or refer to the *Primary Clinical Care Manual*.

Position yourself in a comfortable position at the level of the child’s ear and ask the child to hold their head still. For an infant, it may be suitable for them to be on their parent/care-givers lap in a gentle brace with the child’s head against their chest.

The examiner will use their fingers against the child’s head to anchor the otoscope if the child suddenly moves.

Follow procedure and document findings, e.g. Otoscopy: eardrums intact and free of bulging; ear canals clean and free of debris.

Ensure the child is placed onto a follow up and recall hearing register.

**Referral / follow up**

- Refer to *Chronic Conditions Manual*

- Refer children to GP/MO/Nurse Practitioner

- This may include:
  - ear pain
  - ear discharge
abnormal otoscopy findings, i.e. structural defect of the ear, wax occlusion of the ear canal, inflamed ear tissue, tympanic membrane is bulging or perforated, appearance of fluid or pus behind the tympanic membrane

Clinician is concerned about hearing or ear health

- If referral is necessary, review in 3 months.
- When there is a history of otitis media and the screening results are within normal ranges a 6 month follow up screen is recommended
- If there are no concerns or referral place the child on a recall register and schedule the next appointment according to screening recommendations (as above).

**Tympanometry**

- Tympanometry is a measurement of middle ear function. It is not a test for hearing impairment.

Do not proceed with ear health and hearing screening if there is ear pain, notable discharge or the skin is broken or inflamed. These children are referred to MO/GP/Nurse Practitioner or refer to the *Primary Clinical Care Manual*.

- The tympanometer creates a graph – a tympanogram which should be saved, printed and stored according to local HHS protocols.

- Tympanometry measures movement of the tympanic membrane in response to pressure changes in the external ear canal, as follows:

  - **Type A normal peak**
    - Ear canal volume (ECV) = 1 (0.2 to 2.0 is normal)
    - Middle ear movement (compliance) = 0.9
      (0.2 to 1.4 is normal)
    - Middle ear pressure = 0 (-150 to +100 is normal)

  - **Type B**
    - No middle ear movement
    - No middle ear pressure
    - Possible causes:
      - Usually Otitis Media
      - Badly scarred eardrum
      - Eardrum perforation (hole)
      - Grommet
      - Ear canal blockage

  - **Type C peak to left**
    - Normal ear canal volume
    - Normal middle ear movement
    - Negative middle ear pressure
    - Possible causes:
      - Eustachian tube not working properly
      - URTI
      - Fluid moving into middle ear
If a leak or blockage occurs during the tympanometry, try a different sized probe tip, cleaning the probe tip or repositioning it in the ear canal.

Document results in the clinical record under the classifications of type A, B or C.

**Referral / follow up**

Refer to *Chronic Conditions Manual*

Refer children to GP/MO/Nurse Practitioner

This may include:
- ear pain
- ear discharge
- Tympanogram results Type B or Type C – excepting when Tympanometry is followed by Audometry - see Referral and follow up section following Audometry.
- Clinician is concerned about hearing or ear health

If referral is necessary, review in 3 months.

If there is a history of otitis media, review in 6 months.

If there are no concerns or referral, place the child on a recall register and schedule the next appointment according to screening recommendations (as above).

**Audiometry**

- Audiometry measures the ability of the ear to detect sound by the pitch, measured in hertz (Hz) and loudness, measured in decibels (dB). It involves a simple, quick test to identify those children 'at risk' of hearing problems requiring further assessment.

- It is essential that testing occurs in a quiet room.

- Explain the procedure to the child and agree on an appropriate response for the developmental level of the child, e.g., pushing a response button, raising their hand, placing a coin in a container (in response to hearing the sound).

- Play tone and demonstrate the procedure to the child, i.e. “now I want you to listen to some soft sounds. I will place the earphones over your ears. When you hear the noise/beep…”

- Repeat demonstration to child at softer volumes, e.g. “Your turn now... Listen for the sound... Push the button.”

- When child can demonstrate an understanding of the procedure – perform testing.

- Not all children can or will cooperate with the procedure. If unsuccessful after further demonstration, refer the child for further assessment. Local service policies and procedures will determine available options.

- Ensure the child is comfortable, e.g. remove firm headbands, take care with earrings and adjust headphones as needed.

- Seat the child so that they cannot see the displays on the audiometer but the tester can observe child for responses and visual cues.

- Advise the child that sounds will get softer and softer.

- Remember to place the ear muffs over the correct ear and test one ear at a time, i.e. Red = Right Ear (always first) then, Blue = Left Ear.
Ensure sounds are presented at irregular intervals so that the child is not anticipating the sounds.

Set the audiometer to 4000Hz and 50dB.

If the child responds to hearing the sound at 50dB, then reduce to 35dB and repeat, then if heard, reduce to 25dB and repeat.

Record the result that the child responds to twice at the lowest perceived measurement (dB).

Where child has failed to respond to a particular level of frequency, increase the intensity in 5 dB stages (do not going above 80dB) until two responses are obtained and record results accordingly.

Repeat the procedure for 2000Hz and 1000Hz.

Do the same for the other ear.

To pass the child needs to respond twice at 25dB at 1000Hz, 2000Hz and 4000Hz in both ears.

Discussion regarding a fail audiometry with parents will be centred around follow-up and possible referral for further investigation, rather than a finding of a hearing impairment as this may be a temporary condition and a hearing impairment cannot be determined by a screening test alone'.

Referral / follow up

If there are no concerns and screening tests normal / pass, place the child on a recall register and schedule the next appointment according to screening recommendations (as above).

When a scheduled screen results in:

- Tympanogram: Type B or C and Audiometry: fail
- Follow up at 3 months.

When a follow up screen results in:

- Tympanogram: Type A in both ears and Audiometry: pass
- Follow up in 6 months.

When there is a history of otitis media and the screening results are within normal ranges,

- Follow up in 6 months.

Refer children to GP/MO/nurse practitioner/audiologist when:

- findings at a three month follow-up screen results in Tympanogram: Type B or C and audiometry: fail
- there is ear pain or discharge
- Audiometry: > 40 dB at any frequency in either ear
- any child in whom a satisfactory testing has not been obtained or where doubt exists as to the validity of the results obtained or the clinician is concerned.

Refer to Chronic Conditions Manual
Growth monitoring

Growth during childhood is an important indicator of nutritional and health status and remains the best method of assessment at the primary care level. Weight gain and increase in size of the child occurs as body systems mature. Physical growth is best assessed by measuring weight, length or height and head circumference and comparing these measures with a growth reference.

Accuracy is crucial in obtaining all physical measurements. There are three components of accurate measuring:

- technique that is standardised
- equipment that is calibrated and accurate
- measurers that are trained so they are accurate and reliable.

In addition:

- ensure scales and stadiometers are regularly calibrated to manufacturer’s instructions and checked each day of use
- use the same scales whenever possible
- follow manufacturer’s instructions on transportation of portable scales.

Growth charts

- Growth charts are used as a reference to critically analyse growth measurements of weight, length or height and head circumference by comparing these against recommended populations. WHO charts are recommended up to two years of age, followed by the use of the CDC growth charts.

- Regular and consistent growth monitoring enables the health professional to critically analyse the pattern or trend of growth when plotted on a growth chart by observing the shape of the curve and compare it to percentile curve. Factors that influence a child’s growth can include gender, genetics, health, environmental facts, e.g. nutrition.

- Children who are not following the shape of the curve over a number of readings or are above the 95th centile or below the 10th centile are referred for further assessment according to recognised referral guidelines.

- Health professionals may need to ensure parents understand the importance of the pattern of growth following a trajectory along the percentiles more so than the position on the percentile charts.

Allowance for gestational age

- Allowance for gestational age for growth and development is made for children born premature. Children born less than 37 weeks gestation only have their age corrected up until one year, however for children born prior to the 32nd completed week of pregnancy, their age should be corrected up until two years. Correction beyond two years may be required as directed by a tertiary specialist.

- An example of allowing for gestation age: If a child born at 30 weeks gestation visits the Child Health Centre at 18 months of age, the weight will be plotted at the age of 15.5 months.

See page 160 for more information on prematurity.

Centre for Disease and Prevention  |  www.cdc.gov
The Royal Children’s Hospital, Melbourne  |  www.rch.org.au
Top 10 things you need to know about growth charts  www.rch.org.au/childgrowth/about_child_growth/Top_10_things_you_need_to_know_about_growth_charts/
Weight

- Weight (or mass) is an overall measure of body size and is of interest because it indicates changing health status and growth and development. Knowing the weight of an individual also enables the calculation of the Body Mass Index (BMI)\(^5\).\(^9\)

- Weighing activities of an child is valued by parents and often an incentive for visiting a health professional. This raises an opportunity for other concerns to be raised and anticipatory guidance to be offered\(^1\).

- Families should be given accurate information about their child’s growth and informed when there are any concerns regarding poor growth or high rates of growth. This is particularly important with rising rates of obesity in children and teens in Australia and in high risk groups such as Aboriginal and Torres Strait Islander families who have a higher prevalence of:
  - small for gestational age,
  - obesity,
  - early onset type 2 diabetes and
  - other chronic diseases\(^1\),\(^8\),\(^4\).

Length/height

- Changes in the height of an individual over a period of 3-12 months (height velocity) reflect changes in the nutritional and health status of that individual. Height is important in the calculation of BMI\(^2\),\(^4\)

- Length is measured in the recumbent (lying) position as this is the correct linear measurement for children younger than 2 years of age or children aged 2 – 3 years who cannot stand unassisted.

- A calibrated length board is recommended for length measures and it must have:
  - a fixed headpiece
  - a moveable foot-piece, perpendicular to the surface that the length board is on.

- Height measurement requires a vertical metric rule, a horizontal headboard and a non-compressible flat, even surface, on which the subject stands. A rigid stadiometer is best (portable measures are available for situations where the screener moves from site to site; while well-calibrated wall mounted stadiometers are ideal for centre-based screening).

- The graduations on the metric rule should be at 0.1 cm intervals and have the capacity to measure up to at least 210cm. Measurement graduations need to be easily readable.

Head circumference

- Head measurement should be undertaken at universal child health checks. A routine measurement of head circumference is intended to aid the detection of two groups of disorders: those characterised by a large head (macrocephaly) and those indicated by a small head (microcephaly). These conditions cannot be diagnosed by measurement of the head circumference alone. A head circumference above the 97th percentile or below the 3rd percentile at any stage is an indication for more detailed assessment. In the primary care setting the child is referred to the General Practitioner\(^5\),\(^8\).

Body Mass Index (BMI)

- BMI is a useful screening tool to identify when a child is underweight, overweight or obese.

- It is recommended that the BMI is plotted from 2 years of age on CDC growth charts.

- An elevated BMI in childhood is associated with obesity in adulthood.

- CDC BMI charts classify overweight as being between 85 – 95th percentile and obese the 95th or above
Referral for concerns around body measurements

When a child health professional is concerned about a child’s body measurements a referral to a GP/MO is advised. This includes:

- any sudden deviation in weight, where the weight has crossed two percentiles
- Weight below the 10th percentile or greater than the 90th percentile
- weight differs by two centile lines or greater compared to the length.

Refer to Chronic Conditions Manual

Refer to the Pathways to Rural and Remote Orientation and Training

Developmental assessment

See Practice tip: Conducting a developmental assessment, page 51.

Development refers to the increased ability of the body to function within the environment and can be categorised into a number of domains, for example:

- physical development – gross motor and fine motor skills
- socio-emotional and cognitive development
- language and literacy

Gathering information from the child’s parent/carer reliably informs the clinician about the child’s development.

Developmental assessment of any child must have a holistic focus. This means that the domains of development are considered in an ecological framework that considers the physical, social, emotional and environmental factors involved and informs the development of a care plan linked to the child’s needs and risk factors.

Whilst development proceeds at different rates in different individuals, most children reach sub-stages of their developmental growth in a similar order. A child may be considered to have a developmental delay when they have not met a particular milestone by a particular time and when there is delay in meeting all of their milestones at a health check they are considered to have global developmental delay. These symptoms may be related to underlying health issues and the child health professional will refer the child for further assessment to a MO / GP.

Early and accurate identification of children with developmental delays or disorders allows early intervention. Early intervention has been shown to result in improved developmental, educational and social outcomes with the earlier the intervention taking place the better these outcomes.

Physical development

Children can be observed for the following patterns of gross motor development during the one – five year period. Referral will be made by the child health professional to the GP/MO with any emerging/obvious delays.
<table>
<thead>
<tr>
<th>Age</th>
<th>Typical developmental pattern</th>
<th>Signs for referral</th>
</tr>
</thead>
</table>
| 12 months | Postural control and stability develops with pre-walking activities e.g., stands well with support / walks around furniture | Unable to crawl
Not pulling to stand and standing holding onto furniture items |
| 18 months | Characteristic gait - arms and legs rigid, arms held out to support balance; flat footed          | Not standing, attempting to walk without support
Asymmetry or abnormal tone, posture or movements |
| 2 years  | Gait characterised by arms moving reciprocally with legs and heel-toe pattern emerging. Running usually progresses about 6 months after walking is attained | Unable to run, use stairs |
| 3 years  | Hopping usually attained about two years after walking. Children can usually walk in a straight line | Cannot jump two feet together
Unable to throw a ball |
| 4 years  | Arms held by child’s side and move reciprocally when they walk                                   | Can’t balance well on one leg
Can’t catch, throw or kick a ball |
| 5 years  | Children can usually stand on one foot                                                          | Unable to hop five times 90, 113 |

**Cognitive development**

- By the time most children have reached two years old their cognitive and fine motor skill development means they are able to manage simple self-care activities such as feeding and dressing themselves 113. If these activities are not established by three years then referral is recommended 90. Self-care activities will also include toileting as further development occurs. If a child is not toilet trained (by day) by the age of four years, referral is recommended 90.

- Cognitive and fine motor development will also be evident by the child’s ability to build block towers, shape sort, colour match items, thread beads, hold pencils, scribble and draw. The child health professional will refer to the GP/MO when any concerns around these developmental milestones are not met – for example:
  - 3 years: unable to manipulate small objects e.g. thread a bead onto a string
  - 4 years: unable to draw a line or circle
  - 5 years: unable to draw a stick person 90, 113.

- Length of sleep is one of the most common topics discussed by parents at well child checks 115. Whilst enormous variation exists from one individual to the next, most children’s brain architecture has developed to the degree that is compatible with parental expectations, for example: the child is able to drop off to sleep on their own, sleeping longer periods at night with lessening interruptions 116.

- The following table 24, 59, 115 offers a guide only to an average child’s sleep patterns and behaviours and identifies some common conditions whereby referral is recommended:
<table>
<thead>
<tr>
<th>Age</th>
<th>Total hours of sleep / day</th>
<th>Common behaviours</th>
<th>Considerations for referral</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3 years</td>
<td>10-16 hours</td>
<td>One nap a day in most infants 18 months of age, transitioning to no naps.</td>
<td><strong>Behavioural insomnia</strong> of childhood occurs in 10 – 30% of children and is characterised by the child’s inability to fall asleep or return to sleep without specific conditions such as: rocking, feeding to sleep, being in parent’s bed. The child health professional advises parents to work towards prevention of this by encouraging techniques supporting self-settling and regular sleep routines (see pages 112, 122) and are offered sleep and settling support.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>50% of 3 year olds no longer nap in the day.</td>
<td>When ongoing sleep issues create sleep dysfunction or/and a risk of impaired parenting, refer to: In-home parenting support with sleep and settling; day stay parenting support facilities or Ellen Barron Family Centre.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Often attached to objects, e.g. a ‘blankie’.</td>
<td>1 – 5% of children develop <strong>obstructive sleep apnoea</strong>, commonly caused by enlarged tonsils and adenoids, often between 2 – 8 years; symptoms: snoring; unusual sleep positions e.g., hyperextended head; nighttime diaphoresis / enuresis; cognitive/behavioural issues. Refer to GP / MO.</td>
</tr>
<tr>
<td>3-5 years</td>
<td>11 – 15 hours</td>
<td>Gradual transition to no naps in the day.</td>
<td>Possibility of nocturnal seizures should be considered when parents discuss abnormal postures involved with sleep disturbances and behaviours. Refer to GP / MO if concerned.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Increase of fears during sleep e.g., monsters.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Nightmares</strong> occur in 10- 50% of children, with children remembering the event; usually occurs in the second half of sleep.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Confusional arousals</strong> are common (‘sleep drunkenness’), where the child has slurred speech and inappropriate behaviours with no memory of the event.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Sleep terrors</strong> may occur, usually during the first half of the night. Child awakes with intense fear, but has no memory of the event.</td>
<td></td>
</tr>
</tbody>
</table>

**Socio-emotional development, language and literacy**

- Most parents can tell you when their child has said their first word/s clearly, however, communication is about more than just talking. It encompasses verbal and non-verbal interactions between parent and child. The language process develops in a social context. It is acquired through interaction with caring and responsive adults and is influenced by biological, cognitive, psycho-social and environmental factors. Social skill development involves the child gaining understanding and value of feelings and the impact of those feelings on behaviours - their own and those around them.

- A child health professional can conduct a developmental assessment by setting up a play activity including the parent/carer, the child and the child health professional with specific toys e.g., tea set, action figures, dolls. The child health professional can observe the child’s communication, interaction, role playing, turn taking during play. The concept of attention can also be observed with children being able to sustain greater levels of attention as they develop and being able to pay less attention to external stimuli when they are focused on a task. Parent-child interaction may also be observed.
Examples of observations may include:

<table>
<thead>
<tr>
<th>Age</th>
<th>Typical developmental pattern</th>
<th>Signs for referral</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 years</td>
<td>Follows simple game rules</td>
<td>No interest in ‘pretend’ play&lt;br&gt;Lack of social interaction&lt;br&gt;Disinterested in feelings of others during play</td>
</tr>
<tr>
<td></td>
<td>Takes turns</td>
<td></td>
</tr>
<tr>
<td>4-5 years</td>
<td>Asks for more when playing with tea set&lt;br&gt; Ignores external stimuli during play they are interested in</td>
<td>Difficulty cooperating&lt;br&gt;Preference for solitary play&lt;br&gt;Limited imagination&lt;br&gt;Jumps from one activity to another after a short time</td>
</tr>
</tbody>
</table>

- Parent – child interaction will also be observed during appointments. Concerns such as parental negativity toward the child such as apportioning blame to the child for their own feelings. e.g. 'He just does that to annoy me' 113. Further information, see ‘Examples of positive and problem indicators of parent-child interaction’, page 30.

- Children are more likely to experience **speech delay** when they have:
  - Hearing impairment
  - Family history of speech delay
  - Low income and/or minimal parental education
  - Large family size
  - Single parenthood
  - Low birth weight, birth asphyxia, prematurity
  - Impaired parenting e.g. lack of social stimulation
  - Experienced child abuse
  - Developmental disorders e.g., autism 114, 117
  - When a child has multiple risk factors there is an increased risk of developmental delay 117.

- While most speech and language issues resolve spontaneously in under 3 year olds, there is no clear way of identifying in which children this will be, so a ‘wait and see’ approach is not recommended. Research shows that the best long term outcomes arise from children who are given help before the child enter school and as early as 3 years of age 118.

- Children who show signs of communication delay or difficulty such as:

<table>
<thead>
<tr>
<th>Age</th>
<th>Signs for immediate referral</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 months</td>
<td>Not babbling in phrases</td>
</tr>
<tr>
<td>18 months</td>
<td>No clear words, not saying ‘mama’ or ‘dada’, unable to follow a simple command</td>
</tr>
<tr>
<td>2 years</td>
<td>Not putting words together, developing a vocabulary of words e.g. 50 words</td>
</tr>
<tr>
<td>3 years</td>
<td>Not using simple sentences developing a vocabulary of words e.g. 50 words</td>
</tr>
<tr>
<td>4 years</td>
<td>Speech is difficult to understand.&lt;br&gt;Unable to follow a direction including two-steps.</td>
</tr>
<tr>
<td>5 years</td>
<td>Has difficulty expressing ‘what is wrong’ to their parent.&lt;br&gt;Unable to answer simple questions within a conversation.</td>
</tr>
</tbody>
</table>

Given that speech and communication have a significant impact on cognitive and social skills it is important that referrals for further assessment and intervention are made as early as possible 90, 114, 118.
Screening tools

There are a number of tools that are available for developmental assessment in the primary care setting. Health care professionals should check which developmental assessment tools are recommended to be used in their particular setting and be trained to administer and interpret the outcomes of the tools correctly. Some screening tools include:

- **Ages and Stages Questionnaires (ASQ)**
  
  http://agesandstages.com
  
  Age: 3 months – 5 years
  
  When is it used: For identifying developmental delays
  
  Completed by: Parent at home with a discussion of any concerns with a child health professional.

- **Parents Evaluation of Developmental Status (PEDS)**
  
  www.pedstest.com/Home.aspx
  
  www.rch.org.au/ccch/resources_and_publications/Monitoring_Child_Development/
  
  Age: 0 – 8 years
  
  When is it used: Detecting developmental and behavioural issues. Used in conjunction with ASQ for screening purposes. ASQ:SE Questionnaire can be used in addition to screen the personal and social skill domain
  
  Completed by: Parents and incorporated into a child health monitoring program.

- **Brigance Screens (e.g. Brigance Early Childhood Screen II)**
  
  www.casamples.com/downloads/11968s.pdf
  
  Age: 0 – 7 years
  
  When is it used: Secondary screening tests to identify developmental delay or advanced development.
  
  Completed by: Trained health care professional

Referral

Any time a child health professional is concerned following a thorough developmental assessment a referral to the families’ GP / Medical Officer is appropriate for further assessment. The “Red Flag” Early Intervention Referral Guide for children 0-5 years can be used as a guide.

Assessment of nutrition

Nutritional assessment is an opportune time for discussion and anticipatory guidance around healthy eating within the family. Considerations include:

- Cultural influences
- Environmental factors
- The child’s gross and fine motor development
- The child’s opportunity to experience a wide variety of healthy foods.

Specific food preferences develop as children integrate a number of senses such as texture, smell and sight into eating, rather than taste along. Digestive processes become established and their stomach capacity enables the child to have 3 meals per day.
Breastfeeding

- Breastfeeding is the physiological normal way for an child to be fed and is unequalled at providing optimal nutrition and healthy growth for the first 2 years of age or beyond, for as long as the mother and child desire.\(^\text{41, 94}\).

- Timely access to child health services in the community ensure families are provided with professional support, encouragement and promotion of breastfeeding. Services can be provided in a range of modes e.g., telephone support, clinic visits, home visiting, group sessions.\(^\text{1}\).

- Be culturally sensitive and where possible utilise culturally specific resources to discuss breastfeeding with parents (e.g. Growing Strong)\(^\text{42}\).

- Health professionals support breastfeeding by:
  - informing families of the benefits of breastfeeding and the risks of not breastfeeding
  - supporting partners and family in the support role for breastfeeding
  - promoting maternal self-care
  - providing evidence based information, education and support on breastfeeding
  - exploring with families strategies to overcome feeding difficulties
  - provide information on the range of support services available e.g. Australian Breastfeeding Association, Raising Children website
  - supporting the principles of the Child Friendly Health Initiative\(^\text{41}\).

**Feeding through pregnancy and tandem feeding** – It is not detrimental for a healthy woman to continue to breastfeed her child during a subsequent uncomplicated pregnancy and then breastfeed both the infant and child.\(^\text{119}\). Considerations include:
  - nipples may become tender and sore
  - the child may notice a change of taste in the breast milk taste
  - milk supply may decrease as pregnancy progresses
  - adequate nutrition for the mother is important
  - greater risk for maternal fatigue
  - advise the woman to discuss the need for mineral / vitamin supplements with the pregnancy care provider.

Women experiencing symptoms of pre-term labour should seek medical attention.\(^\text{119}\)

- When tandem breastfeeding:
  - It may be helpful to initially feed infant and child separately whilst the infant is establishing feeding
  - Switch sides and positions for both the infant and child
  - Tandem feeding will reduce nursing time when this is suitable for the family.\(^\text{119}\).

Weaning

- Weaning may be child-led, mother-led, mutual weaning, sudden or planned weaning.\(^\text{98}\). All options should be discussed with the mother to allow her to make an informed decision regarding how and when she will wean and care for her breasts.

- Ideally all children should be weaned slowly, this way the breast milk supply decreases slowly and there is time for the child to adjust to the change. Breastfeeds should gradually be replaced over time, for example: start dropping the feed your child is least interested in, then reduce another feed every few days depending on the individual situation.\(^\text{98, 120}\).
Some situations may result in a mother weaning suddenly e.g. maternal illness, medications incompatible with breastfeeding. The degree and duration of breast refilling depends on the amount of milk being produced before weaning commences. Proper care of the breasts is important to minimise discomfort and to reduce the risk of blocked ducts and/or mastitis. Expressing sometimes for comfort until lactation diminishes will be helpful. It is important to discuss contraceptive methods with the mother during and after weaning as the contraceptive effect of breastfeeding will cease once weaning begins.

Health promotion strategies are designed to improve child and family health by enabling parents to increase health awareness, build onto their parenting skills and enhance the capacity of the family. This includes a focus on addressing the social determinants of health and building protective factors as part of everyday child health practice. A best practice health care model for parents with children is one that aims to ensure universal access to health promotion services. Structured universal health services aims to arm parents with practical information and knowledge by:

- offering anticipatory guidance
- supporting parental skill development
- providing quality information on illness and safety prevention

to increase the opportunity for positive family experiences and improved family wellbeing. Health promotion is a core element of child and family health services and in conjunction with antenatal services, is the first stage of a universal service platform that aims to support optimal health and wellbeing for parents and children.

There are many resources widely available for families that focus on health promotion, illness and safety prevention (e.g. web pages, DVDs, brochures, fact sheets, booklets). Face to face consultation specific to health promotion is often provided in various settings (e.g., community centres, workplaces), commonly in the form of group education and support. It is imperative that child health professionals ensure all information offered to families is:

- accurate
- current
- evidence-based
- in a format and manner that meets policy and guidelines, for example,
  - presented in a non-judgemental, culturally respectful manner
  - content meets the International Code of Marketing of Breast Milk Substitutes and the Marketing in Australia of Infant Formula (MAIF) agreement.

Child health professionals encourage families to be discriminating with information, especially information they are accessing on websites. There are numerous websites that offer reliable information for parents on a range of topics. One such site is the Raising Children Network.
The personal health record and child health information booklet

All infants born in Queensland will be given a Personal Health Record (PHR) and Child Health Information Booklet which includes up to date, evidence based health promotion information (ADD image of PHR pls)

The PHR provides a guide for information sharing between parents and health care professionals by providing: ‘Questions for parents’ and ‘Suggested topics for discussion’. This framework helps to ensure the most appropriate information is offered to families at the most appropriate time. Families are encouraged to bring the PHR to all appointments for completion by the health care professional. Inserted in the cover of the PHR is a booklet “Child Health Information – Your guide to the first 12 months” (ADD image of pls) offering information on a range of topics 62. Health care professionals are recommended to encourage families to use this resource.

Engaging families

- Health professionals recognise family structures are varied including:
  - extended families, e.g. grandparents, aunts
  - foster families
  - single parent, step and blended families
  - gay, lesbian, bisexual and transgender parents,

- each member of the family is acknowledged for the significant role in the infant’s life 27. It is recommended that services encourage greater involvement of significant others, particularly fathers, by considering a range of strategies including:

- Change service environments to account for possible barriers that prohibit partners/extended family attending services, e.g. vary program times and formats to improve access, include ‘neutral’ messages for ‘parents’, attract male staff, use male inclusive literature and magazines in the waiting room 28.

- Discuss transition to parenthood issues, parenting roles, lifestyle and relationships changes 27.

At all contacts with families, child health care professionals are recommended to opportunistically educate and provide anticipatory guidance and parenting support to promote optimal family health 1,112. There is an endless range of topics that may be discussed with families, this section discusses topics recommended specific to health promotion and illness/injury prevention within the National Framework for Universal Child and Family Health Services 1.

Topics covered in this section include:

1. Needs of the infant (0 to 12 months)
2. Normal infant behaviour and activities to support development (0 to 12 months)
3. Needs of the child (One to five years)
4. Normal child behaviour and activities to support development (One to five years)
5. Immunisation
6. Safety, illness and injury prevention
Group parenting sessions

Family members are encouraged to attend group based parenting programs, e.g. Triple P. Parenting groups have been found to result in positive outcomes for parents / carers with less depression, anxiety, stress, anger, guilt and more confidence and partner satisfaction reported in short term 61.

Practice tips: Facilitating a group parenting session

- Group work is not suitable for every parent/child. Child health professionals should consider the needs of the family and whether or not the group setting would be suitable. Some groups will involve screening (e.g. a pre-group interview) in the preparation phase.

- Consider the following:
  - What is the clinical objective of the group program?
  - Does this person fall within the criteria of the group program? e.g., age of their children.
  - Would this group program assist the client with their presenting issues?
  - Would the client be able to function and learn in the group environment?
  - Would the group's objectives be met if we include this client in the program?
  - What other assistance does this client need at the moment?
  - Are there other presenting needs that should be prioritised?
  - If the group is not the best fit for the client, can the client be offered an individual appointment?

- Being prepared for group work is important; this includes having all the equipment and having back-up plans if required e.g., know your content, participate in adequate planning between staff if there is co-facilitation, have a back-up hard copy of session outline and notes in case computer technology fails.

- As facilitator it is important that you take the role of maintaining boundaries within the group. These boundaries are preferably designed and agreed by the group itself. ‘Group rules’ may include keeping to time, one person speaking at a time and a group culture that is ‘constructive’ rather than a ‘critical’.

- It is a good idea to ‘set the scene’ as the facilitator of the group, for example:
  - Your role in facilitating the group, e.g., providing evidence based information, promoting the group participants to interact to build strategies and share experiences that may be helpful to one another. Using “What does anyone else think of that?” can help facilitate group interaction.
  - It will be your ‘job’ to maintain the agreed group rules.
  - Describe the nature of the session – didactic, interactive.
  - Also explain how you will redirect group discussions back to the agreed topic when necessary, and at times (if the conversation is not beneficial to the whole group) you may need to stop a conversation by an attendee and direct them to talk to you in more detail at the end of the group session.

- As a professional facilitator it is important to have the ability to listen and take on a broad perspectives, this may also be useful within group, facilitated by encouraging the group to view the situation through different ‘eyes’, e.g. How would this look if you were the child? How would this look is you were the teenager? How would this be for you or your partner?

- Having two facilitators is ideal. Co-facilitation between professional groups may bring additional expertise to the topic, for example: A Child Health Nurse and a Psychologist. This also enables one staff member to be available if a participant needs individual support whilst the other staff member can continue with the group. Co-facilitation enables an opportunity for staff to debrief about how the group went, improvements and plan future needs for the group.

- Groups should be evaluated according to the local HHS protocols. 123
0 TO 12 MONTHS

Needs of the infant

Physical changes and development during the first year of life is dramatic. As body systems establish and mature there is a simultaneous development of skills, sequencing from head to toe and the body’s centre to the peripherals (cephalocaudal – proximodistal) that enable the infant to respond to and grow within their environment.

The needs of an infant during this time are expansive and will be discussed under the following headings:

a. Promotion of optimal infant nutrition
b. Growth
c. Cognitive Development
d. Parent-child interaction

Promotion of optimal infant nutrition

Mothers, fathers and their support networks need appropriate and consistent information to enable them to make an informed decision about infant nutrition. The following information provides practice points to guide child health care professionals offering health promotion advice:

- Encourage families to create an environment whereby mealtime is a pleasurable time spent with other family members.
- Encourage parents to offer a range of nutritious food options and flavours to establish an infant’s sense of taste and acceptance of variety.
- Encourage families to demonstrate healthy eating habits and choices to their infants that can inform lifelong healthy eating patterns.
- Encourage families to reflect on their family and cultural eating patterns and how this may impact on their infant. For example factors that may be contributing to the rising rates of obesity include:
  - regularly consuming large meal sizes
  - a family culture of admonishing children for leaving food on their plates.
- Use culturally appropriate tools for education on breastfeeding and infant nutrition such as ‘Growing Strong: Feeding You and Your Baby’. This is a resource developed to assist health staff talk with Aboriginal and Torres Strait Islander families about nutrition for mother, babies and young children. There are a range of resources available. Additionally, a range of multicultural breastfeeding factsheets are available in a number of different languages.
- Identify community partnerships and opportunities for services to work together on promoting optimal nutrition including local hospitals, GPS, general practitioners, birthing units and postnatal services, local support organisations (e.g. ABA, Australian Lactation Consultant Association), nutritionists and dieticians, speech pathologists, pharmacies and oral health services.

Breastfeeding

Breastfeeding is the physiological normal way for an infant to feed and is unequalled at providing optimal nutrition and healthy growth for the first six months of life, thereafter, appropriate complementary foods are added with continued breastfeeding up to two years of age or for as long as the mother and child desire. Forming an intention to breastfeed during the antenatal period, a woman’s sense of self efficacy and the support of her partner / family are known to improve breastfeeding outcomes.

- The Baby Friendly Health Initiative (BHFI) seven-point plan for community health centres is the global standard by which health services are assessed and accredited as ‘baby friendly’. A baby friendly health service is one where mothers’ informed choice of feeding is encouraged, respected and supported. To achieve the standard, health care professionals and other carers must possess:
  - training and education around supporting breastfeeding
○ a sound knowledge of infant feeding
○ sound skills in assisting women with breastfeeding
○ a commitment and positive attitude to facilitate breastfeeding

The BHFI seven-point plan for community health centres

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.

2. Educate all health care staff in the knowledge and skills necessary to implement the breastfeeding policy.

3. Inform women and their families about breastfeeding being the biologically normal way to feed a baby, and about the risks associated with not breastfeeding.

4. Inform women and their families about the management of breastfeeding and support them to establish and maintain exclusive breastfeeding to six months.

5. Encourage sustained breastfeeding beyond six months with appropriate introduction of complementary foods.

6. Provide a welcoming atmosphere for breastfeeding families.

7. Promote collaboration between health care staff and volunteers, breastfeeding support groups and the local community in order to promote, protect and support breastfeeding.

Source: https://www.breastfeeding.asn.au/breastfeeding-friendly-health-services

The Marketing in Australia of Infant Formula (MAIF) Agreement is Australia’s response to the WHO International Code of Marketing Breast Milk Substitutes (WHO Code). The MAIF Agreement contributes to the provision of safe and adequate nutrition for infants by the protection and promotion of breastfeeding and by ensuring the proper use of infant breastmilk substitutes on the basis of adequate information and through the appropriate marketing and distribution of breastmilk substitutes.

Promotion of optimal maternal nutrition during breastfeeding is important to maintain maternal health and enhance the micronutrient and fatty acid make up of breast milk. The child health care professional should encourage the Mother to consume a healthy diet during the course of breastfeeding.

Breastfeeding mothers are recommended to have iodine supplements as it is difficult to obtain enough dietary iodine daily. Generally it is recommended to take 100 – 150μg of iodine per day. Women from specific population groups may require other supplements when breastfeeding for example: vegan breastfeeding women. These women should consult their health care professionals for individual advice.

During the 0-12 month period discussion with families about breastfeeding may include:
○ the benefits of breastfeeding and the risks of not breastfeeding
○ the importance of exclusive breastfeeding for the first six months
○ basic breastfeeding management, e.g. how to position the baby at the breast, frequency of feeding
○ normal newborn behaviour including feeding cues
○ support networks
○ information sources and support agencies specific to feeding, e.g. local child health services, Australian Breastfeeding Association
○ returning to work and breastfeeding.
Returning to work and breastfeeding

- Returning to work has a significant impact on breastfeeding rates in Australia. An Australian study found a higher proportion of mothers working part time were able to continue breastfeeding, than those working full time. In addition, when women returned to work by six months post-partum, formula was introduced and breastfeeding ceased, on average two months earlier than if not working. Women reported having a supportive workplace culture as being important in continuing breastfeeding, this included: having lactation breaks with suitable facilities to express and store EBM and flexible working hours.

- The child health professional should encourage mothers to discuss options with their employer regarding supporting breastfeeding.

- Discuss preparation for returning to work, e.g. expressing and storing breastmilk; options to support ongoing breastfeeding.

Formula feeding

- Information and education to families who make an informed choice to feed their baby with infant formula can be provided one-to-one, in a non-judgemental way (Detailed information is outlined in the previous section). These one-to-one sessions may include:
  - safe use of infant formula and responsive feeding practices, e.g., offering feeds according to an infant’s hunger cues, stopping the feed according to infant cues, not giving the infant a bottle as part of their bed time routine
  - choosing a formula
  - correct preparation of infant formula
  - infant formula requirements
  - normal newborn behaviour including feeding cues
  - how to bottle feed your baby
  - cleaning and sterilising of equipment
  - transporting formula feeds
  - families are encouraged to wean from the bottle feeds by 12 months, following the introduction of cup feeding
  - information sources and support networks and agencies specific to feeding.

Supplementation: fluoride

- Infants less than six months do not require fluoride supplements.

- Most water supply is fortified with fluoride and this water should be used in preparing infant formula.

- In remote and regional areas fluoride levels may vary and discussion is recommended with your local health care professional in relation to supplementation requirements for infants over 6 months of age.

- Certain ‘at risk’ groups of infants may require supplementation (e.g., premature infants are often prescribed iron and vitamin supplements).

Introducing a feeding cup

- Once the infant is over six months of age a cup can be introduced regularly for the infant to develop the skill of sipping drinks from a cup. If the cup is being used for formula or EBM the cup can be sterilised as per feeding equipment.
Cooled boiled tap water, EBM or formula can be offered in the cup with other drinks avoided until the infant is 12 months old.

**Introducing solids**

- Parents are advised to introduce solids to their infant from around six months. It is important that iron and zinc containing foods are introduced at this time as infant stores are declining.
- The parent can observe for their infant’s developmental signs of readiness, including:
  - The infant’s head and neck control has developed enough that he/she is able to sit with support
  - Infants explores toys and other objects by putting them in his/her mouth
  - Infant watches with interest when others are eating
  - Seems hungry between milk feeds.
- Texture and consistency should be appropriate to the infant’s developmental stage for example:
  - Initially offer purees then progress to mashed food, then minced and chopped foods
  - ‘finger foods’ can be managed at around eight months, e.g. pieces of avocado, banana, toast fingers, cooked pasta shapes or pieces of cooked vegetables, soft cooked meats such as fish
  - By 12 months the infant should be having a wide variety of foods and be eating what the rest of the family are having.
- Introducing to a range of food flavours and textures between six to nine months reduces the risk of later feeding difficulties. For example: infants kept on pureed foods and not offered lumpy foods prior to 10 months were found to be more fussy at eating at three years of age.
- New foods may need to be offered repeatedly before the infant gets accustomed to the taste.
- Parents can be guided during feeding by their infant feeding cues such as:

<table>
<thead>
<tr>
<th>Interest</th>
<th>Disinterest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open their mouth to accept food</td>
<td>Close their mouth when food presented</td>
</tr>
<tr>
<td>Pick up food</td>
<td>Turn their head the other way</td>
</tr>
<tr>
<td>Feel food</td>
<td>Push the food away</td>
</tr>
<tr>
<td>Put food into their mouth</td>
<td>Spit food out repeatedly</td>
</tr>
<tr>
<td></td>
<td>Try to get out of their highchair</td>
</tr>
</tbody>
</table>

- Infants should not be coerced or force fed.
- Refer families to their booklet *Child Health Information – Your guide to the first 12 months* for further information including tips, recipes and a sample menu.

**Foods to avoid or offer with caution**

- Honey should not be given to infants less than one year as it can contain Clostridium botulinum and cause illness in the infant.
- Avoid foods poor in nutrient value or high in salt, fat or sugar, e.g., ice cream, industrialised custards, chips, potato chips, lollies, processed meat (sausage, ham, salami).
- Hard foods, e.g. whole nuts, seeds, raw carrot, celery, apple should be avoided for the first three years due to the risk of choking. All of these foods can be given to an infant in a suitable consistency (e.g. nuts in a paste form, cooked carrot).

**Beverages to avoid or offer with caution**

- Unmodified animal and plant based milks should not be used as the main source of drink for an infant less than 12 months, because of the unsuitability of the nutritional and electrolyte composition.
Unpasteurised milks are to be avoided altogether as they may cause the infant illness due to possible infective molecules.

Low fat and reduced fat milks are not recommended as they are nutritionally unsuitable for children for the first two years.

Juice drinks, sweet beverages, tea or caffeinated drinks are to be avoided.  

**Infants with a family history of allergy**

- Breastfeed

- Follow normal introduction of foods process, there is insufficient evidence to support limiting foods and delaying food introduction may actually increase the risk of some allergies.

**Vegetarian or vegan diets**

- Vegetarian diets do not provide enough iron and vegan diets are also low in vitamin B12.

- Parents are advised to:
  - continue breastfeeding for as long as possible, e.g. > 2 years
  - seek dietetic advice (this may include use of soy-based formula in the not breastfeeding)
  - nutritional supplements may be required.

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*Baby feeding cues and 10 ways we support mothers and babies to breastfeed* (2012):


Multicultural fact sheets in a range of languages:

**National Health and Medical Research Council** | www.nhmrc.gov.au

*Eat for Health - Infant feeding guidelines – Information for health workers* (2012)

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**Growth**

- Parents are encouraged to engage with health services to monitor their infant’s growth and can be given some broad guidelines to use to benchmark against, regarding their infant’s weight gain, such as:
  - Back to birth weight by two weeks of age
  - Double their birth weight by six months with an average gain or 150 grams/week
  - Triple their birth weight by the first birthday with weight gain on average of approximately 80 grams/week.
  - height increases by 2.5cm per month during the first six months
  - growth ‘spurts’ occur. The infant is generally almost one and half times their birth length by the time they are one year old - with the majority of growth occurring in the infant’s trunk.

- Child health professionals can inform parents about the use of growth charts and the influencing factors over growth e.g., genetic and environmental factors and the importance of their infant tracking to their individual pattern.

- Parents can be informed that in general that:
  - height increases by 2.5cm per month during the first six months
  - growth 'spurts' occur. The infant is generally almost one and half times their birth length by the time they are one year old - with the majority of growth occurring in the infant’s trunk.

- Parents can be informed that the growth of the head and closing over of the fontanelles reflects growth and development of the brain and nervous system, general guidelines can be offered, such as:
  - The brain weight increased by 2.5 times during the first year of life
Section 2  Birth to five years  [0 to 12 months]

○ The posterior fontanelles closes between 6 – 8 weeks
○ The anterior fontanelles closes between 12 – 18 months 24.

Cognitive development

■ Child health professionals offer information to families about:
  ○ how the infant brain grows faster in the first five years of life than at any other time
  ○ how brain development is influenced by life experiences
  ○ life experiences help form neural pathways
  ○ neural pathways mould the brain and an individual’s behaviour and functioning
  ○ the brain needs stimulation to grow
  ○ critical periods during human development mean the brain is more sensitive to certain environmental stimuli at particular times 127.

■ Child health professionals inform parents about their infant’s movements and how the infant’s motor skill development is linked to key milestones during the first 12 months. ‘The Child Health Information – You guide to the first 12 months’ is recommended to support families with specific information 60.

■ During the period of birth to one year the infant progresses cognitively from
  ○ reflexive behaviours to
  ○ simple repetition to
  ○ imitating activities 24.

■ As cognitive pathways develop, infants apply their learning to their environment 24.

■ The child health professional can use practical examples to demonstrate to parents how cognitive development can impact on different behaviours during the infant’s first year and how they can support their infant’s cognitive development.

The following are examples of how the child health professional may do this:

Example 1: Primary circular reactions

Explain to parents how consistent behaviours can impact on an infant’s behaviour of his/her environment 24:

○ At birth the infant will cry in response to hunger
  › the mother talks to the infant while preparing for the feed
  › a nipple is put in their mouth
  › they suck reflexively
  › the infant feels satisfied.

○ At one to four months when the infant has experienced repetition of their hunger needs being met, the infant may cry in response to hunger but now stop crying when the caregiver’s voice is heard because the infant anticipates that hearing the voice also means that their hunger need will be satisfied.

○ This example demonstrates the sensorimotor development of primary circular reactions, whereby a reflex behaviour is replaced with a voluntary act, indicating the infant has incorporated learning and adaptation to their environment 24.

Example Two: Object permanence

The concept that objects still exist beyond the visual field can also be explained to parents with an example such as: ‘Separation anxiety’.

○ At 6-8 months of age the infant cries in response to their parent leaving their sight because they don’t know that the parent still exists beyond their visual field.
By experiences of the parent leaving and returning to the infant’s visual field by around 9 – 10 months, the separation anxiety usually resolves, as the infant gains a sense that the parent still exists outside of their visual field – object permanence 24.

Sharing this type of information with parents may assist in parents understanding why their infant behaves in a certain way and how their parenting may influence these behaviours.

Effects of parenting on the infants’ developing brain has been a source of much research and even though this research is at an embryonic stage, it has significantly influenced policy development with the incorporation of services that promote parent-infant relationships and parenting skill development 128, 129.

Parents are encouraged to discuss any concerns about their infant’s development with their child health professionals and/or GP.

Refer families to resources to raise their awareness of delays in development such as the: The “Red Flag” Early Intervention Referral Guide for Children 0 – 5 years 90.

Parent-infant interaction

The normal social development of an infant begins primarily with reflex behaviours, such as the grasp reflex and transitions to social communications, such as smiling. These interactions generally have a profound effect on care givers and offer a stimulus for evoking continued interactions 24. Ongoing interactions whereby the infant develops an expectation that their needs are met by a sensitive care giver, usually results in the formation of a secure attachment between the infant and their primary care giver 24, 130. Promoting the development of healthy parent-infant relationships is seen as one of the best ways to promote infant emotional wellbeing and positive mental health 68.

Attachment may be enhanced by a number of different strategies promoting physical contact and face-to-face contact time during everyday activities that the parent and infant enjoy, for example:

- using the ‘en face’ position
- skin to skin contact with baby
- talking to the infant
- baby massage
- going for a walk with use of a parent facing pram
- spending time playing games, e.g. ‘peek a boo’ 24,68.

The child health professional can share information to increase the parent’s awareness and sensitivity to the infant’s attachment behaviours, such as:

- Differential crying, smiling and vocalisation to the primary care giver more than anyone else
- Looking more at the primary care giver
- Clinging to the primary care giver
- Crying if they leave the room
- Looking back at the primary care giver for reassurance when exploring 24.

The child health professional can share information to increase the parent’s awareness and sensitivity of their own behaviours that may influence attachment, such as:

- opportunity for visual contact with baby
- talking, smiling, stroking, kissing,
rocking, using soothing measures
○ how they are expressing their feelings and emotions toward their infant. Parents are informed that an infant’s brain develop is enhanced when the infant feels nurtured, loved and secure and when their care-givers respond to their needs.

An infant’s ability to develop self-regulation, i.e. regulate his/her own emotions and behaviours, are enhanced by positive parent-infant interactions.

Parents are encouraged to discuss any concerns about their infant’s development with their child health professionals and/or GP.

Refer families to resources to raise their awareness of delays in development such as the: The “Red Flag” Early Intervention Referral Guide for Children 0 – 5 years.

The development of communication and interaction may also be impacted by the parent/carer’s reactions, such as:

■ The parent/carer does not respond to the child’s communication, e.g., does not respond consistently to the child’s cues, does not soothe the child when distressed, does not pay attention to the child’s reactions, is not in tune with the child.
■ The parent/carer has limited communication with the child or may be harsh or negative communication with the child.

Referral
When concerns about the health of parent / carer following a thorough family and developmental assessment a referral to the families’ GP / Medical Officer / Infant-Mental Health Nurse / Early Intervention Specialist is appropriate for further assessment.

See Practice tips: Conducting a Family Health Assessment on page 29 for further indicators. See appendix 1 and 2.

Monitoring Child Development | The Royal Children’s Hospital Melbourne
www.rch.org.au/ccch/resources_and_publications/Monitoring_Child_Development

The “Red Flag” Early Intervention Referral Guide for children 0-5 years | Queensland Health

Queensland Health Guideline: Assessment of infant/child nutrition, growth and development within the primary health care setting | QHEPS
## Normal infant behaviour (birth to one year)

### Patterns of sleep

Newborn infants begin life with sleeping a lot over the first few days whilst they recover from the birth process and adjust to the extra-uterine environment. Following this, the infant responds to their internal and external environment by controlling sensory input and regulating sleep-wake states. It is important for parents and health care professionals to have a basic understanding of these concepts to assist in understanding an infant’s behaviour.

<table>
<thead>
<tr>
<th>Behavioural state</th>
<th>Description</th>
<th>Implications</th>
<th>24, 41</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deep sleep (quiet)</td>
<td>Closed eye lids&lt;br&gt;Eye balls still&lt;br&gt;Regular breathing&lt;br&gt;Body still, with occasional twitch</td>
<td>Baby sound asleep, limited response to external environmental factors</td>
<td></td>
</tr>
<tr>
<td>Light sleep (active)</td>
<td>Eye balls rapidly moving (REM) under closed eye lids&lt;br&gt;Irregular breathing&lt;br&gt;Slight body movements (e.g. twitching, smile&lt;br&gt;Noises – groans, moans, short cries while still asleep&lt;br&gt;REM sleep constitutes approximately 50% of total sleep time in newborns</td>
<td>External sounds / disturbances may arouse the infant&lt;br&gt;Noises can be interpreted as pain or discomfort by parents, however this is normal behaviour</td>
<td></td>
</tr>
<tr>
<td>Drowsy</td>
<td>Eyes may open and close&lt;br&gt;Irregular breathing&lt;br&gt;Some active movements with occasional mild startles</td>
<td>External stimuli arouse the infant&lt;br&gt;May be enjoying non-nutritive sucking</td>
<td></td>
</tr>
<tr>
<td>Quiet alert</td>
<td>Eyes wide open and bright&lt;br&gt;Active body movements in response to the environment&lt;br&gt;Stares at close range objects&lt;br&gt;Focuses attention on stimuli&lt;br&gt;Regular breathing</td>
<td>Seeks to satisfy hunger and enjoys non-nutritive sucking&lt;br&gt;Best time to position baby at the breast for feeding&lt;br&gt;Displays cues to communicate with care giver&lt;br&gt;Ideal time to interact with infant and be in close view of infant&lt;br&gt;Plays with developmentally appropriate toys</td>
<td></td>
</tr>
<tr>
<td>Active alert</td>
<td>Eyes open&lt;br&gt;Irregular breathing&lt;br&gt;May whimper / whine&lt;br&gt;Restless body movements</td>
<td>Infant sensitive to an external or internal stimuli&lt;br&gt;Parent can adjust environment, anticipate infant needs&lt;br&gt;Soothe the infant</td>
<td></td>
</tr>
<tr>
<td>Crying</td>
<td>Eyes open or tightly closed&lt;br&gt;Irregular breathing&lt;br&gt;Grimaces&lt;br&gt;Strong cry&lt;br&gt;Uncoordinated movements of the extremities</td>
<td>Intervene to provide comfort / relieve hunger&lt;br&gt;Soothing measures used in active alert state usually no longer work – try rocking, swaddling, sushing, warm bath.&lt;br&gt;Crying is part of normal infant development. The average crying time for an infant at 6 weeks of age is around 3 hours/day and often the crying is in the afternoon or evening. Constant inconsolable crying requires further investigation</td>
<td></td>
</tr>
</tbody>
</table>
The newborn baby does not distinguish day from night; however as the infant experiences more activity, sound, and interaction with carers during day time hours and less at night the infant develops a diurnal clock, sometimes referred to as a circadian rhythm. Usually by 3-4 months of age the infant has developed a nocturnal pattern of sleep. Total daily sleep again is variable.

There is an enormous variation in the amount of sleep and activity among infants depending on their individuality including: temperament, behavioural characteristics such as: irritability, consolability. These individual differences are normal and should be anticipated by parents. The following offers a guide to an average infant’s sleep-wake pattern:

<table>
<thead>
<tr>
<th>Age</th>
<th>Average hours of total sleep per day</th>
<th>General pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborn</td>
<td>16-18 hours/day</td>
<td>2-4 hours of sleep at a time</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Usually sleep, feed, short play, then back to sleep</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Commonly wake between 2-3 times for a night feed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gradually develop nocturnal pattern of sleep</td>
</tr>
<tr>
<td>Three months</td>
<td>14–15 hours/day</td>
<td>usually by 3-4 months, some babies start sleeping for a six-hour stretch at night</td>
</tr>
<tr>
<td></td>
<td></td>
<td>usually one to two night feeds</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3-4 day time naps</td>
</tr>
<tr>
<td>Six months</td>
<td>14 hours/day</td>
<td>At six months around 60% of babies can sleep 6-8 hours at night</td>
</tr>
<tr>
<td></td>
<td></td>
<td>with one feed during the night</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Three day time naps</td>
</tr>
<tr>
<td>Nine months</td>
<td>14 hours/day</td>
<td>May sleep up between 10–12 hours overnight</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Two day time naps</td>
</tr>
<tr>
<td>12 months</td>
<td>12-14 hours/day</td>
<td>May sleep up between 10–12 hours overnight</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Two day time naps</td>
</tr>
</tbody>
</table>

How should infants 0-12 months behave when they are awake?

Most infants are naturally active when awake and their innate behaviours draw attention of their primary carers, this interplay of interactions and experiences generally enables infants to progress through normal milestone development. This process is influenced by a range of variables including individuality of both infants and care givers, quality of the relationship between them, the care giving environment, family system, cultural and social factors. Families need to be guided about their infant’s expected developmental milestones and activities that may enhance their development. The following table outlines some strategies around this. Child health professionals can refer families to the ‘How your baby develops’ in the ‘The Child Health Information – You guide to the first 12 months’.

Parents are encouraged to discuss any concerns about their infant’s development with their child health professionals and/or GP.

Refer families to resources to raise their awareness of delays in development such as the: The “Red Flag” Early Intervention Referral Guide for Children 0 – 5 years.
Activities to support development

Sleep \(^{24,120,132}\)

Infant behaviour

- An infant’s behaviour changes as they become tired. Tired signs include:
  - Newborns – Closed fists, fluttering eye lids, grimace, glazed stare, jerky limb movements, whinging, yawning, seeking comfort by sucking, crying, screaming.
  - 3-12 mths – Loss of interest in activity, whining, irritable, glazed stare, sucking on things, pulling ears/hair, rubbing nose or eyes, yawning, clinginess, clumsiness, crying, screaming.
  - Infants generally become tired when they’re awake for more than:
    - Newborns: 60-90 minutes
    - 3-6mths: 1.5 – 3 hours
    - 6-12mths: 2-3 hours
- Infants can become overtired quickly

Parenting tips / Skills to support infant development

- Parents learn to observe for the baby’s tired signs and react in a timely manner to settle the infant to sleep, delaying things until the infant is overtired may make it harder to get the infant to sleep.
- Parents can anticipate tiredness by being aware of how long their baby has been awake.
- Develop a regular routine prior to the putting the infant into their sleep space e.g. reduce stimulation, wrap your infant (under 4 months of age)/use a correctly sized sleeping bag, read a quiet story, tell your infant it is ‘sleep time’.
- For infants less than six months establish a night time bed time and wake-up time.
- Encourage the infant to go off to sleep on his/her own by putting him/her down just before he goes to sleep.
- Sometimes infants need to be comforted off to sleep by: patting, shushing, rocking.

Cautions and things to avoid

- Avoid overstimulation e.g., screen time.
- Using the same soothing technique every time to settle the infant provides consistency, however using it until the infant is asleep each time may result in some infants becoming dependent on this activity to go off to sleep.
- See SIDS prevention in safety and injury section.

Raising Children Network | http://raisingchildren.net.au
Resources in both video and fact sheets: Baby sleep: in a nutshell, Understanding sleep, Patting baby to sleep, Guide to solving sleep problems.
### Infant behaviour

- Crying is an infant’s way of communicating to their parent that they have a need. It is part of normal infant development.
- Infants cry as a result of a need for food, sleep, interaction, discomfort, e.g., too cold and often for unknown reasons.
- The average crying time for an infant at six weeks of age is around three hours/day and often the crying is in the afternoon or evening. Disease is diagnosed in less than 5% of these infants and crying often results in a cause of early cessation of breastfeeding and the diagnosis of a range of disorders such as colic, reflux, lactose intolerance.

### Parenting tips / Skills to support infant development

- Provide information to families on normal infant behaviour – feeding, sleeping and crying etc so that they have realistic expectations and a range of strategies that may assist in soothing their infant, e.g., Change nappy, offer feed, cuddle, check clothing is of a comfortable level.
- Provide information to families on how to tell if their baby is sick, e.g., temperature, rash, decreased intake.
- Provide information to families on general parenting support resources, such as 13HEALTH and Parentline.
- Encourage families to develop a personal list of their own resources if they need help e.g., neighbour, friends, family members that they may call on to support them.
- Discuss with parents early signs of frustration and what to do if they are becoming frustrated, e.g., put the baby in a safe place such as their cot and take some time out until feeling calmer or seeking help.
- Some families choose to use a pacifier to soothe their infant and some infants suck their thumb or finger to comfort themselves. Discussion with families should include the pros and cons of using a pacifier vs infant sucking their thumb.

### Cautions and things to avoid

- Inconsolable crying should be investigated.
- Ensure that dummy-sucking doesn’t interfere with feeding by using only when baby isn’t hungry, such as after or between feeds.
- Do not use a cord or chain to attach the dummy around baby’s hand, neck or cot – choking hazard.

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**Raising Children Network** | [http://raisingchildren.net.au](http://raisingchildren.net.au)

Resources in both video and fact sheets: Crying baby checklist - in pictures, Crying baby, Overstimulation: babies and children, Dummies
Infant behaviour

- Moving around is natural for infants and important for their development. Infants have an innate desire to explore their environment.
- Physical movements help the infant develop muscle strength and coordination that lay foundations for many of their developmental milestones that may be met in the first year - such as rolling, sitting up, crawling and pulling to stand and sometimes walking.
- Play promotes the healthy development of a range of emotional, social, motor and cognitive skills.

Parenting tips / Skills to support infant development

- The newborn baby needs support as he/she is developing greater coordination with their head, body and limb movements.
- Preventative measures to avoid Positional Plagiocephaly are important for all babies.
  - Alternate the sides and positions that you hold the infant to offer them a variety of movement opportunities; alternate the infant’s head between right and left side when sleeping prone and use other positions when the infant is awake. When feeding the infant swap sides to alternate positions during the feed time.
  - Tummy time: When the baby is awake tummy time helps to builds neck, head and upper body strength, this can be done on any safe surface, including on the parents chest, over their arm, on the carpet or on a rug.
  - To prevent positional plagiocephaly it is recommended that when awake, the infant is positioned on their side or on their tummy at least three times per day for approximately 10–15 minutes each time.
  - Demonstrate how to position their infant in varying positions as above
- Floor play: Spend time with the infant during floor play, shaking rattles, moving to music, placing toys just in reach of the infant, encouraging the infant to hold and play with toys e.g., rattle.
- As the infant develops use tunnels for fun, crawling activities, use push and pull toys

Cautions and things to avoid

- Routine baby checks should include examination for: Plagiocephaly: a misshapen skull and sometime mild facial asymmetry and   Torticollis: tightening of the neck muscles – often associated with plagiocephaly.
- A recent Canadian study found a 46.6% incidence of Positional Plagiocephaly in infants between 7 – 12 weeks of age when examined in community based, well child clinics.
- Avoid use of infant walkers as these do not enhance development and increase the rates of infant injury.

Raising Children Network | http://raisingchildren.net.au
Resources in both video and fact sheets: Moving and play for babies, Playing with your baby
Use handouts to promote the use of preventative measures for positional plagiocephaly e.g. SIDS and Kids – Baby’s head shape.
Emotional wellbeing

Infant behaviour
- Infants learn social skills and interaction by observing those around them and by their own experiences of social interaction.
- Cultural, social, physiological factors impact on emotional development e.g. wellness / illness of the infant or parent.
- An infant seeks to develop attachment with a primary carer. A secure attachment develops when consistent and sensitive love and care is offered to the infant. A secure attachment is important for healthy social and emotional wellbeing.

Parenting tips / Skills to support infant development
The child health professional can promote positive parenting behaviours and a parenting style that supports healthy infant-parent relationships. Parents can be encouraged to:
- Have fun interacting with their infant ‘face-to-face’ – ‘en face position’ is beneficial with newborns.
- Express emotions through facial expressions and gestures to help the infant learn about a range of expressions and emotions.
- Be aware of their tone of voice and think about whether it is in line with their facial expressions and gestures.
- Name emotions to assist the infant learning what the emotions are and what they look like.
- Respond in a caring way to their infant’s communication i.e. Comfort their infant when they cry – and talk about not being able to ‘spoil’ an infant by responding to them;
- Smile at the infant when they smile at you.
- Delight in them by spending time with them, talking and singing to them.
- Use a mirror for play as the infant develops their sense of self (around 8 mths).
- Expose the infant to a range of positive experiences and activities.

Cautions and things to avoid
- Parents can be encouraged to:
  - Reflect on their parenting style and the factors impacting on it, e.g. how they were parented?
  - Reflect on how their parenting style affects interaction with their infant
  - Avoid screen time e.g. watching TV
- A full family assessment is recommended and referral to the EIPS/EIC/ GP/Infant-Mental Health Nurse if a child health professional identifies signs of altered attachment models, e.g. limited interaction between infant-parent, negative or harsh communication from parent about or to the child, carer gives little indication that he/she is in tune with the child, infant described by the parent/carer in a negative manner.

Raising Children Network | http://raisingchildren.net.au
Resources in both video and fact sheets: Connecting with your baby, What’s in a smile, Bonding for Dads, Baby massage, and Baby Cues interactive video guide
Australian Family Strengths Nursing Assessment Guide. See appendix 1
Building Health Brains: The Eleven Key Messages. See appendix 2
Speech, hearing and vision

**Infant behaviour**

- Babies startle in response to loud noises and turn their head to the direction of their parent’s voice early on, a reassuring feature for parents that the infant can hear.

- The infant’s vision is linked to their behaviours and parents observe their infant focusing on their face and close objects in the early weeks of life.

- Speech development in infants progresses from ‘coos’ to imitating and attempting their first words in their first year. Infants start putting vowel sounds together and use communications with their body e.g., pointing, ‘no’ with a shake of their head, as they naturally explore communicating with those around them.

- Infants learn to talk by listening and trying. Reading, talking and singing to infants helps them to develop their language skills.

- Parents are informed that there is a great variation from one infant to another in how much they communicate, just as there is with adults.

**Parenting tips / Skills to support infant development**

- Parents can be encouraged to:
  - Use the ‘en face’ position in the early weeks – an optimal distance for baby to see them and interact with them
  - Understand that ‘looking away’ is their baby’s way of saying ‘I need a break’
  - From birth, read stories aloud, sing songs, recite rhymes to baby
  - Talk to baby, even if it means talking through what you are doing e.g., ‘Mummy’s just washing up then we will change your nappy and read a story’
  - React, praise their infant’s efforts to communicate and repeat words to create a two way conversation and turn taking
  - Teach baby gestures and simple words e.g., such as waving and ‘bye, bye’
  - Encourage their infant to have fun with noise e.g., baby rattles, banging pots and pans
  - Attend community activities that promote reading and interaction e.g., local libraries often hold activities for children such as ‘Rhyme Time’ or ‘Baby Time’

**Cautions and things to avoid**

- Avoid screen time e.g. watching TV

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Raising Children Network | http://raisingchildren.net.au
Resources in both video and fact sheets: Connecting and communicating videos: 0-6 months, 7-17 months; Telling stories; Babies play and learning: about playgroups; Activities to promote literacy; Reading from four months

The “Red Flag” Early Intervention Referral Guide for children 0-5 years (Children’s Health Queensland)
Oral health

Infant behaviour

- Drooling: Whilst some salivary glands are active from birth, most don’t begin to secrete saliva until about 2-3 months of age, as salivary production increases, drooling becomes common in infants, more so when the infant is in upright positions. Drooling gradually lessens as the infant develops full control of the musculature of the mouth.

- Teething: While teeth erupt at different times from one infant to another, teething is a common challenge for parent due to the discomfort it may cause as the crown of the tooth breaks through the periodontal membranes. The first tooth appears between 6-10 months of age with all 20 baby teeth usually appearing by the time the infant is three years.

Parenting tips / Skills to support infant development

- Parents can be encouraged to:
  - Keep the infant’s skin clean and dry by the use of bibs when drooling is excessive.
  - Use firm, cool items for baby to suck/chew on e.g. teething ring, sugar-free rusk.
  - Introduce cleaning for the infant’s gums a couple of times a day before the teeth appear. A damp face washes can be used. This then can continue once the first teeth appear.
- A small soft toothbrush for infants can be used, but no toothpaste is required until approx. 18 months.

Cautions and things to avoid

- Avoid leaving an infant with a bottle when going to bed
- Never use honey on a pacifier

Raising Children Network | http://raisingchildren.net.au

Resources in both video and fact sheets: Dental care for babies, Caring for your baby’s teeth (video)

Refer to Chronic Conditions Manual
ONE TO FIVE YEARS

Needs of the child
The needs of a child during this time are expansive and will be discussed under the following headings:
- Promotion of optimal nutrition
- Growth
- Cognitive development
- Parent-child interaction

Promotion of optimal nutrition
Mothers, fathers and their support networks need appropriate and consistent information to enable them to make an informed decision about child nutrition. The following information provides practice points to guide child health care professionals offering health promotion advice:

- Encourage families to create an environment whereby mealtime is a pleasurable time spent with other family members. 
- Encourage families to demonstrate healthy eating habits and choices to their children that can inform lifelong healthy eating patterns.
- Encourage parents to offer a range of nutritious food options and flavours to establish a child’s sense of taste and acceptance of variety.
- Early on, parents can be guided during feeding by their child’s feeding cues such as:

<table>
<thead>
<tr>
<th>Interest</th>
<th>Disinterest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pick up food</td>
<td>Close their mouth when food presented</td>
</tr>
<tr>
<td>Feel food</td>
<td>Turn their head the other way</td>
</tr>
<tr>
<td>Put food into their mouth</td>
<td>Push the food away</td>
</tr>
<tr>
<td></td>
<td>Spit food out repeatedly</td>
</tr>
<tr>
<td></td>
<td>Try to get out of their highchair</td>
</tr>
</tbody>
</table>

- Children should not be force fed.
- Families are encouraged to wean children from bottle feeds by 12 months, following the introduction of cup feeding. Pasteurised milks offer a rich source of protein and calcium and can be added to the child’s diet from one year onwards. Offering pasteurised cow’s milk should be limited to around 500mls / day however to avoid the risk of reducing the variety of food intake best for a child.
- Follow-on child artificial formula – labelled ‘suitable only for babies over six months’ are not considered nutritionally necessary.
- Children aged less than two years should be offered full cream milk – low and reduced fat milk products are not nutritionally suitable for this age group. After two years the child can drink the reduced-fat products with the rest of the family.
- Encourage families to reflect on their family and cultural eating patterns and how this may impact on their child. For example factors that may be contributing to the rising rates of obesity include: regularly consuming large meal sizes, a family culture of admonishing children for leaving food on their plates.
Families should avoid
  ○ Foods poor in nutrient value or high in salt, fat or sugar
  ○ Hard foods e.g., whole nuts, seeds, raw carrot, celery, apple should be avoided for the first three years due to the risk of choking. All of these foods can be given to an child in a suitable consistency e.g. nuts in a paste form, cooked carrot
  ○ Unpasteurised milks are to be avoided altogether as they may cause the child illness due to possible infective molecules.
  ○ Juice drinks, sweet beverages, tea or caffeinated drinks.

Parents using a vegetarian/vegan diet are advised:
  ○ That vegetarian/vegan diets generally do not provide enough iron and are also low in vitamin B12 for children
  ○ to continue breastfeeding for as long as possible e.g. > 2 years
  ○ to seek dietetic advice
  ○ nutritional supplements may be required.

Use culturally appropriate tools for education on breastfeeding and child nutrition such as ‘Growing Strong : Feeding You and Your Baby’. This is a resource developed to assist health staff talk with Aboriginal and Torres Strait Islander families about nutrition for mother, babies and young children. There are a range of resources available. Additionally, a range of multicultural breastfeeding factsheets are available in a number of different languages.

Identify community partnerships and opportunities for services to work together on promoting optimal nutrition including local hospital/s, general practitioners, birthing units and postnatal services, local support organisations e.g. ABA, Australian Lactation Consultant Association (ALCA), nutritionists and dieticians, speech pathologists, local pharmacies and oral health services.

Breastfeeding

Breastfeeding is the physiological normal way for a child to feed and is unequalled at providing optimal nutrition and healthy growth for as long as the mother and child desire.

Promotion of optimal maternal nutrition during breastfeeding is important to maintain maternal health and enhance the micronutrient and fatty acid make up of breast milk. Child healthcare professionals should encourage the mother to consume a healthy diet while breastfeeding.

Breastfeeding mothers are recommended to have iodine supplements as it is difficult to obtain enough dietary iodine daily. Other population groups may require other supplements when breastfeeding for example: vegan breastfeeding women. These women should consult their health care professionals for individual advice.

During this period discussion with families about breastfeeding may include:
  ○ the benefits of breastfeeding and the risks of not breastfeeding
  ○ information sources and support agencies specific to feeding e.g. local child health services, Australian Breastfeeding Association
  ○ returning to work and breastfeeding.

National Health and Medical Research Council | www.nhmrc.gov.au
- Iodine supplementation for Pregnant and Breastfeeding Women
Returning to work and breastfeeding

Returning to work has a significant impact on breastfeeding rates in Australia with a higher proportion of mothers working part time able to continue breastfeeding, than those working full time. Women reported having a supportive workplace culture as being important in continuing breastfeeding, this included: having lactation breaks with suitable facilities to express and store EBM and flexible working hours. The child health professional should encourage mothers to discuss options with their employer regarding support of breastfeeding. Discuss preparation for returning to work e.g., expressing and storing breastmilk.

Extended breastfeeding

There is no public health recommendation of when a mother and child should cease breastfeeding. Mothers who continue to breastfeed past infancy are often exposed to society constraints, with some women describing being 'under surveillance' by their community. Women who choose to breastfeed children may need additional support from their child health professional with continuing feeding when their societal norm is infant breastfeeding.

Child health professionals may advocate for breast feeding information to include pictures of children breastfeeding, rather than just babies breastfeeding to assist in addressing cultural barriers.

The Marketing in Australia of Child Formula (MAIF) Agreement is Australia’s response to the WHO International Code of Marketing Breast Milk Substitutes (WHO Code). The MAIF Agreement contributes to the provision of safe and adequate nutrition for infants by the protection and promotion of breastfeeding and by ensuring the proper use of child breastmilk substitutes on the basis of adequate information and through the appropriate marketing and distribution of breastmilk substitutes.

Growth

Child health professionals can inform parents about the use of growth charts and the influencing factors over growth e.g. genetic and environmental factors and the importance of their child tracking to their individual pattern.

<table>
<thead>
<tr>
<th>Age</th>
<th>Average growth</th>
<th>24</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ years</td>
<td>- Physical growth slows during toddlerhood.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Growth predominately occurs in the limbs with an average length increase of 7.5 cm/year.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- The head circumference usually increases by 2.5 cm in the second year of life.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- The anterior fontanel closing between 12 – 18 months.</td>
<td></td>
</tr>
<tr>
<td>2 ½ to 3 ½ years</td>
<td>- Usually the birth weight has quadrupled by the 2nd birthday.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- In general the child’s adult height will be about twice the height they are at 2 years old. The head circumference usually increases by 2.5 cm in the second year of life and then the rate slows to approximately 1.25cm/year up to 5 years.</td>
<td></td>
</tr>
</tbody>
</table>
Age & Average growth

<table>
<thead>
<tr>
<th>Age</th>
<th>Average growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 to 5 years</td>
<td>■ Growth on average:</td>
</tr>
<tr>
<td></td>
<td>○ length increase of 7.5 cm/year</td>
</tr>
<tr>
<td></td>
<td>○ average weight 16.5-19 kgs</td>
</tr>
<tr>
<td></td>
<td>○ head circumference increases approximately 1.25 cm/year up to 5 years.</td>
</tr>
</tbody>
</table>

Cognitive development

Child health professionals inform parents about how their child’s ongoing development is linked to advances in behaviours in this age group, for example:

■ Myelination of the spinal cord becomes complete, resulting in an opportunity for the child to develop bladder and bowel control, with day time toilet training often being achieved around the age of 2 years 24.

■ The child begins to incorporate previous learning with new skills including intellectual reasoning, such as turning on a light switch 24.

■ A child’s sense of autonomy advances along with greater understanding about object permanence, generally meaning they can tolerate longer periods of separation from parents and home 24.

■ As their sense of autonomy and language skills advance, power and control is explored and their self-identity is expressed through behaviours such as wilfulness, possessiveness, developing rituals 24.

■ By the fourth year of life a child’s dramatic development of self usually means they demonstrate a capacity to separate their own feelings from others, show empathy, and integrate their behaviours into those more aligned with their society 116.

Parent-child interaction

Promoting the development of healthy parent-child relationships is seen as one of the best ways to promote child emotional wellbeing and positive mental health. The period of one to five years encounters incredible advances in child development and a balancing of the need of security toward the parent and the desire to explore their environment and assert themselves 116. This can be at times, a threat to the parent-child relationship, but at the same time offers an opportunity for the child and parent to learn and experiment with conflict and conflict resolution. When this process and experience progresses successfully (most of the time), both the child and parent learn valuable life lessons and relationship skills 116.

Parents are encouraged to discuss any concerns with their child health professionals and/or GP. Refer families to resources to raise their awareness of delays in development such as the: The “Red Flag” Early Intervention Referral Guide for Children 0 – 5 years 90.

Normal behaviour and activities to support development: one to five years

Child health professionals inform parents about the enormous variation of activity and sleep among children depending on their environment and individuality, including: temperament, behavioural characteristics 116, 128.

The following tables offer a guide only, to a child’s behaviours patterns and activities and offers
strategies and tips that may enhance their child’s development.

When parents raise concerns about their child’s behaviour, discuss these concerns with the parents and refer families to resources to raise their awareness of delays in development such as the: The “Red Flag” Early Intervention Referral Guide for Children 0 – 5 years. Referral may also be appropriate

### Sleep

#### Child behaviour
- A child’s behaviour changes as they become tired
- Children can become overtired quickly

**1 - 3 years:**
- average total sleep/day = 10-16 hrs
- One nap a day in most infants 18 months of age, transitioning to no naps. 50% of 3 year olds no longer nap in the day.
- Often attached to objects e.g. ‘blankie’.

**3 – 5 years:**
- Gradual transition to no naps in the day.
- Increase of fears during sleep e.g. monsters.
- Nightmares occur in 10- 50% of children, with children remembering the event; usually occurs in the second half of sleep.
- Confusional arousals are common (‘sleep drunkenness’), where the child has slurred speech, disorientated behaviour with no memory of the event.
- Sleep terrors may occur, usually during the first half of the night. Child awakes with intense fear, but has no memory of the event.

#### Parenting tips / Skills to support infant development
- Develop a regular bedtime routine (e.g quiet time, reading, no stimulation).
- Establish a bed time and wake up time.
- Encourage day time naps according to the child’s tired signs.
- Avoid scary TV shows, books etc, if your child is developing bed time fears.
- Encourage your child to eat well – being hungry or ‘too full’ before sleep can be uncomfortable.
- Encourage the child to get plenty of natural light and be active during the day

#### Cautions and things to avoid
- Avoid overstimulation e.g. screen time
- Try to avoid using the same soothing technique every time to settle the child to sleep as they may become dependent on this
- See SIDS prevention in safety and injury section.

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Raising Children Network | http://raisingchildren.net.au
Resources in both video and fact sheets on a variety of topics: e.g Phasing out night feeds, Patting settling technique, Moving to a ‘big bed’. Understanding sleep: 20 frequently asked questions, Tired signs in babies and children, Sleep Issues: Calling out and getting out of bed, Night terrors
Physical activity: exercise and play

Child behaviour

- Children should be involved in physical activity every day for at least 3 hours spread across the day.
- Children enjoy being active. They engage in various types of play, especially enjoying imitative free play without ridged rules where they can act out and make sense of their world. Play provides stimulation for physical, social and cognitive development.
- Play activities may include: jumping, running, climbing, pushing, pulling, activities with sporting equipment, tricycles, bicycles, and in wading pools or sand boxes.
- Planned activities may include working with the parents e.g., gardening, cooking.
- Playing with toys (formal or made up toys e.g., pots and pans, cooking utensils, cardboard boxes, dress up clothes) can promote gross and fine motor skills, creativity and self-expression.
- Children should have limited inactivity, with no more than one hour at a time (excepting sleep) throughout the day be spent sitting completing quiet sitting activities ie: reading / drawing / older children watching TV.

Parenting tips / Skills to support infant development

- Walk to things when you can e.g., pre-school, local shops
- Promote a range of play activities for your child by providing appropriate, safe play space, toys / made up toys, play dough, etc.
- Plan time to play with their child in the back yard or take your child to the park or sporting field – play with balls, skip, teach your child to ride a bike / scooter.
- Develop limits on screen time within the family.
- Have a few ‘screen free’ days during each week
- Record the child's favourite show so that they can watch them when they are unable to be outside playing.

Cautions and things to avoid

- Screen time is a major obstacle to physical activity in children [116].
- No screen time for children under 2 years. With children 2 – 5 years, watching and using screens e.g., DVD, TV, electronic games, smartphone; should be limited to less than one hour per day [131]
- Avoid having TV on the background within the family home.

Raising Children Network | http://raisingchildren.net.au
Resources in both video and fact sheets on a variety of topics: e.g Physical activity for children – how much and why?, Getting children involved, Overcoming obstacles to physical activity, Winter activities, Toddler exercise, Play and learning
Toilet training

Child behaviour

- Sometime after the child has accomplished walking voluntary control of the anal and urethral sphincters becomes apparent to the child. Other milestones are also necessary however to prepare the child to toilet train, including communicating this sensation to the parent and learning the process of ‘holding on’ and ‘letting go’. Psychological and cultural factors also impact.
- The average age of commencing toilet training is around 20 months with girls usually being ready a couple of months earlier than boys.
- Each family should choose the right time for them, considering the:
  - Physical readiness of the child, e.g. sphincter muscle control evident by the ability to stay dry for 2 hours, waking dry after a daytime sleep, regular bowel movements.
  - Mental readiness, e.g. recognises the urge to ‘wee’ or ‘poo’, verbal or non-verbal skills to communicate the need, ability to imitate behaviours and follow parents directions.
  - Psychological readiness of family, for the child, e.g. curiosity about family member’s toilet habits, wants soiled nappy/underwear off quickly, desire to please parent, able to sit quietly on toilet.
- For the parents: recognises the child is ready to toilet train, ready to invest time and energy into the training, available to encourages the child and provide consistency around toileting training.
- Night time dryness will not be available until the child’s sleep cycle matures and many children continue to be ‘wet’ at night. Girls often until four years of age and boys until around five years.

Parenting tips / Skills to support infant development

- Encourage a child’s recognition of urges, toileting attempts and successes.
- Be consistent with instructions.
- Make it easy and simple for the child to access the toilet, e.g. potty / toilet seat and stool quickly available, clothing easy to remove.
- Using a small stool under the feet may help to facilitate defecation as well as helping the child feeling safe.
- Stay with the child when they are on the toilet.
- Remind a child when they are busy and engrossed in play activities.
- Plan ahead and encourage toileting prior to car trips.
- Expect periods of regression.
- If toilet training is causing stress for the family and progress is slow, have a break from the process and try again when child and parent are ready.

Cautions and things to avoid

- Avoid punishing a child for not getting to the toilet on time
- Avoid commencing toilet training around stressful family events eg: birth of another baby, moving house.
- If parents are worried about toilet training progress they should discuss this with the Child Health Professional / GP.

Raising Children Network  |  http://raisingchildren.net.au
Resources in both video and fact sheets on a variety of topics: e.g Toilet training: when to start?, Getting ready for toilet training, Basic steps for toilet training, Wet nights, Using training pants, Setbacks and accidents when toilet training.
Child behaviour

- Generally by 1 year, children can be eating the same foods as the rest of the family. Children experience decreases in appetite as their growth slows and at times may develop periods of fussiness and strong taste preferences. Growth spurts can result in hunger bursts. This inconsistency can make it difficult for parents, so developing family principles around mealtimes may be helpful.
- Parents are advised to use the Australian Dietary Guidelines to monitor their child’s intake is adequate to support and promote optimal growth and development.

Parenting tips / Skills to support infant development

- Parents can be encouraged to
  - Establish family routines around mealtimes e.g., hand washing before eating, modelling healthy meal time behaviours, making healthy choices for the entire family.
  - Eat together as a family when possible.
  - Create a pleasant environment for mealtime with few distractions e.g. no television.
  - Provide food that is developmentally suitable, nutritional, and fresh if possible.
  - Promote interest in food e.g., provide food predictably when child is hungry, provide appropriate variety and texture of foods; promote independent eating when developmentally appropriate.
  - Offer children new foods a number of times when they don't appear to like it – it sometimes takes 6 – 10 times before they adjust their taste to certain foods. If still unsuccessful try again in a few months.
  - Provide praise to the child when appropriate healthy eating habits and food choices are made.
  - Offer the most nutritious foods first.
- Teach children about groups of foods that are healthy, i.e., ‘often’ foods and ‘sometimes’ foods.
- Encourage children to drink water and limit cordials, soft and sports drinks.
- Encourage children to eat whole fruits and limit juices.

Cautions and things to avoid

- Avoid forcing a child to eat and using punishments specific to eating.
- Avoid using foods for reward as this may teach the child to use eating as a form of comfort.
- Avoid foods with high calories and low nutrient content; high in salt, sugar or caffeine.
- Whilst healthy snacks offer an opportunity to increase overall nutrition, avoid snacking for 60 to 90 minutes prior to meals.

Raising Children Network | http://raisingchildren.net.au
Resources in both video and fact sheets on a variety of topics: e.g Nutrition and fitness: the basics, Too much eating or not enough?, Seven tips for happy mealtimes, Video: Eating Strategies
### Oral health

#### Child behaviour
- Whilst teeth erupt at different times from one child to another, all 20 baby teeth usually appearing by the time the child is three years with the first permanent tooth not erupting until approximately 6 years of age.
- Good oral health is associated with improved general health.
- Tooth decay is a mostly preventable disease and is associated with significant health problems. Dental and periodontal disease causes pain and discomfort and can result in personal disfigurement with 25% of all adults over the age of 15 years reporting an experience of discomfort regarding their dental appearance.
- Oral health continues to be a common problem in Australia, with only 55% of children being decay-free at age 6 years of age.

#### Parenting tips / Skills to support infant development
- Parents can be encouraged to:
  - Set up a routine of dental hygiene at least twice a day.
  - Use a small soft toothbrush with no toothpaste until approx. 18 months, after that a pea sized amount of fluoride toothpaste is recommended, twice / day. Encourage the child to rinse and spit out following teeth brushing.
- A dental health check is recommended at approx. 2 years and when the child commences school.
- For young children the most effective method of cleaning the teeth is cleaning by brushing and flossing by the parents.
- Make teeth brushing fun and use games to access all teeth, e.g., “Roar like a lion” gives parents access to back teeth; ‘say cheese”, the front teeth.
- Parents can support the child to learn to brush their teeth from about two years but will require help and supervision up until approximately eight years of age.

#### Cautions and things to avoid
- Encourage children to ‘let go’ of their dummies or sucking their thumb or fingers. This usually happens by 2 – 4 years of age.
- Avoid putting your child to sleep with a bottle, leaving the milk on your child’s teeth can increase the risk of decay.

#### Health promotion resources
Raising Children Network fact sheets and video resources:

- **Raising Children Network |** http://raisingchildren.net.au
  Resources in both video and fact sheets on a variety of topics: e.g. Teeth development, Cleaning your child’s teeth, Visiting the dentist, Caring for your child’s teeth.
Speech, hearing and vision

Child behaviour
- Parents are informed that there is a great variation from one child to another in how much they communicate, just as there is with adults.
- Speech remains predominantly egocentric, as language progresses often the child may misunderstand the meanings of some words even though they use them e.g., left and right, yesterday, tomorrow.
- Between 2 and 4 years children are learning so many words in a short space of time that dysfluency of words i.e.: stammering, stuttering may be common during this time.
- By four years a child will use approx. 1500 different words and make sentences that are increasingly complex.

Parenting tips / Skills to support infant development
- Parents can be encouraged to:
  - Read stories aloud, sing songs, recite rhymes
  - React, praise their child’s efforts to communicate
- If stammering occurs, encourage child to ‘slow and relax, resist completing sentence, take time to listen
- Attend community activities that promote reading and interaction e.g. local libraries often hold activities for children

Cautions and things to avoid
- Avoid screen time e.g. watching TV, with the exception of short interactive activities with caregivers.

Raising Children Network  |  http://raisingchildren.net.au
Resources in both video and fact sheets on a variety of topics: e.g. Connecting and communicating videos: Activities to promote literacy, Reading and Speaking two languages at home.

The “Red Flag” Early Intervention Referral Guide for children 0-5 years (Children’s Health Queensland)
Emotional wellbeing

Child behaviour
- Children continue to learn social skills and interaction by observing those around them and by their own experiences of social interaction.
- Cultural, social, physiological factors impact on emotional development e.g. wellness / illness of the child or parent, observing violence in the home or community.
- At around 18 months of age the toddler recognises him/herself as an individual person. Physically aggressive behaviours e.g. biting, hitting, kicking are common as toddlers react spontaneously to biological drives. Self-expression and self-assertion develop and as language development progresses, some regulation of affect and aggression emerges.
- Often word meanings are taken literally resulting in misinterpretation e.g. bad and good; wrong and right.
- Interpretation of wrong doing often evokes a feeling of guilt.
- Body image begins to develop and children are aware of societal values e.g. pretty, ugly, big, little.
- Three- to five-year-olds generally like to please their parents and conform to their expectations. They will however have periods of frustration and experiment with their own control and power e.g. wearing specific clothes, picky about food. As they develop, they become increasingly aware of social expectations and begin to develop moral judgement, a sense of justice and a conscience. Do’s and Don’ts become important.
- The child’s sexual awareness of basic anatomical differences and sexual stereo-types becomes evident through curiosity and play.
- Common parenting issues include: eating, tantrums and bedtime problems and disobedience.

Parenting tips / Skills to support infant development
- The child health professional can promote positive parenting behaviours and a parenting style that supports healthy child-parent relationships.
- Parents can be encouraged to:
  - Respond in a caring way to their child’s communication
  - Be aware of their tone of voice and think about whether it is in line with their facial expressions and gestures; use consistent messages, it is much easier for a child to learn. Name emotions to assist the child learning what the emotions are and what they look like / feel like.
  - Play with their child – mutual play fosters positive interaction and may strengthen the child-parental relationship.
  - Explore what their child is thinking and meaning through non-verbal approaches such as imaginative play. Parents need to be aware that children do not always interpret these things correctly and they may need to explore a child’s thinking.
  - Instil positive body image messages
  - Encourage children to ask questions and express their feelings
  - Structure quiet time/ rest time into the child’s schedule
  - Prepare for changes e.g. entering school
  - Attend parenting groups and support programs to share ideas with other parents and discuss common difficulties or concerns.
Cautions and things to avoid

- Parents can be encouraged to:
  - Reflect on their parenting style and the factors impacting on it, e.g., how they were parented
  - how their parenting style affects their interaction with their child
- Limit screen time in line with recommendations
- If a child health professional identifies altered attachment models, disruptive behavioural and aggressive a full family assessment is recommended, and referral to the Early Intervention Clinician within the multidisciplinary team.

See appendix 1 and 2

Raising Children Network | http://raisingchildren.net.au
Resources in both video and fact sheets on a variety of topics: e.g. Toddler connecting and communicating: in a nutshell, Guide for talking to children, What’s in a smile, Through a child’s eyes, Preschoolers - connecting

The “Red Flag” Early Intervention Referral Guide for children 0-5 years (Children’s Health Queensland)

Immunisation: Birth to five years

Immunisation is one of the most cost effective and efficient means available for the maintenance of public health, with safe and effective vaccines available against a number of preventable diseases. Immunisation is important for everyone, adults as well as young children.

Meeting population health goals for immunisation rates involves collaborative practice with a range of service providers across government and non-government sectors. For infants aged 12-15 months, Queensland’s coverage rate for full vaccination as at 31/12/2013 was 90.7%. The goal is 95%.

Best practice for the child health professional in the provision of immunisation services requires adhering to standards of practice that are articulated in documents within Australia, Queensland and individual Hospital and Health Services.

When families are visiting a Child Health Professional it provides opportunity to assess the child’s immunisation record against the current National Immunisation Program Schedule (NIPS). Validate the immunisation status where possible and encourage vaccination when it is due. Other initiatives to help families keep up to date with their child’s vaccination schedule may be available such as: VacciDate.

Some child health professionals have additional qualifications (i.e., have completed an Immunisation Program Nurse course for Queensland) to administer vaccines under certain conditions. These qualifications allow staff to immunise provided the organisation is an accredited immunisation program provider and they work under a Drug Therapy Protocol and a Health Management Protocol.

An Endorsed Immunisation Program Nurse, working autonomously, may only administer those vaccines outlined in the current QH Drug Therapy Protocol – Immunisation Program without doctor’s prescription. A Registered Nurse may administer vaccines ordered by a medical officer. All immunisations administered are registered on the QH database - Vaccination Information and Vaccination Administration System (VIVAS) and recorded in the child’s PHR.

VIVAS will also ensure these records are included on the national database, the Australian Childhood Immunisation Register (ACIR).

Identified population groups require additional vaccinations e.g., Aboriginal and Torres Strait Islander children, children born <28 weeks gestation.
Vaccine management

Vaccines are delicate, biological substances that are very expensive and need to be stored within the temperature range of +2 to +8 degrees Celsius at all times.

As health professionals we need to ensure people receive effective vaccines. All people responsible for handling vaccines must undertake education around the importance of effective vaccine management.151 Child health care professionals will be guided by local policies and procedures and national guidelines such as: ‘National Vaccine Storage Guidelines – Strive for 5’ regarding safe vaccine management.

Safety, illness and injury prevention

This section discusses injury prevention and safety promotion to reduce the risk of SUDI and overall morbidity relating to injuries.

SUDI or sudden unexpected death in infancy is an overall term used to encompass all cases of sudden and unexpected deaths between seven and 365 completed days of life.152

In the age group of zero to five, safety and injury prevention requires more than supervision. Successful strategies to reduce injuries are often referred to as the three ‘E’s’ which include education, enforcement and engineering but these can be expanded to six ‘E’s’ which include environmental changes, evaluation and enthusiasm. The most successful way to reduce injuries is to use a mixture of all strategies – a multi-strategic approach. The following table outlines practice related to each strategy. Strategies to reduce injuries are evidenced based and should be applied across the continuum of care. The following are some examples that may be useful:

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immunisation – Vaccination information and vaccination administration system (VIVAS)</td>
<td><a href="http://www.health.qld.gov.au/immunisation/health_professionals/vivas.asp">www.health.qld.gov.au/immunisation/health_professionals/vivas.asp</a></td>
</tr>
<tr>
<td>For health professionals:</td>
<td><a href="http://www.health.qld.gov.au/immunisation/health_professionals/default.asp">www.health.qld.gov.au/immunisation/health_professionals/default.asp</a></td>
</tr>
<tr>
<td>What’s your date to vaccinate’ Initiative</td>
<td><a href="http://vaccinate.initiatives.qld.gov.au/know-your-dates/">http://vaccinate.initiatives.qld.gov.au/know-your-dates/</a></td>
</tr>
<tr>
<td>Australian Childhood Immunisation Register (ACIR)</td>
<td>Tel: 1800 653 809</td>
</tr>
<tr>
<td>Primary Clinical Care Manual</td>
<td>See immunisation program, tetanus immunisation</td>
</tr>
<tr>
<td>Strategy</td>
<td>Action</td>
</tr>
<tr>
<td>---------------------------------------------------------------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Education - information and awareness raising helps prepare</strong></td>
<td>■ Talk to parents/carers about the common childhood injuries to increase their awareness</td>
</tr>
<tr>
<td><strong>people for change</strong></td>
<td>■ Provide information about how to reduce hazards</td>
</tr>
<tr>
<td></td>
<td>■ Reinforce information with brochures, fact sheets and websites.</td>
</tr>
<tr>
<td><strong>Enforcement – laws and legislation</strong></td>
<td>Ensure parents/carers are aware of the legal requirements:</td>
</tr>
<tr>
<td><strong>force people to act in a safer manner</strong></td>
<td>■ to properly restrain all children in an approved child restraint in vehicles</td>
</tr>
<tr>
<td></td>
<td>■ hot tap water must be delivered to bathrooms at 50°C</td>
</tr>
<tr>
<td></td>
<td>■ fence pools and spas</td>
</tr>
<tr>
<td></td>
<td>■ install an electrical safety switch and smoke alarms in the home</td>
</tr>
<tr>
<td><strong>Engineering – products are designed</strong></td>
<td>■ Ensure parents/carers consider safety issues when choosing products (e.g. avoid baby walkers, look for potential choking hazards when purchasing toys etc.)</td>
</tr>
<tr>
<td><strong>to be safe.</strong></td>
<td>■ Encourage parents/carers to select products that meet safe design standards, and look for the Australian Standards-approved sticker when purchasing products.</td>
</tr>
<tr>
<td></td>
<td>■ Encourage parents/carers to set up play areas in a safe manner (e.g. soft falls material under play equipment).</td>
</tr>
<tr>
<td><strong>Environment</strong></td>
<td>Ask parents to:</td>
</tr>
<tr>
<td></td>
<td>■ identify hazards in their home – encourage parents to use a home safety checklist as a guide</td>
</tr>
<tr>
<td></td>
<td>■ make simple environmental changes according what was identified on the checklist (e.g. Install guards at the top and bottom of stairs; move poisonous substances so they are locked up high; keep hot liquids out of reach; check infant sleeping environments)</td>
</tr>
<tr>
<td></td>
<td>■ use the same principles to identify hazards in homes that they may be visiting and either modify that environment or exercise a higher level of care if the environment cannot be modified. (e.g. pills on bench top at Grandma's house)</td>
</tr>
<tr>
<td><strong>Evaluation</strong></td>
<td>Follow-up parents/carers:</td>
</tr>
<tr>
<td></td>
<td>■ ask if they have used a home safety checklist</td>
</tr>
<tr>
<td></td>
<td>■ Ask what safety measures they installed in their home and what they do for homes they visit</td>
</tr>
<tr>
<td></td>
<td>■ Praise parents for positive actions taken</td>
</tr>
<tr>
<td><strong>Enthusiasm</strong></td>
<td>Be positive and supportive and encourage parents to take action in optimising child safety</td>
</tr>
</tbody>
</table>
Common injury groups that occur in the birth to five years age group are listed in the tables below, along with recommendations for parents regarding injury prevention. Examples of resources that can be accessed are also provided.

### Falls

| 46,120,144,248 |

#### General information
- Falls occur commonly from prams, strollers, cots, high chairs, baby change tables, beds.
- The majority of injuries from prams, strollers and change tables occurred when the infant/child was not strapped in.
- In Australian hospitals 2010-2011:
  - An injury following a fall was the leading cause of hospitalisation for injured children
  - Of hospitalised, injured children, falls accounted for 45% of these.

#### Recommendations for parents
- Ensure all infant/child equipment and furniture items meets Australian Safety Standards
- Never leave an infant unattended on a change table, lounge, bench, beds, in a high chair or in a bath.
- Always use an in-built five-point harness to buckle a child in a car. Do not wrap an infant under a harness
- Use the wrist strap attached to pram/stroller to avoid roll away injuries and use the brake, avoid overbalancing equipment by overloading baskets under prams, hanging bags on handles.
- Provide secure area for play away from hazards, such as stairs
- Avoid baby walkers.
- Ensure furniture items are secured to avoid it toppling over on to a child e.g. televisions, water coolers
- Actively supervise children in playgrounds and on play equipment – encourage children less than three years to play on equipment under one metre in height, and under 1.5 metres for children between three and five years.
- Discourage the use of trampolines in this age group
- Parents are advised to learn basic first aid and resuscitation.

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Kidsafe (Child Accident Prevention Foundation of Australia) | www.kidsafe.com.au
Resource: Babies from birth to crawling

Raising Children Network | http://raisingchildren.net.au
Resources: Baby safety in a nutshell, Playground Safety – Fun without tears, Preventing falls for babies and toddlers, Rough and tumble play, Prevention and first aid

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### Drowning / near drowning

| 48,120,155 |

#### General information
- Drowning accounted for the death of 31 children aged 0-4 years in Australia (July 2012 - June 2013) with falls into water causing the majority of deaths, followed by bathing accidents.
- Drowning on farms accounts for around 40% of child farm deaths, with dams being responsible.
Recommendations for parents

- Never leave infant / child unattended in a bath
- Always supervise a swimming child
- Remove water hazards e.g. buckets of water, water features.
- Ensure fencing around pools and spas meets council safety requirements
- Secure a safe outdoor play area that prevents unintended access to pools/dams/wells/unfenced water
- Parents are advised to teach their children water skills and to learn resuscitation.

Motor vehicle accidents including driveway accidents

General information

- Incorrect installation and use of infant car restraints and low speed vehicle run-over injuries cause a high rate of morbidity and mortality in this age group.
- Many low-speed accidents occur at or near a child’s home with the driver of the vehicle often their parent.

Recommendations for parents

- Never leave children unattended in the car.
- Secure safe play area that prevents unintended access to driveways/roads
- Develop a safety routine before starting motor vehicles, e.g. ensure children are clearly visible and with an adult (when not travelling with them in the car), and ensure children are safely harnessed and securely fastened in the car prior to turning on the ignition.
- Ensure infant restraint meets the Australian/New Zealand Standard and are correctly fitted.
- Children less than six months of age should be in a rear-facing car restraint in the back seat of the car with an inbuilt harness.
- Parents are advised to learn basic first aid and resuscitation.
### Choking / asphyxiation / poisoning

#### General information
- Infants explore their environment by using all their senses, commonly putting things in their mouth. This poses a risk for choking on small items with a common cause of injury being hard food items, buttons, small batteries.
- Each year in Queensland almost 850 children aged 4 and under present at hospitals as a result of poisoning.
- Poisoning often occurs as a result of incorrect use of medication, herbal remedies.

#### Recommendations for parents
- Never prop feed your baby
- Supervise your infant/child when feeding/eating
- Commence feeding solids with pureed/soft, finely mashed foods
- Avoid foods that are hard and small e.g., nuts, seeds, whole grapes, popcorn, lollies
- Do not dress infant in baby clothes with long drawstrings, ribbons or cords
- Ensure curtain/blind cords are out of reach and secured safely out of children’s reach
- Keep your infant’s play area free from small items that may be a choking hazard
- Ensure children’s toy items meet the Australian Safety Standard
- Ensure toys are free from small parts that could be swallowed.
- Keep small objects out of the infant’s reach
- Keep a check on the floor for small objects where your baby is playing
- Use child safety latches to keep children out of cupboards
- Store medications and dangerous substances e.g., detergents, alcohols, chemicals out of reach of children – preferably in a cupboard located at least 1.5m off the ground and with a child-resistant lock.
- Mothers should keep their handbag out of reach
- Encourage parents to seek advice on correct use of medications e.g. Paracetamol, herbal preparations
- Parents are advised to learn basic first aid and resuscitation.
- Advise parents of poisons information centre phone number – providing support seven days a week / 24hrs a day.

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**Resources:** Choking and suffocation, Toys, Poisoning, Choking first aid (in pictures and for Aboriginal children), CPR for babies (in pictures and for Aboriginal children), Preventing strangulation and suffocation

**Raising Children Network** | [http://raisingchildren.net.au](http://raisingchildren.net.au)

**Resources:** Child car restraints and booster seats

## Burns

### General information
- Infants can be burned in an instant with the majority of infant burns occurring in the home and often as a result of hot drinks and food.

### Recommendations for parents
- Avoid consuming hot drinks / hot foods while holding infants
- Do not leave hot items in reach of child
- Microwave ovens heat fluid / foods unevenly – avoid heating bottles in the microwave, stir food thoroughly and test the temperature
- Keep children away from hot objects (e.g. heater, BBQ, candles)
- Use safety plugs in power sockets
- Bath temperature should be around 36°C (adults usually have their baths around 41°C)
- Use caution around hot taps
- Use safety gates to keep children out of high-risk areas (e.g. out of the kitchen when the family are cooking.)
- Choose clothing labelled ‘low-fire danger’
- Parents are also advised to learn basic first aid for burns ensure their home has smoke detectors.
- ‘Slip, Slop, Slap & Wrap’ – avoid sunburn by dressing infant in light-weight long sleeved clothing and a hat, find shade when possible and use baby sunscreen.

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**Kidsafe Queensland** (Child Accident Prevention Foundation of Australia) | www.kidsafeqld.com.au

**Raising Children Network** | http://raisingchildren.net.au

Resources: Bathing your baby, Scalds prevention and first aid

SIDS 45, 46,120

General information

- SIDS has reduced significantly since the introduction of public health campaigns over the past 20 years; however SIDS still rates at 0.2 per 1000 births (2012). Queensland had the highest number of SIDS deaths in Australia in 2012 with 21 of the 50 deaths [46].
- Many parents relapse into smoking again during early parenting, citing ‘stress reduction, ‘good feelings and a social activity’ as reasons for the relapse.

Recommendations for parents

Health professionals continue to promote the SIDS guidelines, such as:

- Maintain a smoke-free environment for the infant
- Breastfeed
- Sleep the infant in their own safe sleeping place in the same room as an adult caregiver for the first six to 12 months
- Sleep the infant on the back from birth (not on their side or tummy). Wrapping the infant firmly (but not tightly) may help them stay on their back. Discontinue wrapping once infant can roll over
- Use a light, cotton fabric e.g. muslin
- Ensure the infant isn’t overdressed under the wrap
- An appropriately fitting sleeping bag may be used as an alternative or when you can no longer use a wrap
- Keep the head and face uncovered when asleep
- Remove bibs
- Position the infant so that the feet are at the bottom of the cot
- Provide a safe sleeping environment night and day
- Ensure mattress and cot meet Australian Safety Standards
- Ensure mattress is a snug fit in the cot and ensure bedding is tucked securely
- Do not use bumpers, pillows, soft toys, pacifier cords

Co-sleeping

If parents are considering sharing the same bed with their infant, offer the following information:

- Bed sharing should be avoided when:
  - an infant is less than three months, premature or small for age
  - parent is a smoker or under the influence of alcohol or any medication causing sedation or the caregiver is overtired
  - the sleep environment is not consistent with SIDS recommendations e.g., Doonas, waterbed
  - bed is shared with other children, pets.
- Use a sleeping bag for the infant so that there is no sharing of adult bedding with the infant
- Discuss with parents support strategies and alternative stress reduction activities other than smoking e.g. parenting groups, play groups, ABA groups.
- Learn basic first aid and resuscitation.

SIDS and Kids | www.sidsandkids.org
Includes resources specific to Aboriginal and Torres Strait Islander families and in other languages.


Raising Children Network | http://raisingchildren.net.au Resources: Bathing your baby
Assault / witnessing violence 18-21, 120

General information
- Children are acutely aware of their environment and are able to react either outwardly or inwardly, when those around them experience tension, fear, anxiety, depression and aggression.
- Relationship issues and / or domestic violence, may impact on the child in numerous ways including children being injured by their care givers e.g. shaken baby syndrome.
- Child health professionals should be alert to families expressing stress / relationship difficulties and maintain a child protection focus considering physical and psychological risks of harm.
- Discuss with all parents / care givers what to do if they are finding parenting challenging, this may be developed into a ‘safety plan’ for the parents to keep with them.

Recommendations for parents
- Refer parents to the Contacts page in the Personal Health Record with a range of supports including 24-hour hotlines.
- Discuss common challenges for parents and strategies to manage stress and reduce fatigue.
- Encourage parents to create a loving and calm environment.
- Encourage families to reflect on their parenting styles and own behaviours as a parent and how this may be impacting on the infant/child.
- Parents are encouraged to attend parenting programs to improve psychosocial health and parental functioning.

See child protection, page 173.
See appendix 1

Raising Children Network | http://raisingchildren.net.au
Resources: Services and Support in a nutshell, When you feel like you might hurt your child, Feeling angry as a parent

Babies and toddlers – Keeping them safe (fact sheet)
Queensland Centre for Domestic and Family Violence Research
Illness prevention

General information

- Whilst prevention of communicable diseases if managed primarily through immunisation, raising the awareness of families and children of how to prevent the spread of illnesses is an important strategy around illness prevention.

Recommendations for parents

- Model positive hygiene behaviours by washing own hands regularly
- Teach children how to wash their hands and when to wash their hands ie: before eating, after toileting
- When children have symptoms of illness, teach them to reduce droplet spread by using a tissue when coughing or sneezing and discarding them;
- Discourage sharing of eating and drinking utensils
- Encourage families to limit the exposure of their child to others when ill. Some illness will have a recommended minimum exclusion periods from school, pre-schools and child care centres.

Early identification

An important role of child health professionals is identifying factors that may impact on the health outcomes of children and providing support, early intervention and referral when necessary.

This section:

- Identifies factors that increase the risk of a child experiencing sub-optimal health outcomes and
- Provides guidelines on how child health professionals can work with families where these factors exist, including additional targeted services and referral and care coordination with other service providers. Services will depend on the local community, resources and context of health care.

The healthcare context

Targeted services may be provided within a variety of settings to promote engagement of families into the service. Depending on local resources, this may include extended home visiting, group programs (e.g. cultural specific parenting groups), outreach services (e.g. supported playgroups, young parents support groups, early years centres) and specific population group services (e.g. CALD clinic).

Priority groups include:

- Aboriginal and Torres Strait Islander families
- Families from a culturally and linguistically diverse (CALD) background
- Socioeconomically disadvantaged children and families
A comprehensive family health assessment will provide a foundation for engaging families and providing ongoing services. The use of additional resources and tools may facilitate a comprehensive family health assessment, including:
- interpreter services
- parental mental health screening e.g. Edinburgh Postnatal Depression Scale (EPDS), Depression Anxiety Stress Scale (DASS)
- infant-maternal/paternal attachment tools.

When screening identifies additional risks or family needs, care options can be explored with families and the child health multidisciplinary team. Services will be tailored in partnership with families and guided by the local Hospital and Health Service protocol and models of care. This may include, for example:
- universal service provision with brief structured interventions and/or
- referral to additional support services within or external to the service.

The child health professional uses a strength based, partnership approach to build parent capacities and skills, focusing on:
- providing evidence based, culturally sensitive, parenting information
- offering periodic anticipatory guidance according to the predictable stages of growth and development
- promoting, establishing and maintaining positive social supports
- enabling parents to solve problems for themselves and practicing personal coping strategies.

Vulnerability factors

Whilst there are a wide range of factors that may indicate a family will have additional needs, for the purpose of this manual the following are grouped together for discussion:
- Aboriginal and Torres Strait Islander Families
- Culturally and linguistically diverse (CALD) people and people from Refugee backgrounds
- Families with low income, unstable housing, low parental education level
- Family Structure: Young, single, same sex attracted and re-partnering parents, step and blended families
- Children living in non-parental care environments
- Infants of parents with a disability, physical illness
- Isolated families e.g., living in rural and remote areas
- Families experiencing substance use issues: smoking, alcohol and other substance misuse
- Family with current violence, past abuse, or where a parent has experienced abuse as a child
- Families where there is parental mental health and wellbeing concerns.

Refer to Chronic Conditions Manual
Aboriginal and Torres Strait Islander families

It is important to invite a family to identify their child as Aboriginal and Torres Strait Islander to ensure their cultural needs can be considered. Health in the context of an Aboriginal and Torres Strait Islander is a holistic concept, encompassing physical, social, emotional, spiritual and the cultural wellbeing of the child as well as their community. Each individual family will have their own beliefs and needs, influenced by differing cultural practices between clans across urban, rural and remote areas of Australia.

Generally however, men’s and women’s business remains a fundamental cultural practice within Aboriginal and Torres Strait Islander families, and kinship and family responsibilities hold a higher priority than personal health needs. These concepts, along with communication difficulties and cultural differences, often create a barrier to accessing and staying engaged with health care agencies. Additional factors for health care professionals to consider when working with Aboriginal and Torres Strait Islander families are outlined below.

Cultural needs

Why there may be additional need

- Aboriginal and Torres Strait Islander clans differ in their belief systems across Australia; stereotyping cultural needs and cultural misunderstanding continues to exist. Considering the individual families’ belief system and the impact it may have on parenting and their child will improve culturally responsive health care and work towards improving health outcomes.
- Aboriginal and Torres Strait Islanders may feel fearful and mistrusting of health care services due to the history of mistreatment and disadvantage that has occurred in Australia.
- Establishing and maintaining a therapeutic relationship over time using appropriate communication strategies has resulted in improved service engagement.
- Families may have had to travel to access health care and be isolated from their community and networks. This may induce feelings of disconnection and being overwhelmed, and fear of the unknown or of being judged.

Recommendations specific to Aboriginal and Torres Strait Islander families

- Involve Aboriginal and Torres Strait Islander Health workers / practitioners in the assessment and planning of health care, where available.
- Use colours, art work, toys and equipment within the health care setting that may be aligned with the local culture.
- Invest time into establishing a therapeutic relationship with families; this is thought to increase ongoing engagement of the family. Use strategies such as:
  - Spread assessment over a number of sessions to enable rapport to be built when possible.
  - Use a suitable environment for the family whereby naturalistic observation may be used to gather information e.g., playground, home.
  - Use a soft voice, a non-judgemental, respectful tone and avoid jargon.
  - Use a casual discussion process to illicit information rather than a formal interview process.
  - Invite discussion about the individual families’ cultural views and document how these may impact on parenting as part of the Family Health Assessment. This may include the families’ cultural beliefs and gender specific practices e.g. men’s and women’s business and how that will impact on their parenting.
  - Extended family support - Aunties may be a strong support to the Mother and a child carer
■ Their baby may be integrated into community life from birth
■ Child development may be viewed more broadly than physical milestone development and include increasing in autonomy and independence and social maturity of the infant/child
■ Their child may be shown and told about dangers and then allowed to experiment and learn caution and consequences through participation, rather than being given directives to obey or using distraction techniques.
■ Work with the family to strengthen supports and develop strategies that align with their own belief system.

Mortality and morbidity \(^{25,51,158-165}\)

Why there may be additional need

■ When compared to the general Australian population, Aboriginal and Torres Strait Islander children are two-three times more likely to die in infancy.
■ Most deaths were related to conditions originating in the perinatal period e.g., birth trauma, complications of foetal growth.
■ Ill-defined conditions including SIDS were the second-leading causes of death and the third most common cause was congenital malformations.
■ Many Aboriginal and Torres Strait Islander families live in overcrowded conditions, increasing the risk of co-sleeping and SIDS. In non-remote areas in Australia 66% of Aboriginal and Torres Strait Islander infants < 1 year usually sleep on their backs, whilst only 43% of infants in remote areas sleep this way.
■ Aboriginal and Torres Strait Islander peoples in Australia have an overwhelming burden of chronic disease and policy strategies are focusing on improving the health of the Aboriginal child to break the ongoing cycle of poor health [156].
■ Infancy is an ideal period to commence healthy food preferences and eating habits which are firmly established during this crucial period.
■ When compared to the general Australian population, Aboriginal and Torres Strait Islander children are 2-3 times more likely to:
  ○ be of low birth weight
  ○ have dental caries.
■ 3% of Australian children aged 0-14yrs live in remote and very remote areas, 38% of these children were of Aboriginal and Torres Strait Islander. Obesity in these areas is a greater risk with 27% of children living outside a major city aged 5-14 years being overweight or obese compared to 21%

Recommendations specific to Aboriginal and Torres Strait Islander families

■ Involve Aboriginal and Torres Strait Islander Health workers / practitioners in the discussions where ever possible.
■ Complete a comprehensive family health assessment (see page 29), in particular:
discuss safe sleep practices with the family and plan how they might use SIDS prevention strategies (See SIDS prevention on page 135)

demonstrate how to set up safe bedding and how to dress baby for bed

Talk about the importance of nutrition and promote and support breast feeding and explain how it will result in improved health outcomes as well as lessening the financial burden. Ensure families have information for after-hours breast feeding support services / help lines. See previous section

Chat about health impacts of alcohol and other drugs and refer to appropriate support services / help lines.

Explain the importance of providing a smoke free environment for the child. Refer to appropriate support services / help lines.

Highlight the importance of immunisation and keeping up with the planned schedule – see previous section

Demonstrate how their child is growing and how they are progressing on the percentile charts, particularly considering high rates of low birth weight infants and also high rates of obesity in the Aboriginal and Torres Strait Islander population.

Promote oral health, e.g., brushing teeth at least twice per day, regular dental checks see....

Catch up well child health checks can be facilitated by working in partnership with community members to consider a variety of ways for families to access services eg: community picnics with child health professionals clinics.

Use local referral pathways for families suffering loss of a child to ensure they can access grief and loss support.

Queensland Health resources for health professionals:
www.health.qld.gov.au/Aboriginal and Torres Strait Islander health/health_professionals.asp


SIDS and Kids Indigenous brochure

Raising Children Network | http://raisingchildren.net.au
Videos for Indigenous parents: Watching your kids, Routines and Nutrition

Playgroup Queensland | www.playgroupqueensland.com.au
To find a supported playgroup - www.playgroupqueensland.com.au/find-a-playgroup-in-queensland/

Lifeline | www.lifeline.org.au
Tool kit: Coping with sorrow, loss and grief

Australian Indigenous HealthInfo Net | www.healthinfonet.ecu.edu.au
# Ear health, literacy and learning

## Why there may be additional need
- Aboriginal and Torres Strait Islander children have the world’s highest recorded rates of middle ear disease. Middle ear infection is common and has been diagnosed in infants as young as two weeks of age.
- The associated conductive hearing loss can have a profound impact on their development.
- Aboriginal and Torres Strait Islander children have 30% more likely to require assistance with learning or communicating.

## Recommendations specific to Aboriginal and Torres Strait Islander families
- Health professionals are recommended to include an ear health assessment at every child check.
- Otoscopy is a visual examination of the pinna, ear canal and ear drum with an otoscope, and should be undertaken at all ages.
- Tympanometry is a test of middle ear function, and should be used from 6 mths following otoscope examination showing no abnormality. Always perform otoscopy before tympanometry. If you see discharge or a perforation during otoscopy do not proceed with tympanometry. See page 184.
- Referral will be made for further assessment if concerns are identified.
- Audiometry is a measurement of hearing and should be conducted from 4 years of age.
- Aboriginal and Torres Strait Islander Mothers are encouraged to breast feed their children as long as possible.
- Inform Aboriginal and Torres Strait Islander families that:
  - their children have a greater risk of ear and hearing problems
  - children need to hear well to be able to talk well
  - ‘runny ears’ and ear pain is not normal and that the children should be seen immediately at a health centre
  - frequent ear checks are important even when the child appears well
  - their child is more likely to have an ear infection when they have a runny nose or cold
- Encourage good hygiene practices, such as regular hand washing, nose blowing and eating fresh fruit and vegetables.
- Promote ‘On time’ vaccinations
- Healthy living conditions are important for a child’s development, eg. A smoke free environment and breastfeeding if possible.
- Post-diagnostic medical guidelines have been developed for the medical assessment of children diagnosed with a hearing loss.

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Refer to [Chronic Conditions Manual](#)

Recommendations for Clinical Care Guidelines on the Management of Otitis Media in Aboriginal and Torres Strait Islander Populations (Australian Government)

A range of culturally appropriate health promotion resources and tools are available from:

- **Care for Kids Ears** | www.careforkidsears.health.gov.au
- **Deadly Ears** program | www.health.qld.gov.au/deadly_ears/


Yarning Together – It’s about yarning with bub (2011)  

- **Families as First Teachers program** | www.faft.net.au
  A program for families with infants 0-4 yrs.
- **Raising Children Network** | http://raisingchildren.net.au/
  Video: Play and learning: designed for Aboriginal & Torres Strait Islander parents

**Queensland Hearing Loss Family Support Service** | Tel: 1800 352 075  

Why there may be additional need

- Aboriginal and Torres Strait Islander children are 8-9 times more likely to be in the child protection system and they are over-represented in ‘out of home’ care services.

- Many Aboriginal and Torres Strait Islander children are growing up in an environment with poverty, family dysfunction and violence with a greater risk of maltreatment and with high levels of distress. For example:
  - In a report on social and emotional wellbeing, over one third of Torres Strait Islander people reported high to very high levels of psychological distress and had experienced at least one life stressor (death of a family member / close friend, serious illness, inability to get work) in the previous 12 months of their life.
  - Higher rates of psychological distress were associated with poor health outcomes.

Recommendations specific to Aboriginal and Torres Strait Islander families

- Remote parental wellbeing by offering psychosocial support strategies including:
  - Discussion around parental post-natal feelings e.g. adjusting to parenthood
  - Promoting peer support e.g. attend culturally specific parent groups / playgroup, telephone conversations with family / friends

- Provide non-directive counselling in partnership with the parent i.e: empathetic parent centred discussion with a focus on listening and summarising and supporting the parent to develop understanding of their own circumstances and a way to move forward

- Psycho-education appropriate to the education level and specific culture of the family promoting
  - Self-care e.g. lifestyle, sleep and exercise, safe use of alcohol
  - Discussion around vulnerabilities specific to the families’ situation.

- If assessment identifies acute mental health concerns the health care professional should stay engaged with the client and seek further support from their acute mental health service provider.

- The child health professional may identify child safety concerns and be required to complete a ‘Report of Suspected Child in Need of Protection’. See page 172.
Children from culturally and linguistically diverse (CALD) or refugee backgrounds

**Identified risks / additional needs**

- One in five people in Queensland were born overseas.
- Cultural factors and belief systems will vary according to the family’s background.
- Queenslanders speak more than 220 languages from more than 220 countries.
- Common issues to CALD families include:
  - Some family members will have limited understanding of English
  - Overcrowded housing, transient housing arrangements – this leads to an increase of environmental safety risks for children
  - Older children may have the responsibility of caring for their younger siblings due to cultural norms
  - Unemployment rates are high in migrants- 10.6% compared to 5.9% for those born in Australia.
- Refugees are a highly vulnerable population with common health issues including incomplete immunisation coverage, nutritional deficiencies (e.g. iron, vitamin D), growth and developmental issues, poor dental health, interrupted language development, sometimes communicable diseases such as tuberculosis, Hepatitis B and parasitic infections, mental health conditions such as: post-traumatic stress disorder, anxiety and depression. These issues may be present in the child or the parents / carers.
- Child health professionals need to be alert for the use of the cultural practice of Female Genital Mutilation (FGM). While it is illegal in Australia it may still be practiced in some cultural groups. Families are more likely to follow this practice when:
  - The family are from African or Middle Eastern countries
  - No-one talks to the mother about FGM
  - The mother has limited access to information about FGM
  - The child’s mother or sisters have been ‘cut’
  - The paternal grandmother has an influence over the family
  - The mother has limited contact with other people outside of her own family.
  - FGM may be carried out anytime between 7 days of age, up to teenage years, marriage or first pregnancy but is most common between the ages of 5 – 8 years. It is often commonly associated with a cultural celebration or leaving the country for a period of time.

**Principles to underpin good clinical practice**

- Welcoming cultural diversity as a strength helps eliminate discrimination and strengthens community cohesion.
- Arrange an interpreter and information in the families’ own language when possible.
- Avoid using family members as interpreters as this may breech confidentiality and information may be inaccurate.
- Research general customs, values and beliefs of particular cultures to prepare for an appointment with a CALD family. This may enhance your ability to gain information and develop a rapport.
- If the general customs include FGM and the child is female, explain that FGM is illegal and that the law in Australia helps families to protect their daughters from FGM. When talking to the mother use language that the mother can understand and avoid indicating any judgement to the practice. For example: Have you been closed? or Were you circumcised / cut down there?
Offer the mother assurance that she can talk to you again about this if she wishes.

It may be necessary to complete a ‘Report of Suspected Child in Need of Protection’. See page 172.

Conduct a comprehensive family health assessment to identify specific needs of the individual family.

Work in partnership with the family to develop an ongoing plan of care, this may include:
  - Extra support through home visiting to assess the family’s living arrangements and support the family to identify safety hazards may be effective in reducing rates of injuries.
  - Review immunisation and promote a catch up schedule if necessary, encourage ongoing immunisations on time.
  - Promoting and supporting breast feeding will result in improved health outcomes as well as lessening the financial burden. Ensure families have information for after hours breast feeding support services / help lines. See previous section.
  - Coordinate referrals for any identified concerns e.g. disruptive behavioural and aggressive in children. Refer to additional specialty services e.g. EIPS, Refugee health clinic, support groups.

Collaborate with GPs, local government and non-government care providers to advocate for appropriate services for CALD / Refugee families.

Promote parental wellbeing by offering psychosocial support strategies including:
  - Discussion around parental post-natal feelings e.g. adjusting to parenthood.
  - Promoting peer support e.g. attend parent groups / playgroup, telephone conversations with family / friends.
  - Provide non-directive counselling in partnership with the parent ie: empathetic parent centred discussion with a focus on listening and summarising and supporting the parent to develop understanding of their own circumstances and a way to move forward.
  - Psycho-education appropriate to the education level and specific culture of the family to promoting self care e.g. lifestyle, sleep and exercise demonstrate unfamiliar activities and use picture pamphlets where possible.

Queensland Transcultural Mental Health Centre
Multilingual resources relating to mental health issues.

Raising Children Network | http://raisingchildren.net.au
Fact sheet: Professionals working with interpreters
Video resources are available for Australian parents from different cultures - Titles include: Play and learning, Connecting and communicating, Adjusting to a new country, Being parents from different cultures, Speaking languages at home.

General parenting resources are available in English and in 12 other languages plus Auslan, e.g. Services and support, Safe sleep, Safe bathing, Wrapping, Dressing a newborn, Baby massage, Bottle and formula preparation.

A range of pamphlets and relevant information specific to refugee and asylum seekers especially around food and nutrition.

Queensland Program of Assistance to Survivors of Torture and Trauma | www.qpastt.org.au
Offers a range of culturally sensitive resources for those who have suffered trauma prior to arriving in Australia.

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Low family income / unstable housing / low parental education level

**Identified risks / additional needs**

- Children from families with low income, unstable housing and/or low level of education are known to have poorer health outcomes.
- A lack of resources often correlates with a risk of poor nutrition, insufficient clothing, poor sanitation. When multiple risk factors are present, there is a higher risk of child abuse and neglect. Infant mortality rates are 1.2 times higher in families with low income than with infants in higher income families; with the children having twice the number of decayed teeth by the time they were six years old.
- Often children have a lack of opportunity to access activities outside of the home due to lack of transportation, this may result in lack of opportunities for socialisation and health care needs; vaccination schedules may not be maintained.
- Growth retardation and obesity are risks when nutritional requirements are not met and illness more common. Overcrowded living circumstances results in higher incidence of communicable illnesses.

**Principles to underpin good clinical practice**

- Home visiting programs for these families have proven effective in improving health outcomes.
- For low income families promoting and supporting breast feeding will result in improved health outcomes as well as lessening the financial burden e.g. formula feeding, less health costs due to reduced rate of illness.
- Ensure families have information for after hours breast feeding support services / help lines.
- Conduct a comprehensive family health assessment to identify specific needs of family.
- Work in partnership with the family to develop an ongoing plan for care.
- Review immunisation history and promote a catch-up schedule if necessary, as soon as possible. Encourage ongoing immunisations on time.
- Provide psycho-education appropriate to the education level of the parent, demonstrate unfamiliar activities and use picture pamphlets where possible.
- Inform the family of free / low-cost, local activities and resources e.g. playgroups, library activities, soup kitchens, community gardens.
- Coordinate referrals for any identified concerns e.g. poor growth.
- Promote oral health care in children. See previous section.
- Promote parental wellbeing by offering psychosocial support strategies including:
  - Discussion around parental post-natal feelings e.g. adjusting to parenthood
  - Promoting peer support e.g. attend parent groups / playgroups, phone conversations with family/friends
- Provide non-directive counselling in partnership with the parent i.e: empathetic parent centred discussion with a focus on listening and summarising and supporting the parent to develop understanding of their own circumstances and a way to move forward.
- Psycho-education specific to promoting self-care e.g. lifestyle, sleep and exercise.

[Raising Children Network](http://raisingchildren.net.au)

‘Parenting in Pictures’ resources include: Baby massage, Bathing a newborn, Hygiene and daily care for babies, How to breastfeed, Breastfeeding positions,

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Family structure: young, single, same sex attracted, re-partnering parents, step and blended families

**Identified risks / additional needs**

- The prevalence of family forms other than two biological parents and only their mutual children, has risen dramatically and includes single parenthood, multi-partnered fertility (a parent with children from multiple partners), step families, blended families and families with same-sex parents.

- A range of vulnerabilities exist for children of these families – the more disruption to family life, the more the likelihood of a detrimental impact on the child’s emotional and physical wellbeing.

- Young parents have significantly higher levels of antenatal and postnatal depression and an increased risk of performing unresponsive parenting practices, having higher levels of parenting stress, having repeat pregnancies and poor parental educational outcomes. Their children are also at greater risk of maltreatment, child abuse and being developmentally delayed.

- Children may have an increased risk of alcohol related harm when their parent/s are young adults when heavy drinking is common at this life stage. Older parents also have greater intake of alcohol.

- Single parent families may be at greater risk of alcohol related harm to children.

- Non-nuclear families with step-parents or defacto partners are over-represented in child safety statistics.

- Children of same-sex parent families are prone to stigma related to parental sexual orientation which may result in negative impacts on the child’s mental and emotional wellbeing.

**Principles to underpin good clinical practice**

- Welcoming diversity of family forms as a strength will reduce discrimination and enhance community cohesion, ultimately reducing the risk of negative stigma impacting on the child.

- Social support for parents has been shown to improved emotional wellbeing for the family, therefore linking parents into suitable networks is important e.g. Young Parents Program.

- Often young parenthood, single parenthood is associated with a low income, so promoting and supporting breast feeding will result in improved health outcomes as well as lessening the financial burden e.g. formula feeding, less health costs due to reduced rate of illness. Ensure families have information for after-hours breast feeding support services / help lines.

- Extra support may be indicated through home visiting to assess the family’s living arrangements and to identify unmet health needs to improve health outcomes for the child.

- Discuss child care and behaviours, particularly safety - use an education level suitable to the parent, demonstrate unfamiliar activities and use picture pamphlets where appropriate.

- Promote parental wellbeing by offering psychosocial support strategies including:
  - Discussion around parental feelings e.g. adjusting to new situations
  - Provide non-directive counselling in partnership with the parent ie: empathetic parent centred discussion with a focus on listening and summarising and supporting the parent to develop understanding of their own circumstances and a way to move forward
  - Psycho-education specific to promoting self-care
  - Discussion around vulnerabilities specific to the families' situation.

**Resources**

- Raising Children Network | [http://raisingchildren.net.au](http://raisingchildren.net.au) | Video and fact sheets on a variety of topics.


Children living in non-parental or out-of-home care environments

Identified risks / additional needs

- The majority of children in Australia live with at least one of their biological parents, however of those infants less than one year living in non-parental care, 33% live with relatives/kin and 64% in foster care with stability of placement of key importance.

- These group of children have many vulnerabilities including a higher incidence of:
  - acute and chronic illness
  - emotional and behavioural issues
  - e.g. poor social relationships with parents and peers.

Principles to underpin good clinical practice

- Providing support for the foster parents is key in promoting the ongoing placement of the foster child which will provide greater stability and improved health outcomes.

- Conduct a comprehensive family health assessment to identify specific needs of the foster family and the foster child.

- Work in partnership with the family to develop an ongoing plan for care.

- Review immunisation history and promote a catch up schedule if necessary, as soon as possible. Encourage ongoing immunisations on time.

- Coordinate referrals for any identified concerns e.g. Early Intervention Clinician for behavioural issues.

- Collaborate with local government and non-government services to advocate for appropriate support services and training for foster families.

- Promote foster family wellbeing by offering psychosocial support strategies including:
  - Discussion around feelings e.g. adjusting to caring for the foster child
  - Promoting peer support e.g. attend parent groups / playgroup, telephone conversations with family / friends
  - Provide non-directive counselling in partnership with the parent i.e: empathetic parent centred discussion with a focus on listening and summarising and supporting the parent to develop understanding of their own circumstances and a way to move forward
  - Psycho-education specific to promoting self-care e.g. lifestyle, sleep and exercise
Children of parents with a disability / physical illness

Identified risks / additional needs

- About one in six children live with a parent with a disability. The key factor for children of parents with a disability is whether the parent can provide adequate care for the child. This will depend on the type and severity of their disability and the level of support they have. Evidence suggests that parents with intellectual disability can provide adequate parenting when appropriate supports are in place and the child is likely to develop in line with their peers from similar socio-demographic backgrounds.

- Parents with chronic illness such as: Diabetes, Epilepsy, may encounter a number of factors that impact on family life including: hospitalisations, loss of income, dependency on others, social stigmatisation. Under these conditions children may be emotionally or physically compromised with some children developing a carer role to the parent, or developing behavioural problems.

Principles to underpin good clinical practice

- Families with disability often have an associated low income. Promoting and supporting breast feeding will result in improved health outcomes as well as lessening the financial burden, e.g. formula feeding, less health costs due to reduced rate of illness. Ensure families have appropriate information for after-hours breast feeding support, services / help lines.

- Provide psycho-education appropriate to the education level of the parent, demonstrate unfamiliar activities and use picture pamphlets where possible.

- Plan with the parent how to work with their disability / illness and parenting, e.g. epileptics may need to change nappies on the floor, await a family member’s support for bathing their infant/child.
  - Promote parental wellbeing by offering psychosocial support strategies including:
  - Discussion around parental post-natal feelings, e.g. adjusting to parenthood
  - Promoting peer support, e.g. attend parent groups / supported playgroups, support from family / friends.
  - Provide non-directive counselling in partnership with the parent ie: empathetic parent centred discussion with a focus on listening and summarising and supporting the parent to develop understanding of their own circumstances and develop strategies to overcome barriers specific to disability.
  - Psycho-education specific to promoting the child’s safety and managing the disability whilst parenting, e.g. lifestyle changes, ways to enhance safety, e.g. assistance at bath times.

Raising Children Network | http://raisingchildren.net.au
Resources in both video and fact sheets on a variety of topics: e.g Parenting with physical disability

Epilepsy Australia | www.epilepsyaustralia.net

Family Health Assessment – A guide for child health nurses and other child health clinicians
### Identified risks / additional needs

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### Principles to underpin good clinical practice

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  - Discussion around parental post-natal feelings, e.g. adjusting to parenthood
  - Promoting peer support, e.g. attend parent groups / supported playgroups, support from family / friends.
  - Provide non-directive counselling in partnership with the parent ie: empathetic parent centred discussion with a focus on listening and summarising and supporting the parent to develop understanding of their own circumstances and develop strategies to overcome barriers specific to disability.
  - Psycho-education specific to promoting the child’s safety and managing the disability whilst parenting, e.g. lifestyle changes, ways to enhance safety, e.g. assistance at bath times.

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**Raising Children Network** | [http://raisingchildren.net.au](http://raisingchildren.net.au)
Resources in both video and fact sheets on a variety of topics: e.g Parenting with physical disability

**Epilepsy Australia** | [www.epilepsyaustralia.net](http://www.epilepsyaustralia.net)

*Family Health Assessment – A guide for child health nurses and other child health clinicians*[^5]
Isolated families (e.g. living in remote areas)

**Identified risks / additional needs**

- Three per cent of Australian children aged 0-14yrs live in remote and very remote areas, 38% of these children were of Aboriginal and Torres Strait Islander families.
- Infant mortality rates were almost double in the remote areas compared to city areas.
- Children living in remote areas have more than twice the number of decayed teeth as those in major cities.
- Many Aboriginal and Torres Strait Islander people live in remote and rural areas. Obesity in these areas is a greater risk with 27% of children living outside a major city aged 5-14 years being overweight or obese compared to 21%.

**Principles to underpin good clinical practice**

- Review immunisation history and promote a catch up schedule if necessary, as soon as possible. Encourage ongoing immunisations on time.
- Promote parental wellbeing by offering psychosocial support strategies including:
  - Discussion around parental post-natal feelings e.g., adjusting to parenthood
  - Promoting peer support e.g. attend parent groups/playgroups, conversations with family and friends
  - Provide non-directive counselling in partnership with the parent ie: empathetic parent centred discussion with a focus on listening and summarising and supporting the parent to develop understanding of their own circumstances and a way to move forward
  - Psycho-education specific to promoting self-care e.g. lifestyle, sleep and exercise.

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**Raising Children Network** | http://raisingchildren.net.au
Factsheet: How to make new friends and keep old ones
Also offers online discussion forums where parents can chat to other parents.

**Epilepsy Australia** | www.epilepsyaustralia.net

**Family Health Assessment – A guide for child health nurses and other child health clinicians**

Smoking, alcohol and substance misuse

Identified risks / additional needs

- Environmental tobacco smoke is one of the most hazardous toxins to infants. Exposing an infant/child to tobacco smoke puts them at risk of a range of serious health issues such as SIDS, respiratory illness, including asthma. Tobacco use is the risk factor associated with the highest disease burden in Australia.

- Whilst smoking inside the family home has decreased, 6% of Australian households with children 0 – 14 yrs had someone who smoked at least once inside the home daily.

- Misuse of substances, including alcohol, cannabis, stimulants, opioids, inhalants and un-prescribed benzodiazepines, is known to increase the risk of a range of poor health outcomes including injury, illness, mental health issues, family violence.

- Consideration of the impact of misuse of substances during foetal development is also important e.g., risk of Neonatal Abstinence Syndrome.

- Drug exposed infants may suffer withdrawal reactions and symptoms of a varying nature. These may include poor feeding, vomiting, frantic / uncoordinated sucking, tremors, irritability, high pitched cry, temperature instability, and disrupted sleep patterns.

Principles to underpin good clinical practice

- Build a professional, trusting and empathetic relationship that encourages a continuation of health care.

- Assessment of the child’s environment is important during the family health assessment. The health care professional should obtain information about family smoking, alcohol consumption and use of other substances (cannabis, stimulants, opioids, inhalants and un-prescribed benzodiazepines) during pregnancy and any current use. Both the pattern and frequency of use are important e.g. occasional use, regular recreational or non-dependent use, habitual, regular or dependent use, binge use.

- These practices are often more common in low risk families, therefore promoting and supporting breast feeding to improve health outcomes as well as lessening the financial burden is important. Ensure families have information for after-hours breastfeeding support services / help lines. See previous section.

- Working in partnership with the family, offer a brief intervention based on the 5 ‘A’s:
  - Ask: Ask all families about smoking as part of this assessment. Does anyone living or visiting at home smoke?
  - Assess: How might you keep your baby in a smoke free environment when you smoke?
  - Advise: Did you know that there is no safe level of environmental tobacco smoke - smoking in the car, even with windows down still exposes children to harmful levels of tobacco smoke.
  - Assist: Have you thought of contacting the Quit line again, it usually takes a few attempts at quitting before people give up completely.
  - Ask again: Remember to enquire how they are going, e.g. How did you go contacting the Quitline?

- Promote parental wellbeing by offering psychosocial support strategies including:
  - Discussion around parental feelings e.g. adjusting to parenthood
  - Psycho-education specific to promoting self-care:
    - discuss services that can support the woman to stop or reduce substance use
    - provide the woman with evidence based information designed to minimise the harm associated with the use of substances e.g. smoke outside the home; safe use of alcohol,
Promote peer support e.g. attend parent groups/playgroup, phone conversations with family/friends

Provide non-directive counselling i.e. empathetic parent-centred discussion with a focus on listening and summarising and supporting the parent to develop understanding of their own circumstances and a way to move forward

Coordinate referrals for any identified concerns e.g., Alcohol, Tobacco and Other Drugs Services.

Consider risk to infant/child (see page 172.)

- Alcohol, Tobacco and Other Drugs Services (ATODS) | www.health.qld.gov.au/atod
- Raising Children Network | http://raisingchildren.net.au
  Resources in both video and fact sheets on a variety of topics: e.g. Second-hand smoke and your child, New mums and dads: healthy lifestyle choices.


Family violence / past abuse / parent abused as a child

Identified risks / additional needs

- While some children are subjects of physical violence, many children living in a home where there is family violence are ‘silent’ victims of domestic violence. Experienced, hearing or seeing the impact of family violence can impact on infants and children in a broad range of physical, emotional and behavioural ways.

- Parents who were abused as children may carry with them residual, multidimensional effects which can impact on parenting and family functioning.

- Whilst routine screening has been widely introduced in health care setting for intimate partner violence, actual screening rates remain low – with barriers identified, such as:
  - lack of privacy,
  - limited confidentiality,
  - health professionals frustration about women remaining in abusive relationships.

- Despite challenges, health workers reported benefiting from brief, scripted questions embedded into established screening programs. In Queensland, it is recommended that a domestic violence screen is undertaken at the first visit as part of the family health assessment.

- See appendix 4.

Principles to underpin good clinical practice

- Home-visiting programs for these families has proven to be effective in improving health outcomes.

- Work in partnership with the family to establish a professional, trusting and empathetic relationship that encourages an ongoing plan for health care.

- Conduct a comprehensive family health assessment to identify specific needs of the individual family.
Principles to underpin good clinical practice

- Discuss a safety plan with the parent and provide crisis service information. Encourage the parent to access local support groups specific to her need.
- Sensitively promoting and supporting breast feeding will result in improved health outcomes. Ensure families have information for after-hours breast feeding support services/ help lines. See previous section
- Promote parental wellbeing by offering psychosocial support strategies including:
  - Discussion around parental post-natal feelings e.g. adjusting to parenthood
  - Promoting peer support e.g. attend parent groups/playgroup, telephone conversations with family/friends
  - Provide non-directive counselling in partnership with the parent ie: empathetic parent-centred discussion with a focus on listening and summarising and supporting the parent to develop understanding of their own circumstances and a way to move forward
- Psycho-education specific to promoting self-care e.g., lifestyle, sleep and exercise.
- If assessment identifies immediate safety issues the health care professional will support the family to seek support from Police and/or local crisis services.

The child health professional may identify child safety concerns and be required to complete a ‘Report of Suspected Child in Need of Protection’. See page 172.

Access to support for health care professionals after dealing with complex situations will reduce the risk of staff ‘burn out’.

Raising Children Network | http://raisingchildren.net.au
Resources in both video and fact sheets on a variety of topics: e.g More than arguments: domestic violence' and ‘Handling conflict with your ex-partner’

Lifeline provides free, accredited training for health professionals. See www.dvalert.org.au/

Family Health Assessment – A guide for child health nurses and other child health clinicians

Parental mental health and wellbeing

Identified risks / additional needs

- Parental mental health and wellbeing in the child’s early years of life is known to have a significant health impact on their health as well as the overall health of the family unit.
- The development of secure attachment relies on the child’s attachment figure to be ‘a safe haven’; when the parent is able to provide consistent comfort and a secure base for the child, he/she feels able to explore the world. This optimises the child’s chance of developing social skills that will assist him/her in successfully navigating life.
- Parental functioning e.g., inter-parental conflict, is also a significant predictor of psychological health of children – the more disruption to family life, the more the likelihood of a detrimental impact on the child’s emotional and physical wellbeing.

21,25,61,65,69,169,174
If a parent is suffering a mental illness this may impact on their availability to their child as well as their consistency in parenting behaviours that support child-parental attachment. Children with parents suffering from a mental illness are more likely to have an altered attachment, socio-emotional and behavioural problems.

Principles to underpin good clinical practice

- Work in partnership with the family to establish a professional, trusting and empathetic relationship that encourages an ongoing plan for health care.
- Conduct a family health assessment to identify specific needs of the family particularly around mental and emotional health. This will include family history of mental illness, current emotional health issues, relationship between parents and how these factors are impacting on the child.
- Promote parental wellbeing by offering psychosocial support strategies including:
  - Discussion around parental post-natal feelings e.g. adjusting to parenthood
  - Promoting peer support e.g., parent groups/targeted groups for PND/playgroups, telephone conversations with family and friends, online forums with other parents
  - Promote reflection on parental relationships and encourage parents to seek support if they are feeling distressed about their relationship
  - Provide non-directive counselling in partnership with the parent ie: empathetic parent centred discussion with a focus on listening and summarising and supporting the parent to reflect on their own behaviours, develop insight and understanding of their own circumstances and a plan a way forward
  - Psycho-education specific to promoting self-care e.g. maintain appointments with counsellors, continue to link with health professionals, promote healthy lifestyle.
  - Discussion around local support services e.g. support for relationship counselling.
- Discuss a safety plan with the parent and provide crisis service information. See page 175.
- Encourage the parent to access local support groups specific to their need. This may include group-based parenting groups. These have proven benefits on depression, anxiety, stress, confidence and satisfaction with the partner relationship e.g. Triple P.
- Ongoing home visiting programs for families experiencing mental illness has proven effective in improving health outcomes through the development of a connected relationship with a health professional as well as an opportunity to continue to monitor child development.
- Sensitively promoting and supporting breastfeeding with consideration of maternal medication treatments and transmission rates to the child via breast milk. Ensure families have information for after-hours breast feeding support services / help lines. see previous section

If assessment identifies altered attachment models, refer to early intervention clinician.

If assessment identifies acute mental health concerns the health care professional should stay engaged with the client and seek further support from their acute mental health service provider.

The child health professional may identify child safety concerns and be required to complete a ‘Report of Suspected Child in Need of Protection’.
Responding to need

The therapeutic relationship between child health professionals and families often results in families sharing information with child health professionals, which may identify a greater level of need. This enables the child health professional to partner with the family and additional higher level services specific to the needs of the child and family.

This section identifies higher level and specialty services that are available to families who have additional needs and some of the needs whereby children and families may require a higher level of intervention. This includes prematurity, cow’s milk protein allergy, weight faltering/malnutrition, childhood obesity, infant/child sleep dysrhythmia, post-natal depression, parental grief and loss. This section also outlines how child health professionals work with families with identified needs.

The healthcare context

A comprehensive family health assessment will provide the foundation for ongoing care. When additional needs are identified by the child health professional one of two processes will be undertaken according to clinical judgement and the clinical context:

1. Referral by the child health professional to another service and/or
2. Engagement in a case management approach.

Immediate action will be required in the event that an acute health issue is identified by the child health professional, for example:

- concerns for the immediate safety of the child/family, e.g. domestic violence, child abuse or neglect
- impaired parenting capacity, e.g. parent exhibiting signs of psychosis or acute mental health concern
- concerns about an child having been physically abused e.g. shaken baby syndrome
- child having difficulty breathing, change of level of consciousness.

In situations such as these, the child health professional will take immediate action to alert the relevant emergency services (ambulance, police, acute mental health services, etc.).

Ongoing care planning will continue during the course of intervention by the specialty services and in consultation with other primary care providers such as the GP.

Refer to Primary Clinical Care Manual
Topics: Patient assessment, Emergencies
Home visiting
Evidence-based home visiting programs provide the opportunity for families with identified needs to access tailored services within their home. Families are more likely to actively engage in service provision over a number of visits when it is delivered in their home. Sustained home visiting programs have shown trends of improved health outcomes specific to breastfeeding, the woman’s experience of motherhood and the children’s mental development. Aboriginal and Torres Strait Islander families are offered a culturally appropriate model of home visiting.

Case management
- To manage and coordinate service provision for families with identified needs where a number of health care providers are involved, a case manager may be assigned to the family to coordinate the overall care. This model of care has demonstrated a more effective approach with a greater chance of the needs of the family being met.
- Key elements of case management include:
  - family partnership
  - comprehensive and ongoing family assessment
  - cultural safety
  - working with and utilising community resources (it is important for the case manager to be aware of local services available to meet additional needs of families)
  - participating in interdisciplinary consultation and collaboration
  - monitoring and evaluating client and service delivery outcomes
  - advocating on behalf of family with identified need
  - documenting client encounters and case manager activities with a focus on family centred practice
  - scheduling of follow-up and review outlined in the families’ care plan.
- During transitions between services families are particularly vulnerable to experiencing ‘care fragmentation’. This includes:
  - from the community to hospital and back to community after birth or inpatient events
  - between general practitioners, agencies and other services
  - for children placed with different carers
  - between health care professionals in the same organisation
  - during other events, such as an admission to parenting centres
- Ideally a care plan will be developed in partnership with the family across the continuum of care. All health professionals should work together, particularly at the point of transition between services, with a commitment to collaborating to improve outcomes for the child and family.
- Good communication is integral to all these processes.
- Families accessing a range of services can use the PHR to record significant health events / problems, notes and appointments. Families are encouraged to bring the PHR to all health care appointments for completion by the health care professional.

Ellen Barron Family Centre
- The Ellen Barron Family Centre (EBFC) is a tertiary-level, statewide residential service, providing early parenting support through parenting education programs for families with children aged birth to three years.
- Families are referred to EBFC by a primary carer or primary care agency, for example: a child health professional or GP.
The service is a Nurse Lead Service that works within a multidisciplinary team framework. The team views the child as the centre of care but utilises a partnership and family focussed approach to engage and work with families.

Utilising selected referral criteria, families may be triaged into one of three parenting programs:

- The Sleep Education Program (SEP) – a short-stay program (usually two days) for families experiencing parenting difficulties specific to infant sleep that has not been able to be managed in the community of origin;
- The Parenting Education Program (PEP) – a medium-stay program for families (usually 5 days) experiencing complex parenting difficulties such as: dysfunctional sleep, feeding difficulties, weight faltering and often associated with a risk for impaired parenting.
- Extended Parenting Education Program (EPEP). A long-stay program (usually 11 days) for families with highly complex needs, for example: parents with mental illness, disability or engagement with child protection services.

There are a range of resources available for families being referred to the centre including access to Responsive Settling techniques for parents to gain skills for managing child sleep issues, e.g., Responsive Settling Video Series.

Discharge planning endeavours to link families back into primary health care providers and local resources within their own community.


**Brief practice intervention**

There are a range of situations where additional need may be identified in the birth-to-five-years age group. These are outlined below.

### Premature infant

**General information**

- Annual premature birth rates specific to Queensland is approximately 8.6%.
- Additional considerations in premature babies beyond the initial neonatal period include:
  - Lowered resistance to infections.
  - Premature babies are generally discharged once oral feeding has been established, however some babies may be discharged earlier. These babies may be receiving compensatory feeds via an alternate method.
  - The longer the period of non-oral feeding the greater risk for feeding resistance, particularly if early feeding isn’t aligned with the infant’s reflexive behaviours.
  - Greater patience is required with feeding as they are often slower feeders and tire easily. Shorter, more frequent feeds may be needed until the baby gains weight and matures.
  - Suck-swallow-breath incoordination may occur when the infant is tired or not ready for feeding which may result in coughing, choking, apnoea and /or bradycardia.
- It is important to observe for infant feeding readiness e.g. mouthing, hand-to-mouth actions, sucking on the hand, wakeful.
- Observe the infant for signs of tiring during feeding e.g. behavioural state change, increase duration of sucking pauses, increased milk leakage, reduced tone.
Clinical practice points

- Breast feeding is especially important for premature infants in supporting gut development and reducing rates of infection.
- Education for parents should include:
  - Infant cues for readiness for feeding
  - Signs of tiring
  - The infant shouldn’t be ‘encouraged’ to continue feeding if they have tired, rather given smaller, more frequent feeds
  - Good stabilising position to ensure comfort of infant and parent.
- Allowance for gestational age for growth and development is made for children born under 37 weeks and according to their gestational age at birth:
  - Infants born between 32 weeks and the 37th completed week should be corrected up until 12 months
  - Children born less than 32 completed weeks gestation should have their age corrected up until two years
  - Correction beyond two years may be required as directed by a tertiary specialist.
- A formula fed premature infant may be initially prescribed a formula specific for the additional nutritional needs of a premature infant.
- Premature infants are at greater risk of SIDS - health promotion strategies are important for parents.
- Premature infants may require supplementation e.g. iron and vitamin supplements
- The immunisation schedule aligns with the infants actual birth date. Additional vaccination may be prescribed depending on the degree of prematurity e.g. children born <28 weeks gestation.

Higher level services

- Case management strategies may include:
  - Additional breast feeding support may be required with supporting the mother and infant to transition to fully breast feeding.
  - For infants signalling feeding resistance e.g. turning the head away from the nipple, gagging:
  - Referral to allied health professional for specialist feeding support.
  - Parent can engage infant in pleasurable activities during play e.g. stroking the face from the cheeks to the lips, touching the lips, tongue
- Consider risk of impaired parenting:
  - Parents of premature infants may need to work through range of psychological tasks in relation to early birth and parenting experiences relating to prematurity e.g., initial separation of infant from parents, risk of infant loss, adaptation to the intensive care nursery environment, fear of bringing their infant into the home environment.
  - Observe parent-infant interaction and emotional health.
- Use EPDS / DASS / Attachment assessment tools
- Targeted parenting groups e.g. Post-natal wellbeing group, Circle of Security group.
- Targeted home visiting according to need/risk.
Referral options
- Specialist clinics/services e.g. feeding clinic, Early Parenting Service
- GP
- Early Intervention Clinician
- Speech / Occupational Therapist
- Ellen Barron Family Centre
- Specific support groups e.g. PIPA (Preterm Infants Parents Association – www.pipa.org.au)

Cow’s milk protein allergy (CMPA)

General information
- CMPA is a common food allergy (approximately 2.5%), 50% of these infants grow out of this by three to four years of age.
- CMPA is diagnosed by: comprehensive history, careful physical examination and allergy testing e.g. stool analysis, serum IgE levels, skin prick, radioallergosorbent test (RAST)
- Over diagnosis may result in unnecessary impacts on quality of life for the parents and the child.
- Symptoms include:
  - Gastro-intestinal: Diarrhoea (may include mucous, blood), vomiting, abdominal pain
  - Respiratory: Rhinitis, conjunctivitis, bronchitis
  - Skin: urticarial rash, atopic dermatitis, excessive crying, pallor from anaemia
- Confirmed CMPA is treated with diet (excluding cow’s milk).
- 50% of children sensitive to cow’s milk are also sensitive to soy.
- Goats milk is unsuitable for infants
- Use of probiotics in the prevention and treatment of CMPA is promising but more research is required.

Clinical practice points
- Additional parental support may be required due to the ongoing stressors of parenting an unsettled infant.
- Additional breast feeding support may be required with supporting the mother to continue to breast feed:
  - during the infant’s unsettled periods prior to diagnosis
  - follow diagnosis with altering the Mother’s diet to eliminate cow’s milk.
- Education for parents should include:
  - Exclusive breastfeeding for the first 4-6 months minimises severe allergic reactions during early childhood
  - Elimination of cow’s milk from maternal diet when breastfeeding
  - Reading food labels
○ Use of prescribed formulas if not breast feeding e.g., hydrolysed (partially or fully depending on symptoms [100]) or amino acid-based formula

○ Care of the infant’s skin

■ Gradual re-introduction of cow’s milk protein may be re-introduced after approx. 12 months as advised by GP/Dietician.

■ Cost factors are a consideration as a result of increased costs of medical appointments and formula costs if not breast feeding.

**Higher level services**

■ Case management strategies may include:
  ○ Consider risk of impaired parenting
  ○ Parents may need to work through range of psychological tasks in relation to their parenting experience and expectations.
  ○ Use EPDS / DASS / Attachment Assessment Tools
  ○ Targeted parenting groups e.g., Post-natal wellbeing group, Circle of Security group.

**Referral options**

■ GP

■ Specialist Clinics / Services e.g., Allergy Clinic

■ Dietician

■ Early Intervention Clinician

■ Ellen Barron Family Centre

■ Specific support groups
  ○ ABA
  ○ Allergy & Anaphylaxis Australia, www.allergyfacts.org.au

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**Raising Children Network** | [http://raisingchildren.net.au](http://raisingchildren.net.au)

Refer to *Primary Clinical Care Manual*
Weight faltering / malnutrition

**General information**

- Child health professionals refer to a medical officer when the child’s weight for age decelerates over two percentile lines or falls below the 10th percentile for further investigation.
- Weight faltering describes a pattern of growth rather than a diagnosis and may include normal variations of growth.
- Malnutrition is diagnosed by a medical officer by looking at a number of criteria and occurs when a child is under nourished to the degree that it results in failed growth occurring due to inadequate caloric intake, inadequate absorption or excessive caloric expenditure.
- Out of infants diagnosed with acute malnutrition, 80% develop it by the age of 18 months.
- Catch up growth may take time e.g., 4-8 weeks of a successful intervention e.g., dietary changes.
- Prolonged, severe malnutrition can result in poor physical and cognitive development.

**Clinical practice points**

- Conduct a comprehensive family health assessment to identify specific needs of the individual child/ family, this should include:
  - Oral intake, what and how much, how often
  - Food preferences, texture preferences, swallowing, drooling, chewing issues
  - Cultural and social context of meal times
  - Impact of family budget on foods
  - Impact of rural environment on food choices
  - Sleep patterns (poor sleep can disturb metabolic processes and disrupt appetite control)
  - Activity assessment e.g. use of pacifier, feeding environment, play activities
  - Parental-child interaction particularly during feeding.
- Parental psycho-education in particular:
  - Demonstrate how their child is progressing on the percentile charts and explain the need for intervention.
  - Promote and support ongoing breast feeding – complete a breast feeding assessment to ensure child is being fed according to the child’s feeding cues; assess breast milk supply; ensure families have information for after-hours breast feeding support services / help lines. See previous section
  - Talk about the importance of nutrition and promote oral intake of solids from around six months based on the Australian Dietary Guidelines. See previous section

**Higher level services**

Case management strategies may include:

- Work in partnership with other health care professionals (e.g. GP and dietician), to implement a feeding plan.
- Targeted home visiting according to need/risk.
- Consider risk of impaired parenting
- Many parents do not notice weight faltering/malnutrition due to its insidious and gradual presentation. Additional parental support may be required to work this through with parents. Observe parent-child interaction and emotional health
- Use EPDS / DASS / Attachment Assessment Tools
- Targeted parenting groups e.g. Post-natal wellbeing group, Circle of Security group.
Referral options

- GP
- Specialist clinics or services (e.g., Speech pathologist, feeding clinic, early parenting service)
- Dietician
- EIC/EIPS
- Ellen Barron Family Centre

Raising Children Network | http://raisingchildren.net.au
Eat for Health – Australian Dietary Guidelines | www.eatforhealth.gov.au

Obesity in childhood

General information

- Child health professionals refer to a medical officer when the child’s weight for age accelerates over two percentile lines or is above the 95th / 97th percentile for further investigation.
- One of Australia’s leading health concerns is the effects of overweight and obesity, with risks including type 2 diabetes, cardiovascular disease, mental illness and eating disorders.
- Other possible consequences of overweight and obesity for children’s health and wellbeing may include:
  - Social discrimination and associated poor self-esteem, depression, teasing or bullying
  - Increased risk of developing negative body image and eating disorders.
- The causes of obesity are multidimensional e.g., inheritability, lifestyle factors (sedentary activities, screen time), early life experience (poor maternal nutrition), environmental factors (availability of cheap processed foods with high levels of saturated fats, salt, sugar).
- Evidence suggests that excess weight gain in infancy can predict later obesity.
- Exclusive breastfeeding for the first 6 months is known to reduce the risk of obesity.
- Weight maintenance during childhood growth will usually result in a gradual decline of the BMI.
- Aboriginal and Torres Strait Islander children are at greater risk of obesity and type 2 diabetes.
- Children are more at risk of becoming obese if their family is:
  - from the Pacific Islands, Middle East or Arabic regions
  - experiencing socio-economic disadvantage
  - living in rural and regional areas.

Clinical practice points

- Conduct a comprehensive family health assessment to identify specific needs of the individual child / family, this should include:
  - Dietary intake, what and how much
  - Cultural and social context of meal times
  - Impact of family budget on foods
  - Impact of rural environment on food choices
Child sleep patterns (poor sleep can disturb metabolic processes and disrupt appetite control)
Child activity assessment e.g. play time activities, screen time
Parental-child interaction particularly during feeding.

- Parental education in particular:
  - Demonstrate how their child is progressing on the percentile charts and explain high rates of obesity in the Australian population.
  - Promote and support breast feeding and explain improved health outcomes including lessening the risk of obesity. Ensure families have information for after-hours breast feeding support services / help lines (see previous section).
  - Talk about the importance of nutrition and promote food intake based on the Australian Dietary Guidelines (see previous section).
  - Describe the concept of ‘often’ foods and ‘sometimes’ foods
  - Discourage habits such as: using foods for reward; giving foods as a form of comfort to a child.
  - Encourage drinking plain water rather than other sweetened drinks e.g. cordial, juices, soft drinks, sports drinks.
  - Promote an increase in physical activity and reduction in sedentary activities.

- Work in partnership with the family to develop an ongoing plan of care to promote responsive feeding practices and sustainable family lifestyle habits, i.e., child ideally seated with the family at meal times, in a comfortable and safe high chair / chair;

- Pleasant environment with few distractions e.g. no television
- Provide food that is developmentally suitable, nutritional, and fresh when possible
- Avoid foods with added salt and sugar, high in saturated fats.
- Promote child’s interest in food e.g. provide food predictably when child is hungry, cease feeding when child is showing signs of disinterest; avoid coercion or forcing of foods; provide appropriate variety and texture of foods; promote independent eating when developmentally appropriate
- Provide ongoing support and review of progress through follow up visits.
- Establish family routines around mealtimes e.g. hand washing before eating, modelling healthy meal time behaviours, making healthy choices for the entire family.
- Early weight management awareness gives children the opportunity learn positive lifestyle behaviours.

**Higher level services**

Case management strategies may include:
- Additional breast feeding support may be required
- Consider risk of impaired parenting
- Observe parent-child interaction and emotional health - EPDS / DASS / Attachment Assessment Tools
- Targeted parenting groups (e.g. Post-natal wellbeing group, Circle of Security group)

**Referral options**
- GP
- Ellen Barron Family Centre
- Specialist clinics or services (e.g. a feeding clinic)
- Early Intervention Clinician
- Dietician
Sleep dysrhythmia

- Loss of sleep causes known temporary changes in behaviours and difficulties in cognition, with emerging evidence suggesting chronic sleep loss can result in neuronal damage and cognitive loss in children. When the child doesn’t sleep well this increases risk of parenting exhaustion and fatigue which has its own consequences - impacting on parenting stress levels, optimal parenting behaviours and collectively the child-parent relationship.

Clinical practice points

- Conduct a comprehensive family health assessment to identify specific needs of the individual child / family, this should include:
  - Child’s feeding history ie: child feeding and dietary intake, what, how, how much.
  - Assess growth to ensure there is not an underlying feeding issue
  - Cultural and social context of the family and sleep environment
  - Child sleep patterns, including activities and objects that may be associated with sleep
  - Child activity assessment e.g., play time activities, screen time
  - Parental-child interaction.

- Parental psycho-education, in particular:
  - Child tired signs and cues
  - Provide information about evidence based techniques that may enhance child settling and sleep e.g., Responsive Settling.
  - Provide information on strategies that may reduce parenting fatigue e.g., planning and prioritising child and self care; ‘normal’ for developmental sleep patterns, the importance of social supports, ways to maximise parental support and manage their workloads.

- Work in partnership with the family to develop an ongoing plan of care to promote child sleep suited to the individual child and family. This may include:
  - Establishing a family routine around sleep,
  - ensuring the child’s needs for nutrition and hygiene have been met,
  - ensuring a safe sleep environment.

- Use EPDS / DASS / Attachment assessment tools

- Provide ongoing support and review of progress through follow up visits.

Higher level services

- Case management strategies may include:
  - Parenting support – in home e.g., brief intervention within the home to support sleep and settling and developing routines.
  - Consider risk of impaired parenting and observe parent-child interaction and emotional health.
  - Parents of children who have sleep dysrhythmia may need to work through range of psychological tasks in relation to their parenting experiences when they are likely to be sleep deprived themselves e.g. parental expectations and perceptions vs reality of parenting

Referral options

- Ellen Barron Family Centre (www.health.qld.gov.au/ellenbarronfamilycentre)

Raising Children Network  |  http://raisingchildren.net.au
Ellen Barron Family Centre  |  www.health.qld.gov.au/ellenbarronfamilycentre
Post natal depression (PND)  

General information  
- Postnatal depression is a common disorder with approximately 16% of women experiencing PND within the first 3 months after birth. For those women with a past history of PND, 20-40% will have a relapse in subsequent perinatal periods.
- PND is known to have impact on the woman, child and significant others, including a greater risk of:
  - Parenting difficulties
  - Relationship difficulties
  - Loss of social networks and greater risk of social isolation
  - Breastfeeding difficulties
  - Poor child growth and developmental delay
  - Child mental health issues such as insecure attachment
  - Deprivation of the needs being met of other children in the family.

Clinical practice points  
- Conduct a comprehensive family health assessment to identify specific needs of the individual child / family.
- Administer EPDS / DASS / Attachment assessment tools following an informed consent process. See appendix 5 and 6.
- For women with:
  - a high EPDS score (over 13 may indicate major depression) ensure timely access to mental health assessment and management;
  - A score of 1, 2 or 3 to Question 10 on the EPDS assess their current safety plan and according to clinical judgement seek immediate advice and mental health assessment;

- A ‘Report of Suspected Child in Need of Protection’ may be required. See section

- Assess the health of other parent / care givers for the child/other children when possible
- Gain a full understanding of the situation including availability of extended family supports
- Full examination should include observation for non-accidental injury e.g. bruises, petechiae due to the high rate of parental stress.
- Puerperal psychoses whilst uncommon usually occurs within 2-3 weeks of birth. Families suffering complex perinatal mental health issues commonly have associated histories of childhood abuse, alcohol / substance abuse and / or domestic violence.
- Maintain a therapeutic relationship by:
  - Encourage expression of feelings
  - Effective listening
  - Maintaining a non-judgemental, family-centred approach.
- Self-care promotion
Clinical practice points

- Information about perinatal mental health:
  - Beyond Blue has a range of resources for families including information specific to Aboriginal and Torres Strait Islander families, multicultural people (information translated to other languages), lesbian, gay bisexual and transgender (LGBTI) parents.

- Additional parental support may be required. This may include:
  - Targeted parenting groups e.g. Post-natal wellbeing group, Circle of Security group.
  - A safety plan. See page 175.
  - Additional breast feeding support may be required with supporting the Mother to continue to breast feed. Consideration should be given to medications and breastfeeding.

- Provide ongoing support and review of progress through follow-up visits.

Higher level services

- Case management strategies may include:
  - Targeted home visiting according to need/risk
  - Early Intervention Clinician / Parenting Specialist
  - Targeted parenting groups e.g. postnatal depression support groups
  - Consider risk of impaired parenting

Referral options

- GP
- Acute mental health facility
- Infant mental health worker
- Drug and alcohol support services
- EBFC – (for parenting support)

Beyond Blue | www.beyondblue.org.au  *Including free online training available for health professionals
Raising Children Network | http://raisingchildren.net.au

Refer to Chronic Conditions Manual
## Disruptive behaviour / aggression / regulatory disorders

### General information

- During the preschool years, most children learn how to demonstrate their sense of autonomy in a socially acceptable manner. Tantrums that are common in the 2 – 3 years slowly lessen with children being more able to communicate their concerns and needs to their care givers.

- Some children however will display ongoing disruptive behaviours, aggression and regulatory disorders. Parents may be raise concerns such as their child being:
  - Overly sensitive, fearful, anxious
  - Intolerant to change
  - Slow to engage or react
  - Difficult to control with prolonged tantrums and aggressive outbursts
  - Poor impulse control and overactivity
  - Commonly these issues are associated with poor feeding, sleeping behaviours.
Clinical practice points

■ Conduct a comprehensive family health assessment to identify specific needs of the individual child / family, this should include:
  ○ Child’s feeding and sleeping history
  ○ Assess growth and development to ensure there is not an underlying medical issue
  ○ Cultural and social context of the family environment
  ○ Child activity assessment e.g., play time activities, screen time
  ○ Type of behaviours and circumstances around the behaviours
  ○ Parental-child interaction.

■ Explore parental responses to the child's behaviours.

■ Parental psycho-education, in particular:
  ○ Discuss developmentally appropriate behaviours and normal attachment
  ○ Discuss the tendency of boys to have more aggressive behaviours than girls.
  ○ Provide information during the appointment about parenting techniques that may enhance child behaviours and provide information and resources e.g., parenting tip sheets on discipline, tantrums.
  ○ Promote parental reflection on their current strategies and how they may be able to alter their own behaviours / reactions and try different parenting strategies.
  ○ Provide information on strategies that may reduce parenting fatigue e.g., ways to maximise parental support and manage the additional needs of the child.

■ Work in partnership with the family to develop an ongoing plan of care to promote positive childhood behaviours. This may include: Establishing a family routine around sleep, mealtimes, hygiene needs, exercise and playing, using reward charts for positive behaviours.

■ Encourage parents to enrol in a group parenting program e.g., Triple P.
■ Use DASS / Parenting Attachment Assessment Tools
■ Provide ongoing support and review of progress through follow up visits.

Higher level services

■ Case management strategies may include:
  ○ Targeted parenting groups e.g., Triple P Parenting Program
  ○ Early Intervention Clinician / Parenting Specialist
  ○ Consider risk of impaired parenting

Referral options

■ GP/MO
■ Infant – mental health worker
■ Ellen Barrom Family Centre (for parenting support with children up to three). See page 158.

Raising Children Network | http://raisingchildren.net.au
Parental grief and loss

General information

- Supporting parents through grief and loss of varying degrees is an important aspect of the child health professional's role.
- In Queensland, the infant mortality rate (ie: death rates in the first year of life) is 5.4 infant deaths to every 1000 births. The overall infant mortality rate in Australia is 4.1:1000.
- Around 7% of Australian children aged 0-14 have a level of disability.

Clinical practice points

- When facing unexpected events, parents generally want:
  - a clear simple explanation regarding the diagnosis
  - what the future may look like for the child
  - advice on what to do now
  - advice on what to do next
  - a warm, sympathetic listener
  - time to ask questions at the time and as they come to terms with the situation.
- Use a strengths-based approach, for example:
  - Presenting the child’s appealing features and potential for development
  - Available options / rehabilitative treatment
  - Ask parents to identify their own strengths and abilities in coping with difficult situations
  - Provide written information about support networks and agencies specific to the condition.
Parents of a special needs child may need to work through range of psychological tasks in relation to:

- hospitalisation of their child, adaptation to the health care environment, fear of bringing their child into the home environment, and fear of their child dying.
- Grief and loss feelings around expectations of having a ‘normal’ child
- Possible preparation for child loss when prognosis is poor.
- Observe parent-child interaction and emotional health

Provide ongoing support and review of progress through follow up visits.

Higher level services

- Case management strategies may include:
  - Targeted home visiting according to need/risk.
  - EIC / EIPS

Referral options

- GP
- Specialty agencies specific to special need, such as:
  - SANDS Queensland (miscarriage, stillbirth and newborn death support), www.sandsqld.com
  - Cleftpals Queensland, www.cleftpalsqld.org.au

Protecting children

The role of child health professionals encompasses a range of broad multifaceted practice strategies from health education and promotion, growth and development monitoring, early intervention for health issues through to complex assessment of the safety of a child. The Child Safety QHEPS site provides information for Queensland Health staff, Child Protection Liaison Officers (CPLo) and Child Protection Advisors (CPA) provide support to local HHS staff when managing child protection issues. While recognising and responding to child abuse and neglect remains a focus for all health workers, it is a mandated process for nurses, midwives and medical officers.

All health professionals have a responsibility in recognising, reporting and responding to child abuse and neglect (children that have suffered, may be suffering, or at risk of suffering significant harm). Department of Health guidelines clearly articulate these responsibilities, including:

- Health Professional Child Safety Capability Requirements
- Reporting and responding to a reasonable suspicion of child abuse and neglect
- Responding to an unborn child health risk alert
- Information sharing in child protection

Initial orientation to local child protection processes and key contacts should be part of the onboarding of all
child health staff along with annual updates.

The following are some factors in the first year of life that may increase the risk of child abuse or neglect:

<table>
<thead>
<tr>
<th>Child factors</th>
<th>Family characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intrauterine exposure to toxins</td>
<td>First time parent</td>
</tr>
<tr>
<td>Prematurity</td>
<td>Maternal / Paternal depression</td>
</tr>
<tr>
<td>Low Birth Weight</td>
<td>Maternal / Paternal mental illness</td>
</tr>
<tr>
<td>Feeding difficulties</td>
<td>Maternal / Paternal criminality</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>Isolated, single parent</td>
</tr>
<tr>
<td>Developmental delay</td>
<td>Isolated, disadvantaged parents</td>
</tr>
<tr>
<td>Difficult temperament</td>
<td>Interparental conflict</td>
</tr>
<tr>
<td>Disruptive behaviour</td>
<td>Financial stress</td>
</tr>
<tr>
<td>Insecure attachment</td>
<td>Coercive family practices / domestic violence</td>
</tr>
</tbody>
</table>

Clinical findings that may indicate harm may include:
- Any injury noted on an infant who is not yet mobile
- Bruises on any part of a baby
- Pinch marks
- Human bite marks
- Burns (e.g. cigarette burns, scalds on feet an buttocks from immersion in hot water)
- Fractures of any type
- Behavioural factors e.g. unsettled baby, altered attachment

These findings should be viewed with suspicion and a report completed, notify your CPLO/ Child Protection Advisor and arrange for a medical assessment to be conducted.
Shaken baby syndrome occurs most commonly in infants under 12 months correlating with the normal peaks of infant crying. Aboriginal and Torres Strait Islander infants are at greater risk. It is likely that many cases are not reported or identified. Abusive head trauma (inclusive of shaken baby syndrome) is the most common cause of infant morbidity and mortality in physically abused infants with 20% of these infants dying as a direct result of injuries sustained during such an incident. Those that survive often suffer enduring cognitive limitations.

Factitious disorder imposed on another (previously known as factitious disorder by proxy / Münchausen syndrome by proxy) is a rare form of child abuse whereby:

- a caregiver (most commonly the child’s mother)
- fabricates history (commonly allergy, fever, asthma, seizures),
- exaggerates the child’s behaviours, and/or
- induces signs of illness (e.g., use of laxatives, starving)
- to the extent that unnecessary medical procedures and treatments are implemented. The child may have a past or current medical condition.

Considering the following factors may assist the child health professional during comprehensive assessment:

1. Does the caregiver have a diagnosis of mental illness (50% of perpetrators have a factitious disorder themself and 75% have a co-existing personality disorder)
2. Does the child health professional’s physical examination and observations match the caregiver’s concerns?
3. Do other family members confirm reported history?
4. Is their diagnostic evidence?
5. Have treatments been commenced due to caregiver’s insistence?

There are numerous factors to consider when determining a suspicion of child abuse or neglect. At times, a single factor e.g., cigarette burn mark, may clearly indicate the need for a ‘Report of Suspected Child in Need of Protection’. At other times a broader view of the circumstances may be needed. Working within a risk and protective factor framework may assist the clinician in making this judgement. Within this framework, risk factors are those that have the potential to increase the risk of harm and protective factors are those that have the potential to provide additional safety for the child or lessen the risk.

Sample framework of protective and risk factors
<table>
<thead>
<tr>
<th>0-12 mths</th>
<th>Protective factors</th>
<th>Risk factors</th>
</tr>
</thead>
</table>
| Infant/child factors | ■ Settled infant/child  
■ Sleep patterns developmentally appropriate  
■ Feeding well for age  
■ Easy to soothe  
■ Calm temperament  
■ Positive and warm child-parent interaction | ■ Unsettled infant/child  
■ Poor infant/child sleep, e.g. short sleeps, frequent waking in the night  
■ Feeding difficulties  
■ Difficult to soothe  
■ Congenital abnormalities, disability  
■ Altered child-parent interaction e.g. exaggerated separation anxiety  
■ Lacks interest in playing and interacting with others  
■ Not sharing enjoyment with others using eye contact or facial expression |
| Family factors | ■ Good physical and emotional health of parents  
■ Positive and warm parent-child interaction  
■ Positive parent-child attachment  
■ Harmonious parental relationships  
■ Stable family structure  
■ Past positive family attachments | ■ Parental mental illness, depression, anxiety  
■ Parental chronic illness  
■ Parental substance abuse  
■ Poor parent-child interaction e.g. limited responses to the child’s cues  
■ Altered parent-child attachment  
■ Parental conflict  
■ Parental history of poor impulse control  
■ At risk family structure e.g. single parent, recent separation of parents  
■ Past history of altered attachment |
| Social / environmental factors | ■ Financially stable  
■ Consistent parental employment  
■ Stable housing  
■ Supportive family and friends who serve as positive role models and/or mentors | ■ Financially stressed / poverty  
■ Unemployment, intergenerational family unemployment.  
■ Poor housing / unstable housing / overcrowded living circumstances / violent neighbourhood  
■ Isolated / estranged from family and friends  
■ History of abuse as a child, abusive relationships, intergenerational family violence |
Practice tips: Developing a safety plan

- Developing the plan requires careful consideration and is built on the child and parent’s needs, capacity and expressed concerns.

- Encouraging parent/s to reflect on strategies that have worked for them in stressful circumstances in the past may guide them in identifying their strengths and useful strategies for the future.

- If the child health professional doesn’t agree that the parent’s strategies align with ensuring safety of the child, the child health professional will work in partnership with the parent, using an open and transparent process to challenge these strategies and develop appropriate ones.

- Family members (or what the parent considers to be family) often form a key resource for providing child safety. Explore these resources with the Mother / Father and encourage the parent to assume an active role within the plan.

- Address the specific concerns / risks around child safety and individual trigger points using the words of the parent.
  - For example: Risk and trigger identified from parent saying: “I get so frustrated and can’t think what to do when the baby is crying constantly.”
  - In this example the risk is: I get so frustrated and can’t think what to do; and the trigger is: when the baby is crying constantly.
  - These words can be used to formulate a strategy within the plan, such as: I am more likely to get frustrated when the baby is crying constantly
  - Strategies that I can put into place to reduce this occurring may include – taking the baby for a walk in the pram
  - When I feel frustrated and can’t think, I will:
    † place the baby safely in the cot,
    † put the cot side up
    † ring Tracey for support on ___________
    † If Tracey doesn’t answer I will ring the Parent Hotline on 1300 30 1300

- Include external agencies that are available for 24 hour support e.g. Lifeline, Parentline, I3Health.

- When reviewing the plan with families reflect on how they have used the plan and congratulate them for using strategies and for successes in managing difficult situations and accessing support. This will build parental empowerment and self-efficacy.

- See sample safety plan in resource section.
Section 3

Five to twelve years
The ‘middle’ childhood years are characterised by more gradual physical growth and social and emotional development. This age range begins with most children experiencing the entrance to a school environment which has a significant impact on individuals and ends with preadolescence; so whilst growth and development progress at a steadier pace, this age stage remains a significant time in a person’s life.

Please note: Some children in this stage of the continuum may also experience issues discussed in the Twelve to Eighteen Years section of this manual.

Developmental surveillance and health monitoring

Developmental surveillance, health monitoring and assessment aims to ensure early and accurate identification of children who have health issues and/or developmental delays, and facilitate access to early intervention services.

This section includes:

- the context of healthcare,
- child health surveillance and monitoring
- common health concerns including:
  - speech and communication concerns
  - daytime and bed wetting
  - soiling and constipation
  - Pediculus Capitis (head lice).

The healthcare context

- In Queensland during this age stage, universal child and family health services are commonly focused more on parenting support and skill development through group parenting programs; provision of additional services is available to those families at risk or in greater need, such as Aboriginal and Torres Strait Islander families.

- Consultations with child health professionals may be in a number of settings, such as: community-based clinics, community locations, family homes, early childhood settings, schools and by a variety of modes e.g., face to face, phone, group work according to local HHS guidelines.

- In Queensland, school health nursing has been identified as an important innovation in public health nursing, particularly in rural and remote areas; however, the context of health care for children in their primary school years has changed over time. A shortage of funding particularly in recent times with global economic constraints has meant many school nursing services have been cutback to align with service redesign.

- School nursing has been impeded by other barriers also, such as, limited knowledge of the function of the school nurse, lack of standardised position descriptions, unmanageable nurse-to-student ratios and limited research.

- In some settings in Queensland, Child Health Nurses continue to provide a service to primary schools where an arrangement is agreed between the local school and HHS. At a health service level, schools offer an efficient point to access a large proportion of the younger age group and established links between health and educational departments fosters opportunities around service delivery in the school setting. Many services in this age group are on an ad-hoc basis, commonly at a targeted service level.
Child health services may also be provided at a targeted level by early intervention parenting specialists/early intervention clinicians/child health psychologists/social workers. These services aim to enhance parents’ skills to meet the needs of the children and support parents in dealing effectively with family challenges.

Working within a school setting may allow the child health professional to build capacity in the setting and thus support health. The Health Promoting Schools (HPS) Framework adapted from the NHMRC (1996) is an approach designed to incorporate a holistic way of working and is underpinned by principles encompassing individual physical, mental, social, emotional and spiritual wellbeing and broader wellbeing for the community. Outcomes have demonstrated improved resilience in children. For more information about the HPS, see page 236.

**Practice tips: Working within school settings**

- Staff working in school settings work in partnership with DETE, parochial and independent schools.
- It is important to follow agreed protocols for entry to the school, including workplace health and safety considerations, for example: always sign in and out of the visitors book when attending the school.
- Once an agreement has been reached between a HHS and a local school to provide services within a school setting, follow-up arrangements may need to be negotiated. For example:
  - Advise school children, parents and school staff of the services available to school-aged children. A proforma article may be written for insertion into the school newsletter, with details of the screening program/s, role of the child health professional, screening date/s and contact details.
  - Book facilities required for screening activities/appointments e.g., a suitable room.
  - Ensure valid written parental/caregiver consent is obtained prior to the commencement of any screening/appointment at the school.
  - Develop appropriate links with other health care providers (e.g. the School Based Oral Health team).

Department of Education, Training and Employment (DETE) staff are primarily responsible for the administration of first aid services on the school campus. If the health care professional is the first on an accident scene, a duty of care exists to provide first aid intervention to prevent further injury or death (providing this is administered in accordance with HHS policy and within the nurse’s scope of practice). The health care professional should notify their line manager of any incident and follow processes in accordance with local HHS policy, e.g., obtaining a copy of any records of the incident referring to the actions of the child health professional or completing an incident report.
Well child health checks

- In rural and remote areas as part of the “Chronic Disease Guidelines” population screening through health checks are offered to all children when they present at a primary health care centre. These health checks form the early detection component of the chronic disease strategy to identify risk factors and early markers which lead to the development of chronic diseases.

- The final recommended well child health check is the 4 – 5 year check. This check is often undertaken by a GP/MO under the expanded Medicare ‘Healthy Kids Check’ in association with immunisation.

- Child Health Nurses and Aboriginal and Torres Strait Islander Health Practitioners may also conduct this assessment. An Aboriginal and Torres Strait Islander Child Health Worker may conduct this assessment under the delegation of an RN/MO.

Child health assessment

Physical assessment

- A physical assessment is conducted and combined with history taking and interviewing to enable the health professional to develop a holistic view of the individual health status of a child.

Accuracy is crucial in obtaining all physical measurements. There are three components of accurate measuring:
  - technique that is standardised
  - equipment that is calibrated and accurate
  - measurers that are trained so they are accurate and reliable.

In addition:
  - ensure scales and stadiometers are regularly calibrated to manufacturer’s instructions and checked each day of use
  - use the same scales whenever possible
  - follow manufacturer’s instructions on transportation of portable scales.

Growth during childhood is an important indicator of nutritional and health status and remains the best method of assessment at the primary care level. Weight gain and increase in the size of the child occurs as body systems mature. During this age range, the average growth for children is approximately 5 cm/year with a weight increase of approximately 2 – 3 kg/year.

Factors that influence a child’s growth can include gender, genetics, health, environmental facts, e.g., nutrition. Towards the end of this age range the rapid growth in height and weight, especially for girls signals prepubescence. The development of secondary sexual characteristics often creates concerns for children in this age group. Puberty represents a key developmental milestone that is ideally addressed within the school curriculum, health care professionals may partner with schools to address this topic through the HPS.
Physical growth is best assessed by measuring weight, height and BMI and comparing these measures with a growth reference. The CDC growth charts are used for this age range. Always ensure the correct chart is being used, e.g., gender.

**Referral:** When concerns are raised referral to GP / Medical Officer is recommended for further assessment, i.e. measurements have crossed two percentile lines or if measurements are above the 90th percentile or below the 10th percentile.

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**Centre for Disease and Prevention** | www.cdc.gov

**The Royal Children’s Hospital, Melbourne** | www.rch.org.au
www.rch.org.au/childgrowth/about_child_growth/Top_10_things_you_need_to_know_about_growth_charts/


Ensure that universal and any additional hearing screens have been completed and enquire if any follow up appointments are required.

Vision screening in children is recommended (Non-vision health professionals should be trained to complete visual screening) at 5 years to detect visual problems early and intervene to improve overall eyesight. Other screening may be indicated to detect common visual disorders in children, such as:

- Amblyopia or ‘lazy’ eye (1.4 – 3.6%)
- Strabismus or ‘cross-eyed’ (0.3 – 7.3%)
- Refractive error – short or far sightedness or astigmatism (1 – 14.7%)

Referral to an Optometrist /GP/MO is recommended if any concerns are identified.

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**Practice tips: Visual acuity screening (5 to 12 years)**

- Full size charts should be at a distance of six meters
- Tools that may be used for vision testing include:
  - Linear STYCAR 5 letter chart with key-card for Preparatory Year students
  - Linear STYCAR 7 letter chart with/without key-card for Year One students
  - Snellen Chart for older children.
- For young children do not test single letters on a bland background because you may miss some amblyopes. Instead test single letters in a line of letters or single letters with confusion bars. The crowding phenomenon (caused by the so-called abnormal contour interaction of amblyopic eyes) refers to the behaviour of amblyopic eyes – they will easily distinguish a single letter on a bland background but the true acuity of the eye is discovered when the child tries to read a single letter in a line of letters or a single letter surrounded by confusion bars.
- Children do not have to be literate to have their vision assessed with Linear Stycar 5 vision chart and keycard. Reassure parents that this is a ‘matching game’ and not unlike asking a child to match a square or circle when asked.
- Explain the procedure accurately and at an appropriate level for the individual child, e.g., at close distance, ask the child to point to the same ‘shape’ on their keycard that the
Practice tips: Visual acuity screening (5 to 12 years)

- The assessor is pointing to shapes on their card. When the child is able to match a number of ‘shapes’ correctly then the assessor can commence assessment at the six metre distance.

- Establish a routine of testing the right eye first as the results of the right eye are usually recorded first.

- Use a cover such as an eye patch to occlude the eye not being tested.

- Point clearly to letters being tested, (e.g., use a red coloured pencil/pen or pointer). Make sure not to obliterate any part of a letter. If the child is uncertain as to which letter requires a response, circle the letter with the pointer.

- When using the Linear STYCAR chart begin testing above the 6/9 (normal vision) line of the chart (e.g., start at 6/36) and quickly move down the chart. It is not necessary for them to read the whole chart but the whole of the lowest line reached must be tested. Do not jump along a line being tested, but proceed along the line either forwards or backwards. Allow the child adequate time to respond. Allow two attempts at any one failure.

- Observe the child’s behaviour during testing (e.g. holding head forward, frowning, blinking, and turning head to side and/or attempting to look over occlusive eye cover). This may indicate that they are experiencing difficulty reading the letters on the chart. If the child actively resists the covering of one eye, the uncovered eye may have a vision defect. In such cases, cover the other eye first and repeat procedure.

- At no time is a child to be forced to cooperate.

- Document which eye chart has been used and the reading using a fraction format.

- The first figure (numerator) being the distance and the second figure (denominator) being the lowest line read successfully
  - Normal visual acuity is considered 6/6.
  - Acceptable visual acuity for the 4-6 year old child is 6/9.

- Use cleaning and infection control measures for equipment, e.g., eye patches/glasses, between children.

- **Referral**: Refer any abnormalities detected according to local HHS protocols. e.g. to Optometrist/GP/Medical Officer, this will include:
  - less than acceptable visual acuity for age i.e. visual acuity of 6/12 or worse in either eye
  - unequal visual acuity is outside normal parameters if there is a difference of one line or more between the eyes
  - Use clinical judgement regarding the above referral parameters if any concerns, e.g., if the child is tested late in the day and there are concerns regarding his/her ability to concentrate effectively, repeat the vision screening test in the morning to see if a different result is obtained prior to referral.
A Registered Nurse or an appropriately trained Health Worker/Practitioner may undertake an ear and hearing health screen.

Do not proceed with ear health and hearing screening if there is ear pain, notable discharge or the skin is broken or inflamed. These children are referred to MO/GP/Nurse Practitioner or managed in accordance with the Primary Clinical Care Manual.

Ask the parent/carer how their child is going at school and who has referred them for assessment to gain any additional context behind their visit.

Ask the child/parent/carer if they have any concerns about the child’s hearing, ear health, speech and language development and developmental progress using the questions outlined below. It may be appropriate to ask these verbally or incorporate these questions into the written history/consent form.

### Ear and hearing health screening recommendations (5 – 12 years)

<table>
<thead>
<tr>
<th>Age</th>
<th>Questions to ask</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 years</td>
<td>Has your child been free of ear infections or discharge?</td>
<td>Otoscopy</td>
</tr>
<tr>
<td>12 years</td>
<td>Are you happy about your child’s ears and hearing?</td>
<td>Tympanometry</td>
</tr>
<tr>
<td>12 years</td>
<td>Are you happy with your child’s speech and language development?</td>
<td>Audiometry</td>
</tr>
</tbody>
</table>

### 6 – 11 years

<table>
<thead>
<tr>
<th>Questions to ask</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aboriginal and Torres Strait Islander descent?</td>
<td>Otoscopy</td>
</tr>
<tr>
<td>Family history of genetic hearing loss?</td>
<td>Tympanometry</td>
</tr>
<tr>
<td>Speaks in a loud or monotone voice?</td>
<td>Audiometry</td>
</tr>
<tr>
<td>Does not respond to name?</td>
<td></td>
</tr>
<tr>
<td>Watches others continuously?</td>
<td></td>
</tr>
<tr>
<td>Asks for statements to be repeated?</td>
<td></td>
</tr>
<tr>
<td>Withdraws in a group?</td>
<td></td>
</tr>
<tr>
<td>Has disruptive and impulsive behaviour?</td>
<td></td>
</tr>
<tr>
<td>Teacher reports hearing difficulty?</td>
<td></td>
</tr>
<tr>
<td>Parent/carer reports hearing difficulty?</td>
<td></td>
</tr>
</tbody>
</table>

If ‘YES’ to any of these questions, perform:

- Otoscopy
- Tympanometry
- Audiometry

Refer to page 85 for practice tips on otoscopy, tympanometry, audiometry and referral.

Refer to Chronic Conditions Manual
Developmental assessment

- Development refers to the increased ability of the body to function within the environment and can be categorised into a number of domains, for example:
  - Physical development – gross motor and fine motor skills
  - Socio-emotional and cognitive development
  - Language and literacy

- The child’s development is significantly affected by the family environment, with the parent/carer-child attachment relationship being a pivotal factor influencing child development.

- Developmental assessment of any child must have a holistic focus. This means that the domains of development are considered in an ecological framework that considers the physical, social, emotional and environmental factors involved and informs the development of a care plan linked to the child’s needs and specific risk factors.

- Whilst development proceeds at different rates in different individuals, most children reach sub-stages of their developmental growth in a similar order. A child may be considered to have a developmental delay when they have not met a particular milestone by a particular time. When there is delay across many areas of development at a health check they are considered to have global developmental delay. These symptoms may be related to underlying health issues and the child health professional will refer the child for further assessment to a MO/GP.

- Developmental surveillance is designed to detect early delay and risk factors for child developmental delay, to enable the implementation of early intervention strategies. Concerns raised by parents, teachers and other school staff, once the child is integrated into the school setting will also impact on developmental surveillance.

- The 5 – 12 year age range encompasses significant psycho-social developmental phases which impact on development, including:
  - Cognitive development. A key change occurs as children move from an egocentric view to being able to view things more broadly and consider things from another’s perspective. This impacts on the development of relationships and a child’s understanding of such relationships. As cognitive development progresses, perceptual thinking (based on what can be seen) and conceptual thinking (unseen factors) combine to enable the child to make judgements based on their own reasoning. The child learns to incorporate their previous experiences, observations and memories into anticipation and how they experience and understand current situations.
  - Moral development. As a child’s brain develops the ability to incorporate conceptual thinking and logic, enables the child to consider moral standards around them, such as learning what is acceptable in the family and in the classroom. A child learns to act according to these standards and develops feelings relating to their own behaviour. These behaviours can be guided by others by positive reinforcement and children develop feelings such as guilt when behaviours do not meet with expected standards. For younger children they usually judge using ‘right’ and ‘wrong’ but as further moral development occurs, the older child incorporates a broader context of the situation.
  - Spiritual development. School aged children begin to consider what is natural and supernatural and are fascinated with learning about spirituality and religious views of their family. Children develop a sense of conscience and are guided by family ideals and beliefs more so than those of their peers at this stage. Children may expect punishment for misbehaviours and find comfort in religious rituals depending on their spiritual beliefs.
  - Social development. Fitting in within a peer group becomes increasingly important as a child develops during the school years. As a child develops individually and begins to gain independence from their parents/carers, they experience dealing with leadership, dominance, authority, etc. and experiment with relationship development within their peer group. Sex roles between boys and girls seem insignificant early on, but in the later school years differences become more apparent. The peer group becomes an increasing influence, however, parents/carers remain...
significant in their child’s life in supporting and shaping their personalities, setting standards for behaviour and establishing value systems for the child 24.

- **Developing a self-concept.** As children grow and mature, a conscious awareness of themselves forms, e.g., their physical appearance, abilities, own values. Self-concept encompasses a child’s body image, sexuality and self-esteem and is influenced by their family, peers and important others during this stage. Many children in this age group become highly sensitive about their appearance and any physical deviations from the ‘norm’. Negative feelings may lead to self-doubt and positive feelings develop self-respect and self-confidence 24.

**Screening tools**

There are a number of validated tools available for health care professionals to complete a developmental assessment during this age range. Health care professionals should check which developmental assessment tools are recommended to be used in their particular setting and be trained to administer and interpret the outcomes of the tools correctly. Commonly, screening tools include:

- **Parents Evaluation of Developmental Status (PEDS)**
  www.pedstest.com/Home.aspx
  - **Age:** 0–8 years
  - **When it is used:** Detecting developmental and behavioural issues needing further evaluation
  - **Completed by:** Parents and incorporated into a child health monitoring program.
  - **Additional resource:** www.rch.org.au/ccch/resources_and_publications/Monitoring_Child_Development/

- **Brigance Screens** (Brigance Early Childhood Screen II)
  www.casamples.com/downloads/11968s.pdf
  - **Age:** 0–7 years
  - **When it is used:** Screening tool consisting of nine forms, screens articulation, language, fine and gross motor, personal skills and general knowledge 196.
  - **Completed by:** Trained health care professionals use as a secondary screening tool when indicated.

- **Referral:** When concerns are raised following a thorough child health assessment a referral to the families’ GP / Medical Officer is recommended for further assessment 89.

Refer to page 51 for practice tips on developmental assessment.

**Common health concerns**

Child health professionals are frequently asked for information on a broad range of topics. The following common health concerns will be covered in this section:

- speech and communication concerns,
- daytime and bed wetting
- Soiling and constipation
- Pediculus capitis (head lice).

(Other common concerns for this age stage, for example, ‘picky / fussy’ eaters, may be covered in other areas of this manual, e.g., fussy eating is incorporated under developing healthy eating in the health promotion section.)
The following tables outline information, parenting tips, cautions, referral recommendations and further resources specific to these topics.

### Speech and communication concerns

- Most fundamental speech and language skills are achieved by the time a child is four years old.
- Speech sound disorders can impact on a child’s ability to interact socially with those around them and engage fully in education, which may reduce a child’s overall quality of life.
- Children with identified mild to severe speech sound disorders have reduced risk of educational and social impacts when early intervention is implemented by a speech-language pathologist.
- The early years are a crucial time for identifying disorders and implementing early intervention.

### Parenting tips / Skills to support child development

- Stuttering, stammering and various speech dysfluencies relating to sensorimotor integration where the child is thinking quicker than the word is formed by the body, are common up to approximately five years.
- Encourage the child to relax and speak slowly.
- Take the time to listen attentively to the child.
- Share interest in reading together by discussing what the child is reading; use the local library to borrow books and attend activities promoting healthy reading habits.
- Encourage the child to ask questions, reflect and explore ideas through chatting together.
- Encourage parents to meet with their child’s teacher informally and discuss expectations, goals and individual needs of the child.
- Encourage parents to meet with their child’s teacher when there appears to be problems.
- When the child is completing homework, provide an area that is well lit and promotes concentration, i.e., is free from interruption or distractions.
- An educational app, developed by the DETE, is available as a free download. ‘SPEAK’ (Speaking Promotes Education And Knowledge) oral language app, is designed for children from birth to six years. Download from http://deta.qld.gov.au/about/app/index.html

### Cautions and things to avoid

- Avoid finishing words/sentences for children.
- Avoid pressuring a child to produce a particular sound.
- Do not criticise the child for speaking differently.
- Limit screen time.

### Referral

- Children with speech and language difficulties should be referred to GP/MO/Speech Therapist for review. For example, children who are having difficulties:
  - Expressing themselves to their parent, e.g., telling them what is wrong
  - Answering simple questions within a conversation
  - Following directions with a number of steps
  - Being understood when speaking
- The “Red Flag” Early Intervention Referral Guide for children 0-5 years can be used as a guide.
Bedwetting / daytime wetting

- Night time dryness will not be available until the child’s sleep cycle matures and many children continue to be ‘wet’ at night.
- Approximately 1 in 5 children experience wet beds at 5 years of age and 5% of children at 10 years.
- Nocturnal enuresis is defined as involuntary urination on at least 2 nights/week for at least 3 consecutive weeks beyond the age of 5 years.
- Approximately 6% of Australian children in the age group 5 – 12 years are affected by nocturnal enuresis.
- ‘Wetting the bed’ may result in increased anxiety within the family and can interfere with child’s normal psychosocial development.
- Most (75 – 85%) of nocturnal enuresis occurs at a primary level, i.e., later age of becoming dry at night. The remainder of children become dry at night (for a period of > 6 months) and then start bed wetting again.
- Children are more likely to experience ‘wet beds’ if they:
  - have psychological problems,
  - have behavioural problems,
  - are from lower socioeconomic groups,
  - live in overcrowded or out-of-home care, environments.
- Sometimes children experience daytime symptoms as well, these children should be referred to their GP/MO.

Parenting tips / Skills to support child development

All children with urinary symptoms should be referred for review. The following parenting tips may be offered to families whilst awaiting referral appointment and/or following the GP/MO excluding any secondary causes of symptomology.

- Behavioural management with appropriate support, education and follow up has been found to be successful in 18% of children with nocturnal enuresis, after eight weeks.
- Provide reassurance to the child and care-givers about the condition, e.g. not the child’s fault, skills will develop in time.
- Provide encouragement and appropriate rewards specific to behaviours that the child can control, e.g. regular toileting through the day, toilet attempt prior to bed time and first thing in the morning, participating in changing clothing and wet linen.
- A diary may be kept about times bed wetting occurs and parents may try to wake and toilet the child around that time.
- Be consistent with information about bed wetting and any instructions. For example, avoid excessive food or drink for several hours prior to bed time.
- Make it easy and simple for the child to access the toilet at night, e.g. a lit pathway to toilet, clothing that is easy to remove.
- Ensure constipation is treated if necessary
- Enuresis alarms have been found to be successful in approximately 63% of children with nocturnal enuresis after six months of use. A follow-up appointment between two and three weeks after an enuresis alarm is commenced, facilitates support with any initial difficulties and continued use. If no positive response is evident after two to three months of use, stop use and re-try again at later date.
Cautions and things to avoid

■ Avoid punishing a child for not getting to the toilet on time.

Referral

■ Children with nocturnal enuresis, day time wetting or urinary symptoms should be referred to their GP/MO for review to exclude secondary causes of symptomology.

■ Refer to a Continence Nurse/Clinic.

■ Consider referral to EIPS/EIC if emotional or behavioural issues are observed or parenting difficulties are noticed.

Continence Foundation of Australia  |  www.continence.org.au  |  Free helpline: 1800 33 00 66
Factsheets: Bedwetting, Day wetting, Soiling

Raising Children Network  |  http://raisingchildren.net.au
Assorted fact sheets and video resources


Refer to Chronic Conditions Manual
Soiling and constipation

- Normally children have 1 – 2 soft formed stools per day, however there is great variation from one child to the next.

- Constipation is a common issue in children with estimated prevalence rates as high as 29% of the paediatric population. It has also been reported as a diagnosis in 20% of children attending emergency departments for abdominal pain and the second most common reason for referral to a paediatric gastroenterologist.

- The Rome III symptom-base defines constipation as follows,
  - When the child is under four years old, and there are more than two or the following symptoms present for a period of one month, or
  - When the child is over four years old and there are more than two of the following symptoms present for a period of two months:
    - less than two (2) defecations/week
    - more than one episode of faecal incontinence/week
    - stool retentive posture
    - painful, hard stools
    - large diameter stools
    - large faecal mass on abdominal palpation or in the rectum.

- Constipation often causes painful defecation which may in turn result in a child fearing this and setting up a cyclical pattern (e.g., painful defecation > stool holding > stool accumulation > stool loses water > harder, larger stool > more painful defecation). Over time, overflow incontinence may occur and/or a stretched rectal vault and a decreased urge to defecate.

- Encopresis is voluntary/involuntary defecation in inappropriate settings (according to the child’s own environment), occurring in a child over 4 years, at least once per month for at least 3 months

- Primary encopresis occurs when faecal continence is not achieved by four years of age.

- Secondary encopresis occurs after four years of age.

Parenting tips / skills to support child development

All children meeting the criteria for constipation should be referred for review to a GP/MO. The following parenting tips may be offered to families whilst awaiting referral appointment and/or following the GP/MO excluding any secondary causes of symptomology.

- Child health professionals should provide information, reassurance and education to families at a level appropriate to the individual, e.g. normal physiology of bowel functioning.

- Dispel myths around causation and promote a non-threatening and no-blame approach to the issue.

- Review the child’s diet and encourage a daily food intake according to the Australian dietary guidelines, particularly ensuring adequate intake of high fibre foods, e.g. cereals, fruits and vegetables, balanced with adequate fluid intake, preferably water. In addition reducing highly refined foods and those high in sugar may be helpful. See page 195.

- Encourage a toilet ritual. This may include:
  - providing an appropriate and safe toileting area
  - ensuring the child is positioned well and comfortably on the toilet - providing a foot stool may help,
  - encouraging the child to sit on the toilet 10-15 mins after meals for intervals of 10–15 min,
Section 3  Five to twelve years

- providing a quiet enjoyable activity for the child to participate in during this time to encourage this behaviour,
- providing encouragement and rewards e.g. sticker chart for sitting on the toilet, special game for defecating on the toilet.

Encourage physical activity according to recommendations e.g., Australia’s Physical Activity and Sedentary Behaviour Guidelines for Children (5 - 12 years).

Stool softeners may be necessary or medications as prescribed by the GP/MO.

Cautions and things to avoid

- Avoid punishing a child for not getting to the toilet on time.

Referral

- Children with constipation or encopresis should be referred to their GP/MO for review to exclude secondary causes of symptomology.
- Consider referral to EIPS/EIC if emotional or behavioural issues are observed or parenting difficulties are noted.

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Raising Children Network | http://raisingchildren.net.au
Fact sheets and video resources, including Constipation and Soiling (encopresis)

Australian Dietary Guidelines

Australia’s Physical Activity and Sedentary Behaviour Guidelines for Children (5 - 12 years).

Refer to the Chronic Conditions Manual

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Pediculus Capitis (head lice) 288

- Head lice live on human hair and suck blood from the scalp, they reproduce as mature adults from about 10 days of age by laying eggs (approx. 8 ‘nits’ per day) on the shaft of the hair, approx. 1.5cm from the scalp. The eggs hatch between 7 – 10 days.

- Spread is mainly by direct head to head contact during cuddles, play or close contact. Head lice can survive off the hair for approx. 24 hours and may be transmitted from objects such as combs, bed linen, etc., to another person.

- Head lice are world-wide and affect all people from different socio-economic and ethnic groups.

- Head lice are not a sign of poor hygiene.

- Chemical head lice products should be approved by the Therapeutic Goods Administration. These products are obtainable without a prescription and contain four different types of active ingredients:
  - Pyrethrins,
  - Synthetic Pyrethroids,
  - Organophosphates,
  - Combinations of herbal and essential oils.
Pediculosis Capitis (head lice)

- Some lice may become resistant to a particular active ingredient, therefore if a product fails to be effective (all head lice not dead at the end of the recommended treatment time) suggest changing to a different active ingredient for the next treatment (in 7–10 days).

Parenting tips / skills to support child development

- Regular examination (e.g., weekly during infestation) can enhance the opportunity for early detection. Early detection can break the cycle of lice reproduction and decrease treatment time. All members of the household should be checked.

- The presence of eggs (nits) doesn’t always indicate head lice are active as they may be dead or hatched and can remain attached to the hair for a number of weeks.

- Eggs are the most difficult to kill with the most effective removal method being pulling them off the hair using fingernails.

- A simple, effective way to examine for lice is by applying white coloured hair conditioner to all dry hair, leave for 5 minutes and then completely comb out with a fine tooth comb. After each comb through, wipe the comb onto a white tissue to check for head lice. At the completion of the process used tissues should be disposed of into a rubbish bin tied in a plastic bag.

- Treatment should be undertaken when live lice are found on the child’s head.

- Non-secticidal treatment may be with used on all children and is as effective as insecticidal or chemical treatments. It is also cheaper, but generally requires longer treatment time. Use the same process as for ‘detection’ (see above) using hair conditioner, fine toothed comb and tissue. Repeat the process every two days for 10 consecutive days with no lice being found.

- Synthetic or natural insecticides or a chemical based treatment may be used on children over 2 years. Strictly follow the manufacturer’s directions which will include retreating in 7 days to kill any lice that have hatched from eggs that were not removed. No chemical treatments kill the eggs.

- Pillow cases of people with infestation should be washed daily on a hot cycle or put in the clothes dryer for 15 minutes.

- Wash hair combs and brushes after use for 30 seconds under hot water (60 °C).

Cautions and things to avoid

- Do not share brushes, combs or pillows.

- Strictly follow manufacturer’s directions when using chemical/insecticidal products.

- Avoid use of chemical/insecticidal products on children less than 2 years.

- If a chemical / insecticidal product is used and doesn’t kill the lice, revert to the non-secticidal treatment option for 7 – 10 days before re-treating with a different active ingredient.

- Do not apply chemical/insecticidal products more than once per week as this may cause skin irritation.

Referral

- Children should be referred to a MO/GP/Nurse Practitioner for review if there is swelling of the lymph nodes or fever. This can indicate a secondary bacterial infection of the scalp.

Head lice fact sheet (Queensland Health)

Health promotion

Health promotion strategies are designed to improve child and family health by enabling parents and children to increase health awareness, build onto their skills and enhance their capacity. This includes a focus on addressing the social determinants of health and building protective factors as part of everyday child health practice. The health promotion framework for 5 – 12 year olds is commonly built on a collaborative partnership between the school community and local government and non-government agencies working together. Many Queensland schools adopt the Health Promoting Schools Framework, based on the Ottawa Charter for Health Promotion (1986). This framework incorporates three interconnected domains of:

- curriculum, teaching and learning;
- school, organisation, ethos and environment; and
- partnerships and services.

By using a comprehensive approach and working in partnership with schools, it is possible to build the capacity of communities through enhanced knowledge, skills, resources and management support for health promotion in the school setting. In this way, communities are better equipped to identify and address issues of concern in the future.

For further information about the Health Promoting Schools Framework, see page 236.

In some settings in Queensland, child health nurses continue to provide a service to primary schools where an arrangement is agreed between the local school and HHS. At a health service level, schools offer an efficient point to access a large proportion of the younger age group and established links between health and educational departments fosters opportunities around service delivery in the school setting.

For child health services not directly providing services within the school setting, working with government and non-government organisations is important to build community capacity. Collaborative planning for community events, activities or health services helps to ensure there is adequate time, funds, and resources to provide a sustainable service or activity.

Consultations with child health professionals at a universal service level for this age group are commonly provided to parents using interactive group sessions, according to local HHS models of care. These groups may be co-facilitated by a child health nurse and an early intervention parenting specialist.

Group information sessions, provided to parents in groups, effectively encourages networking building possible supportive contacts for the longer term and improves parental psychosocial wellbeing.

For further information about practice tips on facilitating group parenting programs, see page 100. For the youth health section, see page 227.
Engaging families

Marketing positive health messages to the child’s whole family and the wider community strengthens support for parenthood and can positively impact on the health of a child.

Family structures are varied and include:

- Extended families, e.g. grandparents, aunts, elders
- Single parent, step and blended families
- Foster families
- Gay, lesbian, bisexual and transgender parents

Health professionals recognise each member of the family and acknowledge the significance of their role. For example, research shows the importance of recognising a father’s unique contribution to a child’s development and the family system as a whole. It is recommended that services facilitate the involvement of fathers and significant others by considering a range of strategies including:

- Create a physical and attitudinal environment that welcomes the father/partner/extended family. This may include having relevant visual materials and resources.
- Discuss parenthood roles and the impact on family lifestyle and relationships.
- Change service environments to address potential barriers to partners/extended family attending services, e.g., vary program times and formats to improve access, include ‘neutral’ messages for ‘parents’, attract male staff, use male inclusive literature and magazines in the waiting room.
- Having Aboriginal and Torres Strait Islander male staff available facilitates inclusiveness of Aboriginal and Torres Strait Islander fathers/partners.

Quality information and education

It is recommended that at every contact with children and families, child healthcare professional should educate and provide anticipatory guidance and parenting support to promote optimal family health.

Parenting groups may form part of a child health service’s model of care. Providing parenting education in groups enables normalisation of many common developmental issues which supports parents in their role and also can be a more efficient way to deliver information to a greater number of people at the one time. Parents are encouraged to reflect about their child, their feelings and needs, and the child-parent relationship within the sessions. Parents/carers commonly ask about discipline, chores, homework, lying and fears. Parenting Tip Sheets (e.g., Triple P) can be used to provide information to parents individually and in groups.

There is an endless range of topics that may be discussed with children and families, this section discusses topics recommended specific to health promotion and illness/injury prevention within the National Framework for Universal Child and Family Health Services as follows:
Section 3  Five to twelve years

Nutrition and healthy eating patterns

- 25% of Australian children between 2 and 17 years are overweight or obese and 5% are underweight. There is no significant differences in males and females.
- 92% of Australian adults do not eat five serves of vegetables and 52% don’t consume two serves of fruit daily.
- 'Treat' foods (high energy and low nutrient foods) are known to contribute to health issues such as obesity. Australian children’s energy intake was on average made up of 41% of ‘treat’ foods.
- Many parents report concern about their child’s eating habits and describe their child’s eating as ‘picky, fussy or irregular’.
- One study (McDermott, et.al., 2010) found an association between infant feeding difficulties at 6 months and ‘irregular’ eaters at 5 years of age, with 40% of these still being ‘irregular’ eaters at 14 years of age. Dysregulated mood and sleep patterns were noted as significant for these children and a significant level of maternal anxiety in the child’s first 5 years was also found.
- There is a lack of research evidence on the intricacies of how inadequate micronutrient intakes are impacting on children in wealthier nations, however emerging evidence suggests:
  - sub-optimal performers in cognitive functioning,
  - greater risks of attention deficit hyperactivity disorder and
  - insulin resistance.
- Establishing a pattern of good dietary habits are known to decrease health risks such as obesity and long term chronic conditions heart disease and cancers.

Parenting tips / skills to support child development

- Ensure children receive all the nutrients they need to grow and develop normally by including a wide variety of nutritious foods from these core food groups every day:
  - Plenty of vegetables, legumes and fruits of different types and colours.
  - Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley.
  - Lean meats and poultry, oily fish, eggs, tofu, nuts and seeds, and beans.
  - Milk and dairy products such as yoghurt and cheese.
  - Encourage reduced fat options.
- Replace foods high in saturated fat (butter, cream, cooking margarine, coconut and palm oil) with foods which contain predominately polyunsaturated and monounsaturated (olive oil, spreads, nut butters/pastes and avocado).
- Read labels to choose lower sodium options (‘reduced-salt’ or ‘low-salt’ foods).
- Promote responsive feeding practices including:
  - Provide a pleasant environment with few distractions e.g., calm environment, no television, avoid family conflicts
  - Promote the child’s interest in food e.g., provide food predictably when the child is hungry, cease providing low nutrient snacks inbetween mealtimes; avoid forcing of foods; provide appropriate variety and texture of foods; reward independent eating e.g., star chart.
## Nutrition and healthy eating patterns

### Parenting tips / skills to support child development cont.
- Establish family routines around mealtimes e.g., hand washing before eating, model healthy meal time behaviours, make healthy choices for the entire family.
- Limit mealtimes to approx. 30 minutes or when the child is no longer interested.
- Consider the use of a feeding diary.
- A full family diet consists of three meals and two snacks each day.

### Cautions and things to avoid
- Limit intake of foods containing saturated fat.
- Avoid food and drinks containing added sugar such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.
- Do not add salt to foods in cooking or at the table.
- Avoid food and drinks containing added salt.

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**Australian Dietary Guidelines**

**Healthy Schools**

**Fun not fuss with food**
Queensland Health

Refer to *Chronic Conditions Manual*
Physical activity

- 25% of Australian children between 2 and 17 years are overweight or obese. There is no significant differences in males and females.
- In 2011-2012 children between 5 – 17 years did approx. 90 minutes of physical activity per day with 60% doing one hour per day.
- Sedentary behaviour is considered as sitting or lying down without sleeping.
- Physical activity has numerous benefits including:
  - Social development opportunities – learning to play in a team can develop communication and co-operation skills.
  - Reduces anxiety and stress levels
  - Improves concentration
  - Improves physical fitness, coordination and body movement
  - Reduces unhealthy weigh gain
  - Improves bone and muscle health.
- Reduces risk of cardiovascular disease and type 2 diabetes.

Parenting tips / skills to support child development

- Motivate children to engage in at least 60 minutes every day on moderate to vigorous physical activity (accumulated across the day). Additional physical activity up to several hours per day may have additional health benefits.
- Children should participate in muscle and bone strengthening activities (running, skipping, dancing, gymnastics, etc) at least three times a week.
- Encourage free play activities in a safe environment daily.
- Encourage helping around the home with active tasks such as, washing the car, gardening.
- Limit screen-based activities (e.g. watching TV, using a computer) to less than 2 hours per day.
- Other family members can be a role model for children by adhering to recommended activity guidelines in other age groups.
- Encourage your child to join a sporting group or activity eg: dancing, martial arts, soccer etc.
- Engage the family in activities, such as, walk to the park, go for a family bike ride, day at the beach.

Cautions and things to avoid

- Discourage computers and televisions in the bedroom.
- Avoid driving children on short trips if walking is possible – encourage parents to walk children to school or form a walk to school group e.g. ‘The Walking Bus’.
- Avoid sunburn – always encourage sun protective behaviours.

Australia's Physical Activity and Sedentary Behaviour Guidelines for Children (5 - 12 years)

Oral health

- Australian children visiting public dental health clinics from six states and territories in 2010 were identified as having:
  - Decay in baby teeth in more than 50% of 6 year olds
  - Decay in permanent teeth in almost 50% of 12 year olds.
- Dental caries (decay) is one of the most prevalent health issues in Australia across all age groups.
- Children and young people living in rural and remote areas or in low socio-economic status areas have significantly worse oral health than those living in metropolitan areas.
- Poor oral health can not only impact on a young person’s psychosocial wellbeing, but can also lead to long-term health problems due to the association of periodontitis with heart disease.
- Dental caries are highly preventable, with most being related to dietary issues.
- Dental caries are caused by excessive plaque build-up through infrequent, substandard tooth cleaning.

Parenting tips / skills to support child development

- Permanent teeth will begin to erupt from around 6 years age; some permanent teeth will replace baby teeth and others such as the permanent molars will come through behind the last baby molars.
- Most children in this age group should be sharing the responsibility of caring for their teeth with their parents as the skill to use a toothbrush properly develops, supervision may still be necessary.
- Children should brush their teeth for at least 2 minutes in the morning before breakfast and last thing before bed at night.
- Regular flossing at least daily may reduce gum disease and build-up of plaque.
- Alcohol free mouthwash can be used after brushing to remove bacteria.
- Parents and children are encouraged to eat a healthy, balanced diet that includes calcium rich foods and healthy snack choices with limited sugary or acidic foods and drinks.
- Children should be having regular dental check-ups.
- Oral health services are provided to students from four years until the end of year ten. For further information, see www.health.qld.gov.au/oralhealth/services/school.asp

Cautions and things to avoid

- Avoid brushing teeth within one hour after a meal (acid-containing foods may soften the tooth enamel making it possible to damage it with brushing).
- Avoid carbonated beverages, diet drinks and sports drinks which are high in sugar / citric and phosphoric acid which may contribute to teeth decay
- Avoid sipping sweet drinks over a prolonged period
- Involvement in contact and accident prone sports leads to an increased risk of trauma and damage to the teeth and soft tissues of the mouth. A professionally made mouth guards is recommended.

Contains an A-Z listing of topics, e.g., Teeth cleaning, Dental caries

Use culturally specific resources for oral health education where possible:
The Indigenous Oral Health Flipcharts are a health education tool aimed to prevent oral disease in Aboriginal and Torres Strait Islander communities. The resource ‘Building Strong Teeth’ is aimed at school children and can be used by teachers.
Emotional wellbeing

- Middle childhood may be complicated by child behavioural problems, many of these do not meet a criteria for clinical diagnoses.
- Mental health problems affect psychological growth and development, health-care needs, educational and occupational attainment, and are often associated with truancy and later involvement within the justice system.
- Exposure to adverse childhood events may impact on emotional wellbeing, the more events the more likelihood there will be an impact.
- Child/youth health professionals use a strengths based approach to build positive behaviours and skills to enhance a child's coping skills and self-regulation.
- Protective factors that enhance emotional wellbeing include a secure child-parent attachment, family cohesion and social support, effective resource management, engagement with others in the community.
- Regular physical activity may improve self-esteem and confidence levels, and reduce anxiety and stress.

Parenting tips / skills to support child development

- Parents are encouraged to:
  - Spend quality time with their child and provide a safe physical and emotional environment.
  - The child health professional may use the Australian Family Strengths Nursing Assessment Guide (See Appendix 1) as a tool to explore family strengths and encourage activities to enhance effective family functioning and build resilience [131].
  - Provide limit setting and clear boundaries for children to guide a child's behaviour and reduce undesired behaviours.
  - Provide rewards and encouragement for desired behaviours, e.g. a child displays effective self-regulation by persisting at a difficult task.
  - For children in their middle years encourage parents to explore options and use problem solving techniques with their child when they are faced with a challenge rather than problem solving for them.
  - Role model positive behaviours, e.g., by reflecting on how they express their own emotions, enhance cooperation with others, demonstrate a positive self-concept.

- Parents can support children to build their self-confidence by working together with the child using strategies such as:
  - Recognise their strengths and achievements (learnt to ride a bike, good mark in a subject)
  - Develop positive self-talk and gain awareness of possible negative self-talk.

- Encourage a regular bed time to promote sleep periods of approximately 11 hours per night at 5 years reducing to around 9 hours by 12 years of age.

Child health professionals may use the Australian Family Strengths Nursing Assessment Guide, see appendix 1.

The Safe Schools Hub Toolkit | www.safeschoolshub.edu.au/safe-schools-toolkit/overview
A whole-of-school approach to addressing safety and wellbeing, including bullying and responsible use of ICT.

Reachout | http://au.reachout.com | Useful information for young people regarding wellbeing:

Friends for Life - an anxiety prevention and resilience building program

Immunisation

- 89% of Australian children at 5 years old were fully immunised.
- The prevention of communicable diseases if managed primarily through immunisation.
- Children attending schools are at greater risk for the transmission of vaccine preventable diseases particularly if they are not up to date with their immunisations.
- School environments, where children come in close contact with one another, are a common source of many infectious illnesses.
- School Immunisation Programs (SIP) will offer students immunisation in accordance with the Queensland immunisation schedule.

Recommendations

- Promote families to immunise their children and when necessary work with families to update their child’s immunisation schedule.
- Provide information and support for teachers on immunisation where this fits within local models of care.
- Encourage the school to provide regular information in the school newsletter (especially at the beginning of the school year) on specific health issues.
- Targeted work can be undertaken with sub groups within the school community where there is a greater risk for children to be overdue for immunisations including children who have been in out-of-home care, CALD families and refugee entry families.
- Child health professionals should maintain an awareness of negative messages propagated by anti-vaccine movements so that they may answer questions accurately and counter concerns as necessary (Paul & Fabio, 2014).

Provides comprehensive information regarding immunisation including strategies to address myths and misconceptions surrounding vaccination.
Illness prevention

Whilst prevention of communicable diseases is managed primarily through immunisation, raising the awareness of families and children of how to prevent the spread of illnesses is an important strategy around illness prevention.

- Although cancer is rare in childhood, it is a leading cause of death, accounting for about 19% of deaths among 1–14 year olds in 2009–11. Since 2001, the most common cancer types in these cases have been lymphoid leukaemias, neuroblastoma and ganglioneuroblastoma, and acute myeloid leukaemias (4.1, 1.1 and 0.8 per 100,000 children respectively during 2006–2010). The proportion of 0–14 year olds who survived cancer five years after diagnosis improved from 68% in 1983–1989 to 81% in 2004–2010.

- In 2011 there were 983 new cases of type 1 diabetes among children (23 per 100,000 children) with little difference between boys and girls (AIHW 2014a). The rate of new cases of type 1 diabetes in children did not change significantly from 2000 to 2011, with between 21 and 26 per 100,000 children each year.

- Asthma is the most prevalent chronic illness in Australia in children less than 15 years with an incidence of 10%, boys 12% and girls 8%.

Recommendations

- Hand washing is the single best method of reducing the spread of pathogens and nosocomial infections. Model positive hygiene behaviours by washing own hands regularly; teach children how to wash their hands and when to wash their hands i.e. before eating, after toileting.

- Encourage families to limit the exposure of their child to others when ill.

- When children have symptoms of illness, teach them to reduce droplet spread by using a tissue when coughing or sneezing and discarding them.

- Discourage sharing of eating and drinking utensils.

- Families should have a written asthma action plan developed in conjunction with the GP/MO and a copy should be provided to the child’s school.

- Encourage self-management of Asthma and provide support and education appropriate to the individual’s stage of psychosocial development (National Asthma Council, 2014). This may include:
  - Carrying relievers at all times
  - Learning to recognise and avoid triggers
  - Avoiding smoking environments

The recommended reference for health professionals, covering a wide range of topics for preventing infectious diseases and fact sheets for many common respiratory, gastrointestinal and skin conditions.

The Germ Busters Primary Schools Program is a hygiene improvement program that includes resources for children, parents and staff. The program is easily incorporated into the daily routine of schools.

Asthma Friendly Schools Program | Asthma Foundation Queensland’s

Raising Children Network | http://raisingchildren.net.au/
Fact sheets: Daily personal hygiene, Health concerns
Sun safety and skin cancer prevention

- Exposure to ultraviolet radiation (UVR) during outdoor activity and inadequate sun protection increases the risk of developing skin cancer. Melanoma is the most dangerous type of skin cancer with a strong causative link to sunlight exposure. Eye damage and premature ageing are also effects of exposure to UVR.

- Sunburn can be defined as any reddening of the shin lasting for at least 12 hours after sun exposure.

Recommendations

- Parents and children are encouraged to prevent skin cancer in five ways:
  1. Seek shade;
  2. Wear sun protective clothing that covers as much of their body as possible;
  3. Put on a broad-brimmed hat that shades their face, neck and ears;
  4. Wear wrap-around sunglasses;
  5. Apply SPF30+ or higher broad spectrum water resistant sunscreen liberally to clean, dry skin, at least 20 minutes before being exposed to the sun, and reapply at least every two hours when outdoors.

- Encourage protection from ultraviolet rays (UVR) even when going outdoors for a short time and especially during periods when the UVR levels are highest (between 10am – 2pm).

- Avoid using sun screen which has passed its use by date.

- Parents and children are encouraged to check their skin regularly for melanoma, with the first sign usually being the appearance of a new spot, or a change in an existing freckle or mole. They should be taught the ABCDE guidelines for the early detection of melanoma:
  - **A** is for ASYMMETRY: One-half of a mole or birthmark does not match the other.
  - **B** is for BORDER irregularity: The edges are irregular, ragged, notched, or blurred.
  - **C** is for COLOUR variation: The colour is not the same all over, but may have differing shades of brown or black, sometimes with patches of red, white, or blue.
  - **D** is for DIAMETER: The area is larger than 6 mm or is growing larger.
  - **E** is for EVOLVING. Changes in size, shape, colour, elevation, or another trait (such as itching, bleeding or crusting).
Injury prevention

- Injuries in children aged 5 – 14 years occur in a range of settings including schools, sporting environments and their neighbourhoods.
- Children gain additional knowledge and ability during this age range to keep themselves safe.
- The leading causes of death in children between ages 5 – 9 years in Queensland during 2010-2011, were drowning and transport related injuries. Drowning accounts for about 40% of child farm deaths, with dams responsible for 21% of these.
- Across population age groups, the rates of Australian hospitalisations (2010-2011) for 5-14 year-olds as a result of injury were as follows: Drowning and submersion – 11.3%, Burns – 11%, Falls – 10.4%, Transport injury – 9.7%, and Poisoning – 3.9%
  - Intentional self-harm was reported in the age group of 10-14 years old, more commonly in girls. See page 244 for further information.

Recommendations

Child health professionals are advised to research the most common injury risks in their local area to include community focused safety messages.

Parents are advised to learn basic first aid and resuscitation as well as the following:

- Always supervise a swimming child and teach children water and basic resuscitation skills.
- Ensure fencing around pools and spas meets council safety requirements.
- Microwave ovens heat fluid / foods unevenly, many burns occur from foods heated in microwaves, e.g. hot noodles spilled on a child’s lap. Encourage children to be cautious about removing food from microwaves and to stir food thoroughly and test the temperature prior to eating.
- Use caution around hot taps.
- Choose clothing labelled ‘low fire danger’.
- Parents are also advised to learn basic first aid for burns ensure their home has smoke detectors.
- Actively supervise children in playgrounds and on play equipment.
- Never leave children unattended in the car.
- Develop a safety routine before starting motor vehicles, e.g. child in an appropriate restraint and has seat belt fastened.
- Encourage parents to seek advice on correct use of medications e.g., paracetamol, herbal preparations.
- Advise parents of Queensland Poisons Information Centre, Tel: 13 11 256 – which provides support and advice, seven days a week, 24 hours a day.

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Kidsafe Qld | http://www.kidsafeqld.com.au

Raising Children Network | http://raisingchildren.net.au/
Fact sheets - Scalds prevention and first aid


Early identification

An important role of child health professionals is identifying factors that may impact on the health outcomes of children and providing support, early intervention and referral when necessary.

This section:

- Identifies factors that increase the risk of a child five to twelve years experiencing sub-optimal health outcomes, and
- Provides guidelines on how child health professionals can work with children and their families where these factors exist, including additional targeted services and referral and care coordination with other service providers. Services will depend on the local community, resources and context of health care.

The healthcare context

- The Primary Health Care (PHC) model promotes positive health outcomes for children, young people and their families through the delivery of accessible, acceptable, appropriate and culturally respectful PHC services. Targeted services aim to increase parenting skills, support parents to respond effectively to their child’s needs and decrease risk factors impacting on family functioning. These services may be provided within a variety of settings to promote engagement of families, e.g. schools, community centres [6]. Depending on the local model of care, this may include:
  - Appointments for short term individual structured intervention
  - Group programs, e.g. Circle of Security parenting groups
  - Outreach services e.g. enuresis clinic within a school setting
  - Specific population group services e.g. Stepping Stones Triple P for parents of a child with a disability.

Social determinants of health and wellbeing

- Priority groups include:
  - Aboriginal and Torres Strait Islander families
  - Families from a culturally and linguistically diverse (CALD) background
  - Socioeconomically disadvantaged children and families
  - Parents with low parental education levels, often when other factors are present e.g. financial stress
  - Single parents, parents with multiple re-partnering experiences, step families and blended families
  - Children living in non-parental or out-of-home care environments
  - Families with chronic illnesses and/or disability
  - Isolated families e.g. living in remote areas.

- When multiple risk factors are present, there is a higher risk of child abuse and neglect.

- Children from families with a low income have poorer health outcomes. For example, they have twice the number of decayed teeth by the time they are six years old, compared to families with higher incomes. These families often experience a lack of basic resources (e.g. insufficient clothing, unsuitable food, unstable housing), resulting in poor nutrition and unsuitable living circumstances. Growth retardation and obesity are risks when nutritional requirements are not met and illness more common. Overcrowded living circumstances results in higher incidence of communicable illnesses. Vaccination schedules may not be maintained.

- The prevalence of family structures other than two biological parents and only their mutual children, has risen dramatically and includes single parenthood, multi-partnered fertility (a parent having children to more than one partner), step families, blended families and families with same sex parents. A range of vulnerabilities exist for children of these families – the more disruption to family life, the more the likelihood of a detrimental impact on the child’s emotional and physical wellbeing.

- Young parents have significantly higher levels of antenatal and postnatal depression and an increased risk of performing unresponsive parenting practices, higher levels of parenting stress and repeat...
Section 3 Five to twelve years

pregnancies, and poor parental educational outcomes. Their children are also at greater risk of maltreatment, child abuse and being developmentally delayed.

- Children may have an increased risk of alcohol related harm when their parent/s are young adults when heavy drinking is common at this life stage. Older parents also have greater intake of alcohol. Single parent families may be at greater risk of alcohol-related harm to children.

- Non-nuclear families with step parents or defacto partners are over represented in child safety statistics.

- Children of same-sex parent families are prone to stigma related to parental sexual orientation which may result in negative impacts on the child’s mental and emotional wellbeing.

- The majority of children in Australia live with at least one of their biological parents, however of those infants less than one year living in non-parental care, 33% live with relatives/kin and 64% in foster care with stability of placement of key importance.

- Children living in non-parental or out-of-home care environments have many vulnerabilities including a higher incidence of acute and chronic illness, emotional and behavioural issues, e.g., poor social relationships with parents and peers.

- About 1 in 6 children live with a parent with a disability. The key factor for children of parents with a disability is whether the parent can provide adequate care for the child. This will depend on the type and severity of their disability and the level of support they have. Evidence suggests that parents with intellectual disability can provide adequate parenting when appropriate supports are in place and the child is likely to develop in line with their peers from similar socio-demographic backgrounds.

- Parents with chronic illness, such as diabetes or epilepsy, may encounter a number of factors that impact on family life including hospitalisations, loss of income, and dependency on others. Under these conditions children may be emotionally or physically compromised with some children developing a carer role to the parent, or developing behavioural problems.

- Parental mental health and wellbeing in the child’s early years of life is known to have a significant health impact on their health as well as the overall health of the family unit. The development of secure attachment relies on the child’s attachment figure to be “a safe haven”; when the parent is able to provide consistent comfort and a secure base for the child, he/she feels able to explore the world. This optimises the child’s chance of developing social skills that will assist him/her in successfully navigating life. If a parent is suffering a mental illness this may impact on their availability to their child as well as their consistency in parenting behaviours that support child-parental attachment. Children with parents suffering from a mental illness are more likely to have an altered attachment, socio-emotional and behavioural problems.

- Parental functioning e.g. inter-parental conflict, is also a significant predictor of psychological health of children; the more disruption to family life, the more the likelihood of a detrimental impact on the child’s emotional and physical wellbeing.

- Approximately 3% of Australian children aged 0-14yrs live in remote and very remote areas, 38% of these children were of Aboriginal and Torres Strait Islander families. Children living in remote areas encounter more than twice the number of decayed teeth as children in major cities. Obesity in these areas is a greater risk with 27% of children aged 5-14 years, being overweight or obese compared to 21% in city areas.

Raising Children Network | http://raisingchildren.net.au
Video and fact sheets on a variety of topics, including: Parenting after separation, Handling conflict with your ex-partner, Working with parents, Positive parenting, Sole parenting, Teenage parents.

Epilepsy Australia | www.epilepsyaustralia.net
ReachOut.com | http://au.reachout.com/
Resources and information about mental fitness.

Referral for Active Intervention services
Additional factors are to be considered when working with families with specific cultural needs. These are now outlined.

**Aboriginal and Torres Strait Islander families**

It is important to invite a child and their family members to identify as Aboriginal and Torres Strait Islanders, to ensure their cultural needs can be considered. Health in the context of an Aboriginal and Torres Strait Islander is a holistic concept, encompassing physical, social, emotional, spiritual and cultural wellbeing of the individual as well as their community. Each individual family will have their own beliefs and needs, influenced by differing cultural practices between clans across urban, rural and remote areas of Australia. Men’s and Women’s Business remains a fundamental cultural practice within Aboriginal and Torres Strait Islander families and kinship and family responsibilities hold a higher priority than personal health needs. These concepts, along with communication difficulties and cultural differences, often create a barrier to accessing and staying engaged with health care agencies.

Additional factors that the health care professional can consider when working with Aboriginal and Torres Strait Islander families are outlined in the following tables:
Cultural needs

Why there may be additional need

- Aboriginal and Torres Strait Islander clans differ in their belief systems across Australia; stereotyping cultural needs and cultural misunderstanding continues to exist. Considering the individual families’ belief system and the impact it may have on parenting and their child will improve culturally responsive health care and work towards improving health outcomes.

- Aboriginal and Torres Strait Islanders may feel fearful and mistrusting of health care services due to the history of mistreatment and disadvantage that has occurred in Australia.

- Establishing and maintaining a therapeutic relationship over time using appropriate communication strategies has resulted in improved service engagement.

- Families may have had to travel to access health care and be isolated from their community and networks. This may induce feelings of disconnection and being overwhelmed, and fear of the unknown or of being judged.

Recommendations

- Invest time into establishing a therapeutic relationship with children and their families; this is thought to increase ongoing engagement of the family.

- Involve Aboriginal and Torres Strait Islander Health workers / practitioners in the assessment and planning of health care, where available.

- Use colours, art work, games and equipment aligned with the local culture.

- Spread assessment over a number of sessions to enable rapport to be built when possible.

- Use a suitable environment for the family whereby naturalistic observation may be used to gather information e.g., playground, home.

- Use a soft voice, a non-judgemental, respectful tone and avoid jargon.

- Use a casual discussion process to illicit information rather than a formal interview process.

- Consider cultural issues and discuss how this may impact on their child’s health, for example:
  - Their child may be integrated into community life from birth with child development may be viewed more broadly than physical milestones and include increasing in autonomy and independence and social maturity of the child.
  - Their child may be shown and told about dangers and then allowed to experiment and learn caution and consequences through participation, rather than being given directives to obey.
  - Gender specific services for appropriate ‘men’ or ‘women’ issues.

- Work with the family to strengthen supports and develop strategies that align preventative strategies with their own belief system.

- Consider providing service delivery linked with additional supports to facilitate transport to appointments e.g., transport provided by Elders. This not only provides transport but also support and camaraderie.

- Provide services where people can easily access them e.g. shopping centre, school.

- Provide a variety of styles of appointments such as: ‘walk-in’, appointments released on the day, to enable better access for families who need it.

- Invite discussion about the individual families’ cultural views and document how these may impact on parenting as part of the Family Health Assessment, e.g., Men’s and Women’s Business and how that will impact on their parenting; Extended family support - Aunties may be a strong support to the Mother and the child.
Common health concerns

Why there may be additional need

Aboriginal and Torres Strait Islander children have the world’s highest recorded rates of middle ear disease. Middle ear infection is common and has been diagnosed in infants as young as 2 weeks of age. The associated conductive hearing loss may have a profound impact on their development, e.g., communication.

An Australian study on Aboriginal children attending emergency departments identified the six most common reasons as: respiratory problems (30%) with a common diagnosis of asthma; injuries (21%); digestive (12%) with a common diagnosis of gastroenteritis; skin infections (11%); infectious illness (8%); ear, nose and throat disorders (4%).

Of these presentations, 44% were found to be potentially preventable either by the nature of the concern or that a primary care provider could have treated the presenting concern.

Recommendations

- It is recommended that preventative measures and targeted health promotion programs are offered to reduce these common health concerns, as well as appropriate access to primary health care facilities in non-emergency settings.

- Health professionals are recommended to include an ear health assessment at every child check. This should include Otoscopy, Tympanometry and Audiometry as the clinician deems appropriate to the specific situation. See page 85.

- Inform Aboriginal and Torres Strait Islander families about local health services and when to seek support.

- Inform Aboriginal and Torres Strait Islander families about ear health, for example:
  - their children have a greater risk of ear and hearing problems
  - children need to hear well to be able to talk well
  - ‘runny ears’ and ear pain is not normal and that the children should be seen immediately at a health centre when this occurs
  - frequent ear checks are important even when the child appears well
  - their child is more likely to have an ear infection when they have a runny nose, cold or other upper respiratory infections
  - some children have symptoms of ear disease, others none; common symptoms include: Pulling their ears, ear pain, fever, can’t hear properly, sore throat, runny fluid or pus from the ear, not eating, diarrhoea, vomiting
  - how to prevent ear disease e.g. regular checks, don’t smoke around your children, don’t stick anything in your child’s ear
**Recommendations / cont.**

- encourage good hygiene practices, such as regular hand washing, nose blowing, face wiping
- encourage on time vaccinations
- healthy living conditions are important for a child’s development, e.g. a smoke free environment, healthy food intake

For health professionals


Training and development site for health care professionals

**Recommendations for Clinical Care Guidelines on the Management of Otitis Media in Aboriginal and Torres Strait Islander Populations 2010** (Australian Government)

**Care for Kids Ears** | [www.careforkidsears.health.gov.au](http://www.careforkidsears.health.gov.au)

**Raising Children Network** | [http://raisingchildren.net.au](http://raisingchildren.net.au)
Videos produced for Aboriginal & Torres Strait Islander parents. *Topics include Play and learning, Watching your kids, Routines, and Nutrition.*

Refer to **Primary Clinical Care Manual**
Topics: Acute otitis media, chronic suppurative otitis media, otitis externa

Refer to **Chronic Conditions Manual**
Family wellbeing

Why there may be additional need

- Aboriginal and Torres Strait Islander children are 8-9 times more likely to be in the child protection system and they are over-represented in ‘out of home’ care services.
- Many Aboriginal and Torres Strait Islander children are growing up in an environment with poverty, family dysfunction and violence with a greater risk of maltreatment and with high levels of distress. For example:
- In a report on social and emotional wellbeing, over one third of Torres Strait Islander people reported high to very high levels of psychological distress and had experienced at least one life stressor (death of a family member / close friend, serious illness, inability to get work) in the previous 12 months of their life.
- Higher rates of psychological distress were associated with poor health outcomes.

Recommendations

- Promote parental wellbeing by offering psychosocial support strategies including:
  - Promoting peer support e.g., attend culturally specific parent groups, telephone conversations with family / friends
  - Provide non-directive counselling in partnership with the parent ie: empathetic parent centred discussion with a focus on listening and summarising and supporting the parent to develop understanding of their own circumstances and a way to move forward
  - Psycho-education appropriate to the education level and specific culture of the family to promotin self-care (e.g., lifestyle, sleep and exercise, safe use of alcohol) and discussion around vulnerabilities specific to the families’ situation.
- If assessment identifies acute mental health concerns the health care professional should stay engaged with the client and seek further support from their acute mental health service provider.

The child health professional may identify child safety concerns and be required to complete a ‘Report of Suspected Child in Need of Protection’. See page 222.

Centre for excellence in Indigenous tobacco control | www.ceitc.org.au/ceitc-publications-and-resources
Raising Children Network | http://raisingchildren.net.au
A selection of Video resources for Aboriginal and Torres Strait Islander parents
Lifeline | www.lifeline.org.au
Tool kit: ‘Help when you are feeling down’ – a self-help resource for Aboriginal and Torres Strait Islander people
Tool kit: ‘Coping with sorrow, loss and grief’ – a resource for Aboriginal & Torres Strait Islander people
Yarning about mental health: An easy guide to mental health assessment (flip chart)
(Nagel, T. and Griffin, C. 2009. Cooperative Research Centre for Aboriginal Health)
Referral for Active Intervention services
Children from culturally and linguistically diverse families

Why there may be additional need

- One in five people in Queensland were born overseas.
- Cultural factors and belief systems will vary according to the families' background.
- Queenslanders speak more than 220 languages from more than 220 countries.
- Common issues to CALD families include:
  - some family members will have limited understanding of English
  - Overcrowded housing, transient housing arrangements – this leads to an increase of environmental safety risks for children
  - Older children may have the responsibility of caring for their younger siblings due to cultural norms
  - Unemployment rates are high in migrants- 10.6% compared to 5.9% for those born in Australia.
- Refugees are a highly vulnerable population with common health issues including:
  - Incomplete immunisation coverage
  - Nutritional deficiencies e.g., iron, vitamin D
  - Growth and developmental issues
  - Poor dental health
  - Interrupted language development
  - Sometimes communicable diseases such as tuberculosis, Hepatitis B and parasitic infections
  - Mental health conditions such as: post-traumatic stress disorder, anxiety and depression
- These issues may be present in the child or the parents/carers. Refugee young people are at heightened risk of developing co-morbid substance use disorders, with many using alcohol and other drugs as a means of coping with stressors relating to both pre-migration and settlement experiences.
- Child health professionals need to be alert for the use of the practice of Female Genital Mutilation (FGM). Whilst it is illegal in Australia it may still be practiced in some cultural groups. Families are more likely to follow this practice when:
  - The family are from African or Middle Eastern countries
  - No-one talks to the mother about FGM
  - The mother has limited access to information about FGM
  - The child’s mother or sisters have been ‘cut’
  - The paternal grandmother has an influence over the family
  - The mother has limited contact with other people outside of her own family.
- FGM may be carried out anytime between seven days of age, up to teenage years, marriage or first pregnancy but is most common between the ages of 5 – 8 years[163]. It is often commonly associated with a cultural celebration or leaving the country for a period of time.

What to do

Principles to underpin good clinical practice:

- Welcoming cultural diversity as a strength helps eliminate discrimination and strengthens community cohesion.
Children from culturally and linguistically diverse families

What to do cont.

- Arrange an interpreter and information in the families’ own language when possible.
- Avoid using family members as interpreters as this may breach confidentiality and information may be inaccurate.
- Research general customs, values and beliefs of particular cultures to prepare for an appointment with a CALD family. This may enhance your ability to gain information and develop rapport with the family.
- If the general customs include FGM and the child is female, explain that FGM is illegal and that the law in Australia helps families to protect their daughters from FGM. When talking to the mother use language that the mother can understand and avoid indicating any judgement to the practice. For example:
  - “Have you been closed?”,
  - “Were you circumcised / cut down there?”
  - Offer the mother assurance that she can talk to you again about this if she wishes.

WARNING: It may be necessary to complete a ‘Report of Suspected Child in Need of Protection’ See page 222.

- Conduct a comprehensive family health assessment to identify specific needs of the individual.
- Work in partnership with the child, family and school to develop an ongoing plan of care, this may include:
  - Review immunisation and promote a catch up schedule if necessary, encourage ongoing immunisations on time.
  - Coordinate referrals for any identified concerns e.g. disruptive behavioural and aggressive in children. Refer to additional specialty services e.g. EIPS, Refugee health clinic, parental support groups.
  - Collaborate with GPs, local government and non-government care providers to advocate for appropriate services for CALD / Refugee

Family Health Assessment – A guide for child health nurses and other child health clinicians (Queensland Health, 2012)

Queensland Transcultural Mental Health Centre

Raising Children Network | http://raisingchildren.net.au/

Good Food for New Arrivals | http://goodfood.asets.org.au
A range of pamphlets and relevant information specific to refugee and asylum seekers especially around food and nutrition.

The Queensland Program of Assistance to Survivors of Torture and Trauma | www.qpastt.org.au
Offers a range of culturally sensitive resources for those who have suffered trauma prior to arrival in Australia.
Responding to need

This section:

- Identifies higher level and specialty services that are available to children who have additional needs,
- Identifies some of the needs whereby children may require a higher level of intervention. For the purpose of this manual, the following three issues have been discussed:
  - weight faltering / malnutrition
  - childhood obesity
  - behavioural difficulties.
- Outlines how child health professionals work with families with identified needs.

The healthcare context

A comprehensive health assessment will provide the foundation for clinical decision making by the child health professional when additional needs are identified. The pathway for additional services and ongoing care will be guided by the local HHS model of care and the clinical context, this may include:

1. Short term individual structured intervention,
2. Engagement in a case management approach, and/or
3. Referral to another service.

Immediate action will be required in the event that an acute health issue is identified by the child health professional, for example:

- concerns for the immediate safety of the child / family, e.g. domestic violence, child abuse or neglect
- impaired parenting capacity, e.g. parent exhibiting signs of psychosis or acute mental health concern
- concerns about a child having been abused or neglected.
- the child acute symptoms, e.g. difficulty in breathing, change of level of consciousness.

In situations such as these, the child health professional will take immediate action to alert the relevant emergency services e.g. Ambulance, Police, Acute Mental Health Services, Royal Flying Doctor Service, Queensland Government Department of Communities, Child Safety and Disability Services.

Primary Clinical Care Manual
Topics: Patient assessment, emergencies
Case management

To manage and coordinate service provision for families with identified needs where a number of health care providers are involved, a case manager may be assigned to the family to coordinate the overall care. This model of care has demonstrated a more effective approach with a greater chance of the needs of the family being met.

Key elements of case management include:

- family partnership
- comprehensive and ongoing family assessment
- cultural safety
- working with and utilising community resources (it is important for the case manager to be aware of local services available to meet additional needs of families)
- participating in interdisciplinary consultation and collaboration
- monitoring and evaluating client and service delivery outcomes
- advocating on behalf of a child with an identified need
- documenting client encounters and case manager activities with a focus on family centred practice
- scheduling of follow-up and review, outlined in the care plan.

During transitions between services children and families are particularly vulnerable to experiencing ‘care fragmentation’. This includes:

- from the community to hospital and back to community after inpatient events
- between general practitioners, agencies and other services
- for children placed with different carers
- between health care professionals in the same organisation.

Ideally a care plan will be developed in partnership with the family across the continuum of care. All health professionals should work together, particularly at the point of transition between services, with a commitment to collaborating to improve outcomes for the child and family.

Good communication is integral to all these processes.

Families accessing a range of services can use the PHR to record significant health events / problems, notes and appointments.
Brief practice intervention

There are a range of situations where additional need may be identified in this age group, the following tables outlines some of these:

Weight faltering / malnutrition

- Child health professionals refer to a medical officer when the child’s weight for age decelerates over two percentile lines or falls below the 10th percentile for further investigation.
- Weight faltering describes a pattern of growth rather than a diagnosis and may include normal variations of growth.
- Malnutrition is diagnosed by a medical officer by looking at a number of criteria that should include an assessment of the diet and eating behaviours, past and current medical, social, and family history, and should include a complete physical examination.
- Malnutrition occurs when a child is under nourished to the degree that it results in failed growth occurring due to inadequate caloric intake, inadequate absorption or excessive caloric expenditure.
- Prolonged, severe malnutrition can result in poor physical and cognitive development.

Clinical practice points

- Conduct a comprehensive family health assessment to identify specific needs of the individual child/family, this should include:
  - Food intake, what and how much, how often
  - Cultural and social context of meal times
  - Impact of family budget on food availability
  - Impact of rural environment on food choices
  - Sleep patterns (poor sleep can disturb metabolic processes and disrupt appetite control
  - Activity assessment e.g. mealtime environment, play activities
  - Parental-child interaction particularly during meal times.
  - Parental psycho-education in particular:
    - Demonstrate how their child is progressing on the percentile charts and explain the need for intervention.
    - Talk about the importance of nutrition and promote healthy eating habits based on the Australian Dietary Guidelines
    - Educate parents to regard mealtimes as a period of learning and love.

- Work in partnership with the family and other health care professionals to implement a plan of care to promote responsive feeding practices including:
  - Advise caregivers/parents to recognize child’s signals of hunger and satiety, and not to force the child to eat;
  - Provide consistent time and location for meals;
  - Child ideally seated with the family in a comfortable chair when having meals;
  - Provide a pleasant environment and remove distractions e.g., calm environment, no television, avoid family conflicts
  - Provide food that is developmentally suitable, nutritional, and fresh when possible
Weight faltering / malnutrition

Clinical practice points
- Promote child’s interest in food e.g., provide food predictably when child is hungry, cease meal time when child is showing signs of disinterest; provide appropriate variety and texture of foods; promote independent eating.
- Establish family routines around mealtimes e.g., hand washing before eating, model healthy meal time behaviours, make healthy choices for the entire family.
- Consider the use of a diet diary
- Provide three meals and two snacks each day.

Monitor emotional health of parents.

Provide ongoing support and review of progress through follow up visits.

It is important not to re-measure too often as this may cause high parental anxiety, usually the GP / Paediatrician / Dietician will suggest a recommended plan for reweighing.

Higher level services
Case management strategies may include:
- Have a multidisciplinary team approach with the involvement of health professionals with varied specialties. The management strategy should include:
  - A diet plan for provision of adequate calories, protein and other nutrients;
  - Nutritional counselling;
  - Monitoring of growth and nutritional status;
  - Treatment for the underlying cause of malnutrition;
  - Specific treatment of complications or deficiencies.
  - Targeted home visiting according to need/risk.
  - Consider risk of impaired parenting
- Many parents do not notice weight faltering / malnutrition due to its insidious and gradual presentation
- Additional parental support may be required to work this through with parents observe parent-child interaction and emotional health.
- Targeted parenting groups e.g. Circle of Security group.

Referral options
- GP
- Specialist clinics/services e.g. feeding clinic, early parenting service
- Dietician
- Ellen Barron Family Centre
- Early intervention clinician
- Speech pathologist

Eat for Health: Australian Dietary Guidelines | www.eatforhealth.gov.au
Raising Children Network | http://raisingchildren.net.au
Obesity in childhood  24, 84, 87, 141, 140

- Child health professionals refer to a medical officer when the child’s weight for age accelerates over two percentile lines or is above the 95th / 97th percentile for further investigation.

- One of Australia’s leading health concerns is the effects of overweight and obesity, with risks including type 2 diabetes, cardiovascular disease, mental illness and eating disorders.

- Other possible consequences of overweight and obesity for children’s health and wellbeing may include:
  - Social discrimination and associated poor self-esteem, depression, teasing or bullying
  - Increased risk of experiencing early onset of puberty
  - Increased risk of developing negative body image and eating disorders.

- The causes of obesity are multidimensional e.g., inheritability, lifestyle factors (sedentary activities, screen time), early life experience (poor maternal nutrition), environmental factors (availability of cheap processed foods with high levels of saturated fats, salt, sugar).

- Evidence suggests that excess weight gain in infancy can predict later obesity.

- Exclusive breastfeeding for the first 6 months is known to reduce the risk of obesity.

- Weight maintenance during childhood growth will usually result in a gradual decline of the BMI.

- Aboriginal and Torres Strait Islander children are at greater risk of obesity and type 2 diabetes in children.

- Children are more at risk of becoming obese if their family is:
  - from the Pacific Islands, Middle East or Arabic regions
  - experiencing socio-economic disadvantage
  - living in rural and regional areas.

Clinical practice points

- Conduct a comprehensive family health assessment to identify specific needs of the individual child / family, this should include:
  - Dietary intake, what and how much.
  - Cultural and social context of meal times e.g. where are meals eaten and with whom?
  - Impact of family budget on foods.
  - Impact of rural environment on food choices.
  - Child sleep patterns (poor sleep can disturb metabolic processes and disrupt appetite control [80]).
  - Child activity assessment e.g., play time activities, mealtime environment, screen time.
  - Parent-child interaction particularly during meal times.

- Parental education, in particular:
  - Demonstrate how their child is progressing on the percentile charts and explain high rates of obesity in the Australian population.
  - Talk about the importance of nutrition and promote healthy eating habits based on the Australian Dietary Guidelines.
  - Describe the concept of ‘often’ foods and foods to limit.
Obesity in childhood

- Discourage habits such as using foods for reward, and giving foods as a form of comfort.
- Encourage drinking plain water rather than other sweetened drinks e.g., cordial, juices, soft drinks.
- Promote an increase in physical activity and reduction in sedentary activities.
- Work in partnership with the family to develop an ongoing plan of care to promote responsive feeding practices and sustainable family lifestyle habits, i.e., child ideally seated with the family at meal times, in a comfortable and safe chair;
- Provide a pleasant environment and remove distractions e.g., calm environment, no television, avoid family conflicts.
- Provide food that is developmentally suitable, nutritional, and fresh when possible.
- Avoid foods with added salt and sugar, high in saturated fats.
- Promote child’s interest in food e.g., provide food predictably when child is hungry; provide appropriate variety and texture of foods; promote independent eating.
- Establish family routines around mealtimes e.g., hand washing before eating, modelling healthy meal time behaviours, making healthy choices for the entire family.
- Provide three meals and two snacks each day. Have set meal times and avoid food craving.
- Early weight management awareness gives children the opportunity to learn positive lifestyle behaviours.
- Provide ongoing support and review of progress through follow up visits.

Higher level services

Case management strategies may include:

- Weight maintenance is an acceptable approach in most situations.
- Have a multidisciplinary team approach with the involvement of health professionals with varied specialties. The management strategy should include:
  - A diet plan for provision of adequate calories, protein and other nutrients;
  - Nutritional counselling;
  - Monitoring of growth and nutritional status;
  - Lifestyle change— including healthy eating habits, reduced sedentary behaviour, increased physical activity and measures to support behavioural change.
  - Assist children with disordered eating, poor body image, depression and anxiety and weight-related bullying where these are present.
- Consider risk of impaired parenting
- Observe parent-child interaction and emotional health
- Targeted groups e.g. Kids on Track, PEACH (Parenting, Eating and Activity for Child Health)

Referral options

- GP
- Specialist clinics/services e.g. feeding clinic
- Dietician
- Early intervention clinician
- Group programs, e.g. PEACH program, Kids on Track
Bullying / cyberbullying / cybersafety

- Bullying / Cyberbullying is when people repeatedly and intentionally use words and actions to cause distress and may include hurtful messages (body languages, teasing, making rude gestures in person or on-line) or keeping someone out of a group (on or off-line).

- The general prevalence for 10-17 year old Australians experiencing cyberbullying in a year is around 20% with the peak age being 12-15 years.

- High rates of bullying occur in Australian primary schools with approximately 25% of students in Year 4 and 32% of students in their final primary school years report being affected by bullying (Kids Helpline – School related bullying, 2012)

- There are further threats to young people’s safety on-line through cyberstalking, which can include frequent and intrusive threats, cryptic messages and sexual innuendo. Some adult predators engage in on-line grooming by creating fake profiles to befriend and gain the trust of young people on-line. The prevalence of cyberstalking in Australia is unknown.

- It is vital to include safety messages that are specific to the risks the children are exposed to in your community as well as the general risks. Research in your local area will indicate the most common injury risks.

Clinical practice points

- As there is no easy division between ‘traditional’ bullying and cyberbullying, interventions and prevention should look at strategies which deal with both of these. Health promotion messages should communicate the seriousness of the problem, including potential legal and social consequences.

- Use a coordinated approach involving children, parents and schools in the process of raising awareness of risks, and developing measures to counter inappropriate on-line behaviours.

- Encourage parents to role model appropriate behaviours in the home, e.g., no bullying, violence, healthy boundaries and assertiveness.

- Encourage children to talk to someone they know and trust, a friend or adult if they feel bullied.

- If they feel safe and confident encourage them to talk to the person who is bullying them and tell them you won’t put up with it.

- Encourage conversations around school life and difficulties such as bullying.

- Encourage your child to avoid being a silent bystander and speak up if he/she witnesses bullying, by talking to a friend / adult / teacher.

- Discourage computers and televisions in the bedroom / areas that limit adult supervision.

- Avoid ‘brushing off’ a child’s complaint of bullying.

- Tell your child bullying is not their fault.

- Children experiencing bullying may present with a range of symptoms including:
  - Unexplained bruises, cuts, pencil marks on skin,
  - Reluctance to attend school
  - Being easily distressed

- Seek professional support if the child is experiencing ongoing difficulties.

- Ensure families and kids have access to information such as Helplines, brochures etc. School related bullying (Kids Helpline, 2012) www.kidshelp.com.au/grownups/news-research/hot-topics/bullying.php#cite-note_3
**Bullying / cyberbullying / cybersafety**

**Higher level services**

Case management strategies may include:

  Commonwealth Government site with a variety of resources on cybersafety

- **ThinkUKnow** | www.thinkuknow.org.au/site/index.asp
  An internet safety program – includes interactive training for parents, carers and teachers

- **The Safe Schools Hub** | www.safeschoolshub.edu.au/safe-schools-toolkit/overview
  A toolkit for a whole-of-school approach to addressing safety and wellbeing, including bullying and safe and responsible use of ICT.

- **Reachout** | http://au.reachout.com/cyberbullying
  Useful information about cyberbullying for young people

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**Disruptive behaviour / aggression / regulatory disorders**

- During the preschool years, most children learn how to demonstrate their sense of autonomy in a socially acceptable manner, i.e., self-regulation. Tantrums that are common in the 2 – 3 years slowly lessen with children being more able to communicate their concerns and needs to their care givers.

- Some children however will display ongoing disruptive behaviours, aggression and regulatory disorders. Parents may be raise concerns such as their child being:
  - Overly sensitive, fearful, anxious
  - Intolerant to change
  - Slow to engage or react
  - Difficult to control and aggressive outbursts
  - Poor impulse control and overactivity

- Commonly these issues are associated with poor eating and sleeping behaviours.

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**Clinical practice points**

- Conduct a comprehensive family health assessment to identify specific needs of the individual child / family, this should include:
  - Child’s nutritional, activity and sleeping history
  - Assess growth and development to ensure there is not an underlying medical issue
  - Cultural and social context of the family environment
  - Child activity assessment, e.g. physical activity, screen time
  - Type of behaviours and circumstances around the behaviours e.g., what settings do these behaviours occur and is it when particular people are around them?
  - Parent-child interaction.
  - Explore parental responses to the child’s behaviours.
Disruptive behaviour / aggression / regulatory disorders

Clinical practice points / cont.

- Parental psycho-education, in particular:
  - Discuss developmentally appropriate behaviours and the benefits of a secure child-parent attachment.
  - Discuss the tendency of boys to have more aggressive behaviours than girls.
  - Provide information during the appointment about parenting techniques that may enhance child behaviours and provide information and resources e.g., parenting tip sheets on discipline.
  - Promote parental reflection on their current strategies and how they may be able to alter their own behaviours / reactions and try different parenting strategies.
  - Provide information on strategies that may reduce parenting fatigue e.g., ways to maximise parental support and manage the additional needs of the child at this time.
  - Work in partnership with the family to develop an ongoing plan of care to promote positive childhood behaviours. This may include: Establishing a family routine around sleep, mealtimes, hygiene needs, exercise and play, using reward charts for positive behaviours.

- Encourage parents to enrol in a group parenting program e.g. Triple P.

- Provide ongoing support and review of progress through follow-up visits

Higher level services

Case management strategies may include:

- Targeted parenting groups e.g. Triple P Parenting Program
- Early Intervention Clinician / Parenting Specialist
- Consider risk of impaired parenting

Higher level services

- Refer to GP/MO to rule out underlying medical condition.
- Child and Youth Mental Health Service

Raising Children Network  |  http://raisingchildren.net.au
Protecting children

The role of child health professionals encompasses a range of broad multifaceted practice strategies from health education and promotion, growth and development monitoring, early intervention for health issues through to complex assessment of the safety of a child [186]. The Child Safety QHEPS site provides information for Queensland Health staff. Child Protection Liaison Officers (CPL0) and Child Protection Advisors (CPA) provide support to local HHS staff when managing child protection issues. While recognising and responding to child abuse and neglect remains a focus for all health workers, it is a mandated process for nurses, midwives and medical officers.

All health professionals have a responsibility in recognising, reporting and responding to child abuse and neglect (children that have suffered, may be suffering, or at risk of suffering significant harm). Queensland Government Guidelines clearly articulate these responsibilities, including:

- Health Professional Child Safety Capability Requirements
- Reporting and responding to a reasonable suspicion of child abuse and neglect
- Responding to an unborn child health risk alert
- Information sharing in child protection.

Initial orientation to local Child Protection processes and key contacts should be part of the on-boarding of all child health professionals along with annual updates.

The following are some factors that may increase the risk of child abuse or neglect:

<table>
<thead>
<tr>
<th>Child factors</th>
<th>Family characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children younger than 4 years of age</td>
<td>History of abuse or neglect of another child in the family</td>
</tr>
<tr>
<td>Children with a disability, e.g., deafness</td>
<td>Absence of social supports / isolation</td>
</tr>
<tr>
<td>Poor sleep pattern, e.g., frequent waking in the night</td>
<td>Parental mental illness, depression, anxiety</td>
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<tr>
<td>Altered child-parent attachment</td>
<td>Parental chronic illness</td>
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<tr>
<td>Aboriginal and Torres Strait Islander descent</td>
<td>Parental substance abuse</td>
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<tr>
<td></td>
<td>Parental history of poor impulse control</td>
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<tr>
<td></td>
<td>At risk family structure e.g., single parent, recent separation of parents, parental conflict</td>
</tr>
<tr>
<td></td>
<td>Children in out-of home care</td>
</tr>
</tbody>
</table>

Factitious disorder imposed on another (previously known as factitious disorder by proxy / Münchausen syndrome by proxy) is a rare form of child abuse whereby a caregiver (most commonly the child’s mother):

- fabricates history (commonly allergy, fever, asthma, seizures),
- exaggerates the child’s behaviours, and/or
- induces signs of illness (e.g., use of laxatives, starving)

to the extent that unnecessary medical procedures and treatments are implemented. The child may have a past or current medical condition.
Considering the following factors may assist the child health professional during comprehensive assessment:

- Does the caregiver have a diagnosis of mental illness (50% of perpetrators have a factitious disorder themself and 75% have a co-existing personality disorder)
- Does the child health professional’s physical examination and observations match the caregiver’s concerns?
- Do other family members confirm reported history?
- Is there diagnostic evidence?
- Have treatments been commenced due to caregiver’s insistence? 24, 190

There are numerous factors to consider when determining a reasonable suspicion of child abuse or neglect. At times, a single factor e.g., cigarette burn mark, may clearly indicate the need for a report. At other times a broader view of the circumstances may be needed. Working within a risk and protective factor framework may assist the clinician in making this judgement. Within this framework, risk factors are those that have the potential to increase the risk of harm and protective factors are those that have the potential to provide additional safety for the child or lessen the risk. 189

For an example of a risk and protective framework, see page 174.

To fulfil their responsibilities as mandatory reporters, doctors and registered nurses are required to immediately report to Department of Communities Child Safety and Disability Services of a reasonable suspicion that a child has suffered, is suffering or is at risk of suffering significant harm caused by physical and sexual abuse and may not have a parent able and willing to protect them from harm. This does not preclude reporting of significant harm caused by emotional/psychological abuse and neglect.

Any other health professional has a duty of care to report a reasonable suspicion of child abuse and neglect which meets the same threshold.

Child health professionals need to be aware that their report provides a snapshot of circumstances from their own professional perspective, at the time of the report. Circumstances may change quickly, e.g., when their report is added to other information held in relation to the family such as Police reports, a different response may be determined by the Department of Communities, Child Safety and Disability Services, than what the child health professional may have been expecting.

Resources that support the child health professional include the Child Safety home page resources, CPLO, CPA and Line Manager.

When a health professional forms a reasonable suspicion they should immediately report their concerns directly to Child Safety Services using a ‘Report of suspected child in need of protection form. It is recommended that you also telephone Child Safety Services and document your actions in the client’s record.

When a child health professional suspects a child has been physically harmed and fears they follow local policy and guidelines to:
- facilitate immediate access for acute medical assessment of the child
- Report to Department of Communities, Child Safety and Disability Services if the harm is significant and there is not be a parent able and willing to protect the child.
- notify their supervisor/s
- forward a copy of the report to your local CPLO / CPA.
Dealing with requests for information from Queensland Police Service

Staff may at times be approached by Queensland Police for information; be requested to provide a statement or be interviewed by police; or be approached by the Queensland Police Service to attend court to give evidence. Should any of these situations occur, it is essential to first discuss the matter with your line manager who will seek advice from HHS management/medico-legal services as required, and direct you to specific HHS policies and procedures addressing the matter.
Section 4

12 to 18 years
Adolescence is a significant transition period when many important modifiable risk factors emerge or accelerate to influence health and wellbeing in later life. Consequently, adolescence is an opportune time for health gains through both prevention and early intervention. The school-based youth health nursing service targets this life-span period by providing a range of prevention and early intervention activities to support the health and wellbeing of young people in state secondary schools across Queensland. In some areas school-based adolescent health services are also supported by Aboriginal and Torres Strait Health Workers.

School-based youth health nurses (SBYHN) utilise the Health Promoting Schools Framework to work collaboratively with school communities to address contemporary health issues, while also supporting young people identified at risk through brief intervention and referral to relevant support services. SBYHN service provision is guided by a Memorandum of Understanding and Program Management Guidelines negotiated between individual Hospital and Health Services (HHS) and the corresponding DETE regional office. SBYHNs also practice in accordance with relevant Standards of Practice, such as the National School Nursing Professional Practice Standards and the Competencies for the Specialist Paediatric and Child Health Nurse (currently under review).

The practice guidelines outlined in this manual are intended to provide clarity surrounding areas of youth health practice where guidance may not be provided in the relevant SBYHN Memorandum of Understanding and Program Management Guidelines or HHS policies/procedures. These practice guidelines constitute a general guide only and are subject to the professional judgement of the SBYHN and Aboriginal and Torres Strait Islander Health Worker and the requirements of the HHS in which they practice. They are presented in accordance with the core service elements outlined in the National Framework for Universal Child and Family Health Services (2011) which provide the structural framework for this manual, however as previously highlighted, the SBYHN role is focused on primary prevention activities aimed at promoting health and wellbeing, mediating risk and supporting early intervention for young people, as opposed to screening and surveillance activities.

Exemplar documents surrounding HHS/DETE partnership arrangements to support the SBYHN role may be accessed via the SBYH SharePoint site www.notes.health.qld.gov.au/sites/sbyh/default.aspx.

Note: Access to site restricted to SBYHNs.

Health and developmental surveillance

Social determinants of health and wellbeing

- Adolescence is a period of rapid growth and physiological changes, individuation, socialisation and emotional development marking the transition between dependence and independence. Many of these adolescent developmental changes can impact on short- and long-term health and wellbeing.

- Structural determinants of health (such as access to education, health-care services and employment opportunities), intermediate determinants of health (such as connectedness to family and school) and exposure to social and environmental risks also affect health behaviours during adolescence and health outcomes.

- Health behaviours account for a large proportion of the burden of disease in Australia. These behaviours include tobacco smoking, physical inactivity, substance use, poor diet and unsafe sexual practices. Many of these behaviours are initiated during adolescence, and consequently interventions to avert or alter young people’s engagement in these behaviours may significantly influence long term health outcomes.

- The leading causes of injury and death for young people are falls, transport incidents, intentional self-harm, assaults and suicide.
Males are more likely to succumb to injury from falls, transport incidents and assaults, whereas females are more likely to be hospitalised for intentional self-harm;

Aboriginal and Torres Strait Islander young people are over-represented in deaths as a result of suicide and are 1.7 times more likely to suffer injury than other young people.

The leading health concerns for young people are:

- Mental health issues (relating to stress, depression, body image, bullying, deliberate self-harm, relationship difficulties and eating disorders);
- Unsafe sex and sexually transmissible infections (particularly chlamydia and gonorrhoea);
- Substance use (including tobacco smoking, alcohol consumption and illicit drug use) and violence associated with substance use;
- Overweight and obesity increasing the risk of chronic disease;
- Unsafe levels of sun exposure increasing the risk of skin cancer;
- Asthma; and
- Oral health problems such as untreated decay.

Young Aboriginal and Torres Strait Islander people experience the same health concerns as other young people however, the extent of the problem is comparatively higher. For example:

- There is a higher prevalence of psychological distress, with a three times greater rate of hospitalisation for mental and behavioural disorders (with schizophrenia, alcohol misuse and reactions to severe stress representing the leading causes);
- Aboriginal and Torres Strait Islander young people are more than twice as likely to smoke cigarettes on a daily basis; and
- The rate of diagnosis of chlamydia for Aboriginal and Torres Strait Islander young people was 3.5 times that of the non-Indigenous notification rate.

Safe and supportive families and schools, and positive peer interactions represent protective factors for young people. Supporting them with health information, skill development and access to appropriate health services also serves to minimise health risk behaviours and supports them to optimise their health in the transition to adulthood.

Service access barriers

A range of barriers influence young people’s access to health services, including:

- limited knowledge of available services;
- concerns regarding confidentiality;
- attitudes, communication style and confidence of the health care provider;
- negative perceptions of health services;
- affordability;
- transportation issues;
- developmental characteristics of young people (e.g. decreased insight into their health needs and/or difficulties expressing their concerns); and
- issues relating to gender, age and culture.

It is important to be mindful of these barriers so that SBYHNs and Aboriginal and Torres Strait Islander Health Workers may promote a youth-friendly health service in the school setting, while also working effectively with young people and their parents to overcome barriers to accessing other suitable health care services within the community.
The healthcare context: school-based

School-based youth health nursing service provision

- In line with current Department of Health Service Agreements, every Hospital and Health Service is required to provide school based youth health nursing services to state secondary schools in Queensland to support and promote adolescent health and wellbeing through a Primary Health Care (PHC) framework.

- SBYHNs maintain a preventative rather than treatment focus and work to promote positive health outcomes for young people and their families through the delivery of accessible, acceptable, appropriate and culturally respectful PHC services in the school setting. More specifically SBYHNs:
  - provide the opportunity for young people, their parents and members of the school community to access a health professional for matters relating to the health and wellbeing of young people; and
  - support school communities to adopt a whole-of-school Health Promoting School approach to address contemporary health and social issues facing young people and their families in order to help young people make a safe and healthy transition into adulthood.

- Young people in schools are provided with access to the SBYHN in a number of ways:
  - individual, confidential consultations involving age-appropriate assessment, brief intervention and referral to appropriate health services or community agencies;
  - health information sharing in the classroom through co-facilitation of lessons with a health and wellbeing focus; and
  - targeted group work in partnership with other support personnel.

- It is recommended that the activities of the SBYHN be developed in consultation with each school community and documented in a formal business plan. It would be prudent to structure this plan in accordance with the strategic objectives of the relevant HHS in order to demonstrate support for the achievement of key performance indicators. An example business plan template is provided (see appendix 9) which outlines generic activities surrounding SBYHN service delivery in the school setting. It is recommended that business plans be contextualised to each school community with activities informed by SBYHN client data and health promotion evaluations, as well as discussions with school community members and the Local Consultative Team (LCT) (which will generally comprise the SBYHN, line manager and the school’s principal or appointed proxy). The business plan should also be informed by and build upon recommendations made in the previous LCT report. An example LCT reporting template is provided (see appendix 10). This should be populated in accordance with the content of the business plan.

Specific exclusions to the SBYHN role

- In view of the intent of the SBYHN role and as a nurse is not always in attendance at a particular school, there are specific exclusions to the SBYHN role, including:
  - The SBYHN does not provide clinical or intensive nursing care (such as first aid, wound care, medication administration, stomal care, gastric feeding, or intensive long term therapeutic counselling); and
  - The SBYHN will not be given supervisory duties for any group of students or individuals other than during individual health consultations or group health interventions.
  - It is important to note that group health interventions do not extend to school-based immunisation programs, and SBYHNs should not be charged with the responsibility of supervising students during these events or be expected to participate in the running of School Based Immunisation Programs (SIP) in secondary schools as a part of their role.
  - A fully trained and qualified vaccination team will conduct the School-based Immunisation Program (SIP). The team visiting your school may be from Queensland Health, your local Council or another health provider contracted by Queensland Health (contact 13 HEALTH [13 43 25 84] for details of the
SIP Coordinator in your area). Liaison with the school and organisation of the SIP is the primary responsibility of the School Based Vaccine Providers who are also responsible for: Arrangements with the school to obtain consent forms; providing adequate staffing to meet the requirements of the SIP; documentation; planning for emergency and contingency procedures; and evaluation.

- SBYHNs can work strategically with identified partners to assist with the development of approaches that will most effectively promote and increase the uptake of eligible secondary students to receive vaccination. This is discussed in Section 2 which addresses health promotion strategies in the school setting.

- Department of Education, Training and Employment (DETE) staff are to maintain responsibility for the administration of first aid services on and off school campus, including during school camps, athletics and swimming carnivals, school dances etc.
  - However, should the nurse be the first on the scene in a first aid situation, a duty of care exists to provide first aid intervention as is required to prevent further injury or death (providing this is administered in accordance with HHS policy and within the nurse’s scope of practice). The SBYHN should be mindful of maintaining an accurate record of the incident and the interventions performed and store this record in accordance with HHS policy.
  - In the event that an opinion is sought from the SBYHN in relation to a first aid event, the SBYHN must act within their scope of practice and in accordance with HHS guidelines. A professional opinion about the nature of the injury or symptoms may be provided where appropriate, and the SBYHN may suggest referral to an appropriate medical service for further management or investigation as required (such as ambulance transfer to hospital or attendance at a GP).
  - It is the responsibility of the school to notify a student’s parent or caregiver regarding any injury or illness, as per DETE policy and procedures.
  - The SBYHN does not function as the provider of training to school staff for first aid, medication administration or any nursing or medical care (such as Epipen usage, gastric feeding, BGL testing etc). DETE is responsible for sourcing this training via other avenues.

**Rapport building with young people in the school setting**

**Establishing consent**

- Prior to progressing with a consultation it is important for the SBYHN to assess whether the young person has a sufficient level of maturity and understanding with regard to the issues and the health service proposed, and determine whether the young person comprehends and can consent to the service. This is called establishing ‘Gillick competence’. It is not age specific and is based on the capacity of the young person to understand the nature and extent of the service being offered. It is necessary to consider their intelligence and general attitude, personality and state of health and wellbeing, as a young person with particular needs such as learning difficulties, physical disabilities, or communication problems may still be vulnerable whatever age they are.

- In line with good practice, the SBYHN will explore with the student the possibility of involving a parent/caregiver. If the request is declined, the possibility for this can be revisited once rapport has been built between the SBYHN and young person. However, the application of Gillick competence places the ‘best interests’ of the young person above any parental right to be informed.

**Explaining confidentiality**

- On initial presentation the SBYHN will explain to the young person the parameters of the service and bounds of confidentiality prior to the young person disclosing personal information. Confidentiality forms the cornerstone of effective therapeutic relationships between young people and health care providers. When young people understand a service is confidential they are more willing to disclose information about behaviours that entail a health risk, to seek health care, and to return for follow up consultations.

- Young people seeking support from SBYHNs in the secondary school are entitled to confidentiality of
their information under Part 7 of the *Hospital and Health Boards Act 2011, Queensland (HHB Act)*.228

There will at times be exceptions where disclosure is permitted under the HHB Act. It is important to clarify the parameters of confidentiality and highlight specific circumstances which require disclosure at the outset of the consultation to promote trust and allow the young person to make an informed decision as to the information they discuss with the SBYHN.227

In particular, young people should be made aware of Child Safety legislation and Queensland Health Guidelines which mandate reporting of: Engagement in sexual activity less than 14 years of age; concerns regarding non-consensual sexual activity; and sexual activity where there is a significant age or power imbalance.

A comprehensive confidentiality preamble is not designed to prevent the notification of young people at risk of harm, but is essential to allow young people informed choice regarding the sharing of personal information, and to develop a trusting and empowering relationship with them.

**Other factors which influence rapport building**

- Nurses in SBYHN positions need to reflect on their own beliefs and values in order to ensure that these do not impact on the provision of safe, non-judgemental and culturally sensitive health care to young people.

- The SBYHN is not required to wear a HHS uniform as clinical uniforms can inhibit the rapport building process. Maintaining a smart-casual age-appropriate dress standard suitable for working in the school setting can help to build trust and emotional connections with young people.229

- Further enablers to building rapport with young people include:
  - Introducing yourself on a first name basis and describing your role in the school and your availability.
  - Taking time to promote a connection by discussing topics unrelated to their issue of concern.
  - Maintaining awareness of popular music, TV, internet and social media preferences of young people to promote understanding of cultural factors that influence young people's health and wellbeing, while providing a point of congruence to build genuineness in the therapeutic relationship.
  - Using respectful language that is not laden with professional jargon. SBYHNS should be familiar with the contemporary vocabulary of young people and seek clarification of new terms, however they should avoid using adolescent lingo when speaking with young people.
  - Engaging in active listening, being attentive to subtle messages expressed by young people, and demonstrating empathy to ensure they feel heard and their experiences are regarded seriously helps to convey respect and build trust.
  - Sharing humour where appropriate.
  - Recognising that adolescents are not a homogenous group and therefore it is important to tailor communication and care to the individual needs and preferences of the young person.227, 229

**Rapport building with adolescent boys**

- Gender socialisation can influence adolescent boys' willingness to engage in help-seeking behaviours. Consequently it is helpful for SBYHNS to employ gender-specific strategies to promote access and build rapport with adolescent boys in the school setting. This can include:
  - reframing SBYHN service provision to reduce the stigma associated with help-seeking;
  - maintaining visibility in the school grounds to promote familiarity;
  - having posters in the room that appeal to boys and novelty items or sports equipment they may play with during consultations to deflect the intensity of the interaction and facilitate communication;
  - ensuring the consultation room is arranged to minimise a confrontational style of interaction;
  - considering an alternative venue for consultations that still protects the confidential nature of the
interaction;

- allowing boys to set the pace of disclosure;
- using male-orientated analogies to clarify their understanding;
- normalising developmental stages and behaviours;
- recognising that anger is the most dominant and socially accepted emotion for adolescent boys to display and can often result in their real needs being overlooked;
- providing a safe and non-judgemental environment for boys to express angry feelings, and helping them to recognise the emotions and situations that may have precipitated these feelings.

Culturally competent care

- In Australia many young people are not only experiencing the challenge of adolescence, but of growing up between two cultures. Culturally competent care is paramount for the SBYHN role in order to build rapport and foster a trusting relationship.
  - Nurses need to be sensitive to the cultural influences operating in an adolescent’s life, and have an appreciation of the wide range of cultural, ethnic, linguistic and social differences among adolescents by taking the time to educate themselves about the different cultural and ethnic groups comprising their school communities.
  - Nurses should identify and challenge their own cultural assumptions, values and beliefs, and adopt a respectful, open and non-judgemental approach to dealing with culturally diverse young people and their families.
  - Specific communication and interaction skills may also be necessary, and interpreters may be needed to overcome the impact of language or communication differences with young people and their family members. SBYHNs are to adhere to specific HHS policies and procedures surrounding the engagement of interpreting services in consultation with their line managers and school administrative personnel.
  - It may be helpful to display multilingual posters and provide multilingual pamphlets on different health topics.
  - Scheduling longer appointments with adolescents from culturally and linguistically different backgrounds may also be necessary in view of potential communication challenges.
  - A comprehensive psychosocial history is crucial, and should include questions that enquire into cultural and identity issues. This would include enquiring as to how they view themselves within the context of their culture and whether they follow the norms of their culture. It may also be helpful to ask about the meaning of a young person’s symptoms, where relevant, within the context of their culture of origin.
  - It may be appropriate to sensitively enquire about experiences that may have adversely affected their health, development and attitudes to illness (such as refugee experience, exposure to war and trauma and racism), and also consider whether cultural differences (such as attitudes to sexuality) might affect referral and treatment options.
  - It is also important to be sensitive to gender issues and preferences for male or female health professionals when initiating referrals to other services.

Engaging Aboriginal and Torres Strait Islander Young People

- A variety of barriers impact on help-seeking and health service utilisation by Aboriginal and Torres Strait Islander young people and SBYHNs should be mindful of specific cultural norms when attempting to build rapport and facilitate their engagement. Suggested strategies include:
  - Initially position yourself alongside the Aboriginal and Torres Strait Islander young person looking at the ground to allay any cultural concerns regarding the maintenance of eye contact. Assess non-verbal cues to determine their comfort with this style of interaction.
It is vital that an immediate and personal connection is made with the Aboriginal and Torres Strait Islander young person and an effective means of achieving this is through a discussion about genealogy. It is helpful to have an understanding of different language and family groups within the region in which you work, and also be willing to share of your own background to promote engagement at a therapeutic level.

Recognise that a holistic view must be taken of an Aboriginal and Torres Strait Islander young person’s presenting situation (particularly mental health concerns) which incorporates physical, mental, emotional, spiritual and cultural states of being. Resist commenting on discrete symptoms or emotional states and instead provide more broad statements when reflecting concerns that encompass this holistic perspective.

Aboriginal and Torres Strait Islander young people may be disinclined to respond to a direct question with a direct answer, particularly questions of a personal nature which may promote a sense of shame. Utilising more narrative and open-ended questions can mediate this and promote communication.

Recognise that gender is a subculture within Aboriginal and Torres Strait Islander culture and that gender differences between the SBYHN and young person can inhibit discussion of private topics such as family relationships and sexual activity. Comment on this gender disparity and invite the young person to express how they feel about this. It may be necessary to facilitate the young person’s access to a same-gendered support worker to address these issues.

Youth health assessment

To facilitate effective care planning, SBYHNs need to explore beyond the presenting issue to determine the young person’s strengths and supports, underlying concerns, risk factors and significant issues which require intervention. A youth health assessment will generally include two components:

1. Demographic assessment – country of birth, language spoken at home, Aboriginal and Torres Strait Islander status, housing and family structure, engagement with support staff in and outside of the school, health and immunisation history and completion of a genogram (which is a visual representation of the young person’s family and strength of connections). (NB: SBYHNs should follow HHS protocols surrounding the information required to support their specific client registration processes.);

2. A psychosocial health assessment.

There are a variety of psychosocial assessment instruments available for use with adolescents which facilitate engagement and provide an overall understanding of the young person and their environment.

HEEADDSSS assessment

The HEEADDSSS adolescent psychosocial assessment is a series of open-ended questions recommended by the Royal Australasian College of Physicians for use in primary, secondary and tertiary care environments, and is ideal for use with young people in the secondary school setting. The HEEADDSSS assessment begins with less emotionally charged issues and moves to the more sensitive ones allowing the health professional to build rapport with the young person while systematically gathering information about their world, including details surrounding their family, peers, schooling and health-risk behaviours. It helps to identify areas for intervention and prevention while also eliciting the young person’s strengths and protective factors.

HEEADDSSS is an acronym which guides assessment of relevant domains, including:

- home
- education/employment
- eating and exercise
- activities and peer relationships
- drug use/cigarettes/alcohol
Section 4  Twelve to eighteen years

- depression/self-harm/suicidality
- sexual activity/sexuality
- safety
- spirituality.

A willingness and openness of the youth health professional to talk about issues such as drugs, sex, suicide and depression demonstrates concern and caring and allows the normalisation of these issues in the context of the issues affecting the lives of young people.

Careful wording of questions and use of the HEEADDSSS assessment tool in the standard format helps to minimise the discomfort of both the professional and the young person. Be mindful to request permission to ask sensitive questions and it may be helpful to use a ‘third person’ approach when discussing some topics to increase the young person’s comfort (e.g. ‘a friend who has a problem’).

Due to broad ranging developmental maturity across adolescence it is also important to be aware of appropriate questions to ask with the HEEADDSSS assessment tool for different ages.

Additionally, the circumstances surrounding the young person’s visit, the time available for the consultation and the young person’s willingness to engage will influence whether or not a complete HEEADDSSS assessment is conducted during an initial consultation, and it may be necessary to undertake this over subsequent visit/s.

See appendices 11-12 for an example of an Adolescent Health Record (incorporating a genogram template) and a HEEADDSSS assessment tool. For further information on the use of the HEEADDSSS tool in your work with young people refer to the GP Resource Kit 235.

Risk and protective factors

SBYHNs should be mindful of the balance of risk and protective factors when evaluating a young person’s situation and developing an appropriate plan of care. Risk and protective factors fall into four broad domains: the individual, family, peer group and school, and community.

- Examples of risk factors in young people include low self-esteem, chronic illness, refugee status, family breakdown, bullying and social isolation in school, together with parental risk factors such as alcohol abuse, depression and unemployment.

- Examples of protective factors are an intact family, strong parental engagement, good peer relationships, and participation by the young person in school and in sporting or creative activities that they enjoy and from which they gain social interaction and new skills.

Where there are concerns about a young person’s mental health and wellbeing, and particularly their risk of self-harm and/or suicide, a more comprehensive mental health and risk assessment is indicated which encompasses both subjective and objective assessment data to assess their level of risk and the immediacy of intervention.

This may be achieved by the inclusion of specific probing questions throughout the HEEADDSSS assessment, or you may find it helpful to utilise a separate mental health and suicide assessment checklist to guide your assessment and your determination of the young person’s level of risk relative to their reported protective factors.

See appendix 13 for an example of a Mental Health Assessment Guide and Checklist for Suicide Risk Assessment.

Guidelines for Suicide Risk Assessment and Management
Recognition of child abuse and neglect

- While working with young people in the school setting there may be opportunities to identify and recognise child protection issues that are specific to the young person.
- Informing a reasonable suspicion of child abuse and neglect, health professionals are able to share information regarding a child’s health, safety and wellbeing needs with other government agencies (defined as prescribed entities e.g. Queensland Health, Queensland Police Service, Department of Communities, Child Safety and Disability Services).
- It is important to have a thorough knowledge and understanding of the definitions of child abuse and neglect in order to respond consistently and appropriately.
- In recognising child abuse and neglect in children in the school setting it is important to refer to the clinical information that may assist in the formation of a reasonable suspicion of child abuse and neglect.

When a health professional forms a reasonable suspicion they should immediately report their concerns directly to Child Safety Services using a ‘Report of suspected child in need of protection’ form.

When a child health professional suspects a young person has been physically harmed they follow local policy and guidelines to:
- facilitate immediate access for acute medical assessment of the young person
- Report to Department of Communities, Child Safety and Disability Services if the harm is significant and there may not be a parent able and willing to protect the child.
- notify their supervisor/s
- forward a copy of the report to your local CPLO / CPA.

School staff have reporting obligations regarding reasonable suspicions of child abuse and neglect that they become aware of in their work with students and families. Should school staff approach you with concerns regarding a student’s safety, remind them of their reporting obligations and refer them to the DETE policies pertaining to this responsibility.

Department of Communities, Child Safety and Disability Services
Child Safety Services' enquiries Unit: 1800 811 810


Child Safety Unit, Queensland Health | qheps.health.qld.gov.au/csu/
Fact sheet: Clinical Risk Factors and Indicators of Harm in Children 13-18 years
Fact sheet: Information Sharing
Health promotion

Health promoting schools approach
The SBYHN service is focused upon prevention, harm minimisation and early intervention. SBYHNS utilise the Health Promoting Schools (HPS) Framework to guide their health promotion efforts and build capacity to support health and wellbeing in the secondary school setting.

The HPS Framework is based on the Ottawa Charter for Health Promotion (1986) and incorporates the three interconnected domains of: curriculum, teaching and learning; school, organisation, ethos and environment; and partnerships and services 198 (see diagram below).

- The HPS framework represents the complex nature of the school environment and highlights the importance of working across each of these areas to promote a coordinated and comprehensive approach to health and wellbeing. The HPS approach is built upon collaborative partnerships between a range of disciplines within and external to the school, with health promotion strategies being tailored to meet local need and align with the socio-cultural status of the school community 194-237.

- To ensure the sustainability of health promotion strategies, the SBYHN is not the driver of health promotion within the school but can provide a facilitative role and act as a catalyst for change. In her seminal study of SBYHN implementation of the HPS approach, Carlsson (2005) determined that SBYHNS represented a significant enabler to schools' adoption of HPS practice and influenced positive health outcomes for individuals and school communities. However, a number of barriers were identified that influence HPS implementation. These include:
  - Lack of funding support for health promotion initiatives;
  - Time constraints;
Inadequate understanding of the HPS approach (by the SBYHN and school personnel);
Inadequate skills and confidence of the SBYHN to advocate for and support HPS strategies;
Insufficient commitment of the school to the HPS approach, particularly at a policy level; and
Inadequate community connections.

To overcome these barriers it is vital that SBYHNS develop knowledge and skills surrounding the HPS approach; educate school personnel on the value of this approach; and seek champions within the school setting to advocate for and support the implementation of a multi-pronged approach to health promotion to build capacity and comprehensively address health and wellbeing issues within their school communities.


Capacity building

By using a comprehensive approach and working in partnership with schools, it is possible to build the capacity of school communities through enhanced knowledge, skills, resources and management support for school health promotion. In this way, school communities are better equipped to identify and address issues of concern in the future.

Building capacity for health within the school environment includes:
- the development of systems and structural relationships within the school that will support health promotion;
- the development of effective partnerships between the SBYHN and relevant stakeholders in education, health and community organisations that will support health promotion;
- forging successful links with parents, given the crucial influence parents and caregivers have on their young person’s behaviours. Parents can also facilitate links with local organisations to provide valuable resources and enhance schools’ capacity to address health issues;
- the development of processes for ongoing professional development ensure the expertise of the SBYHN is maintained, this in turn enhances the provision of ongoing quality health information and education;
- building the skills, knowledge and commitment of school staff and student leaders to encourage an understanding and support of health promotion; and
- Appropriate collaborative planning together with school communities, to ensure there is adequate time, funds, and resources to provide a sustainable service, activity or event.

Institutionalising health promotion in day-to-day school processes and management is the key to building capacity towards a health-promoting school. The SBYHN is well placed to support this process.

The Healthy Schools website has many resources that will support health promotion efforts in the school community. www.health.qld.gov.au/healthyschools/default.asp

School health audit

Capacity building involves the promotion of ownership and empowerment to effect sustained change, and therefore all key stakeholders must be involved in initial planning activities to foster engagement and a partnership approach to health promotion initiatives.

A school health audit (as outlined in the ‘Toolbox for Creating Healthy Places to Work, Learn and Play’) provides a structured way to approach this task which is inclusive of the perspective of a range of community stakeholders. This tool facilitates identification of processes, policies and activities that
may already be in place to address health and wellbeing issues in the school setting, and establishes baseline measures, resources and gaps for future planning.

- To support the identification of priority health issues to address within the school community it may also be useful to refer to school-specific data to establish trends in health issues prompting student presentations to the SBYHN. These data may be augmented by reference to contemporary state and national data sets regarding adolescent health issues.

- Once relevant health issues have been identified the SBYHN, in conjunction with the identified health promotion champions within the school, can develop an action plan utilising a range of health promotion initiatives to address these health issues in accordance with the HPS framework.

**Health promotion strategies**

In accordance with the HPS framework, promotion/prevention strategies from each of the three domains are needed to comprehensively address health issues in the school setting. Strategies to incorporate into the action plan may include the following:

**Curriculum, teaching and learning**

- Working with the curriculum coordinator or head teachers to facilitate the integration of health and wellbeing content surrounding identified health issues across the curriculum for all year levels (extending beyond the Health and Physical Education syllabus where appropriate).

- Supporting teachers in the planning, development and delivery of teaching and learning activities related to the identified health issues (refer to the “Alert” below).

- Promoting professional development opportunities for teachers and other school staff that will assist them in the delivery of the school curriculum surrounding the identified health issues.

- Providing teachers with contacts from key organisations/services who may be able to assist with their curriculum development surrounding key health issues (eg. provision of resources, organisation of guest presenters etc.).

- Liaising with teachers and guidance officer/s to establish and co-facilitate mentoring and/or support programs for young people at risk of identified health issues.

**School organisation, ethos and environment**

- Supporting development of an overarching policy outlining the school’s commitment and intended action surrounding the health and wellbeing issues.

- Promoting and/or co-facilitating professional development for school personnel to assist their understanding of how to support young people with identified health concerns.

- Collaborating on the development of protocols and procedures for identifying and supporting students at risk of specific health issues. These may incorporate a description of risk factors; reporting requirements for young people deemed to be at risk; delineation of the roles various people within the school have around the identification of the health issue; and confidentiality and duty of care surrounding provision of support for young people contending with the health issue.

- Contributing articles to the school newsletter to keep young people and parents informed about relevant health issues and supports available.

- Providing health information in student notices to raise awareness of issues and available supports.

- Displaying a range of promotional materials supporting key messages regarding the selected health issues (eg. posters, fliers, postcards, media articles etc.) in your office and around the school.

- Advocating for and collaborating on the implementation of school-wide intervention programs to address identified health issues.

- Promoting and organising ‘theme’ weeks (or months) surrounding specific health issues using multiple strategies to promote awareness and discussion (eg information displays, special events, presentations etc.).
Implementing awareness-raising activities for school staff surrounding health and wellbeing issues (including staff room displays; electronic staff notices; provision of information leaflets and case studies in their pigeon boxes; targeted wellbeing activities such as relaxation classes, health checks etc.). For greater impact these activities may coincide with nationally recognised health awareness days/weeks (see www.health.gov.au/calendar).

Partnerships and services

- Showcasing staff modelling healthy attitudes and behaviours to parents and the broader school community (eg. via the school newsletter and at school events).
- Establishing contact with key organisations that provide accurate information and resources on the health issues.
- Enlisting key organisations, community agencies and relevant education and health professionals to participate or advise on development of school health and wellbeing policies.
- Enlisting the support of community agencies with the facilitation of health and wellbeing days for specific year levels or the whole school community to promote service availability;
- Encouraging school personnel to join relevant networks supporting the identified health issue.
- Participating in professional development opportunities surrounding the identified health issues to stay abreast of evidence-based practice relevant to these areas.
- Collaborating in the development of funding applications to state and federal government, local councils, and non-government bodies to progress initiatives/activities within the school to support the promotion/prevention of selected health issues;
- Forming clusters with other likeminded schools to create a critical mass for larger projects and initiatives surrounding identified health issues.
- Supporting other SBYHNs within the local team with health promotion events/days to facilitate increased student involvement and coverage of a wider range of health topics. The school community may also benefit from the broader expertise available through the involvement of other SBYHNs, and collaborative activities such as these provide a valuable opportunity for mentoring support for nurses who are new to the SBYHN service.
- Providing opportunities for parents to come together and discuss issues related to supporting their children with identified health issues (eg. establishing a parents’ meeting or hosting parent morning teas etc.).

SBYHNs may support teaching staff with curriculum guidance, provide appropriate teaching and learning resources and contribute to lesson planning as required, however, curriculum, teaching and learning are the domains of DETE personnel and SBYHNs should maintain appropriate boundaries in this regard. SBYHNs who co-facilitate classroom lessons with a health and wellbeing focus must ensure that lesson plans align with curriculum requirements, contribute to an overarching approach to addressing content areas, and are approved by relevant teaching staff and Heads of Department prior to delivery of these lessons.

A National Health and Physical Education Curriculum has been developed and is awaiting endorsement. See www.australiancurriculum.edu.au/health-and-physical-education/content-structure

Health promotion strategies and resources

- The table below lists the main health issues that young people contend with, and provides guidance surrounding some key points to address in regard to these health issues, with links to relevant health promotion activities and/or resources. Please note that this is not intended to be an exhaustive list of resources, and there may well be other suitable programs and activities available to support your health promotion efforts in the school setting. It is important that all information provided to young people and school community members is contemporary and evidence based, and it is the SBYHN’s
responsibility to ensure that resources used for health promotion and health education purposes meet these requirements.

- Printed, audio-visual and electronic materials produced by state and federal health departments, or health information which is available to the public through the Queensland Health Internet website are appropriate for use. Materials sourced from “allowed sites” (http://qheps.health.qld.gov.au/allowed-sites/) are also suitable, with examples including National and Medical Research Council guidelines, Beyond Blue and Raising Children’s Network.

- Materials not meeting the criteria outlined above should be subject to a systematic review process to ensure they are contemporary and evidence based and meet the needs of the intended clients. SBYHNs are advised to follow resource review processes currently in place in their HHS (or if there is no guidance in this regard, seek a copy of the Client Education Resource Group Resource Review Tool used by CHQHHS). This tool makes reference to the Suitability Assessment of Materials (SAM) Tool to aid in the determination of the appropriateness of resources, which may be accessed at: http://aspiruslibrary.org/literacy/SAM.pdf

Evaluation of health promotion activities

- Although evidence-based health promotion resources have already been evaluated to ensure their suitability and effectiveness, SBYHNs are encouraged to undertake localised evaluations of process and impact measures to gauge the effectiveness of program implementation in their school community, and determine how the program impacted on participants' knowledge of the health issue and their intended health or help-seeking behaviours. These evaluation results will not only serve to support negotiations to undertake future health promotion activities within the school community, but information regarding barriers and enablers to implementation may be shared with other SBYHNs to inform their health promotion efforts.

- SBYHNs should be guided by evaluation requirements stipulated by their HHS and school. Questions to consider when designing an evaluation of a school-based health promotion program may include:

  Process
  - Has the program been implemented as intended?
  - What proportion of the target group has received the program?
  - What factors have impacted on the uptake of the program?
  - Have program participants been satisfied with the program?
  - How effective were arrangements to enlist personnel to support program implementation and evaluation?

  Impacts
  - What impact was there on students' knowledge, intended health or help-seeking behaviours?
  - What unanticipated positive and negative impacts have arisen from the program?
  - Have all strategies been appropriate and effective in achieving the desired impacts?
  - What have been the critical success factors and barriers to achieving the desired impacts?
  - Is the cost reasonable in relation to the magnitude of the benefits?
  - Have levels of partnership and collaboration increased?

  Implications for future programs
  - Should the program be continued or developed further?
  - How can the operation of the program be improved in the future?
  - What performance monitoring and continuous quality improvement arrangements should be maintained into the future?
  - How will the program, or the impacts of the program, be sustained beyond the funding timeframe (if applicable)?
  - Will additional resources be required to continue or further develop the program?238.
Key adolescent health issues and suitable health promotion strategies and resources

Nutrition and physical activity / obesity prevention

Prevalence
- In 2011–12, 33% of young people age 15–24 years were overweight or obese, compared with 26% of children aged 5–14 years, indicating that excess body weight is increasing with age.
- While 30% of children aged 5–14 consumed the recommended daily intake of fruit and vegetables, this dropped dramatically to 4% of 15–24 year olds.
- Almost half (46%) of 15–24 year olds were either sedentary (9%) or reported low levels of exercise (37%) 280.

Recommendations
- Young people need to do at least 60 minutes of moderate to vigorous physical activity every day (and for additional health benefits up to several hours per day).
- Young people should engage in activities that strengthen muscle and bone on at least three days per week.
- Young people should minimise the time they spend being sedentary every day by limiting use of electronic media for entertainment (e.g. television, electronic games and computers), and break up long periods of sitting as often as possible 204.
- Adolescents need sufficient nutritious food to maintain a rate of growth consistent with the norms for age, gender and stage of physiological maturity.
- They should eat plenty of vegetables, legumes, fruits and cereals (preferably wholegrain).
- They should include lean meat, fish, poultry and /or alternatives, and low fat milks, yoghurts, cheeses and / or alternatives.
- Water should be their primary drink.
- Young people should be discouraged from consuming energy-dense, nutrient poor foods (such as those high in saturated fats, refined sugar and salt) which contribute to overweight and obesity and the onset of chronic disease 234.

Cautions / things to avoid
- When promoting healthy weight, optimum nutrition and physical activity, it is essential to avoid inadvertently encouraging disturbed body image and disordered eating or exercise behaviour.
- Promote the positive, appealing aspects of healthy eating rather than harmful effects of unhealthy eating.
- Management of overweight and obesity is recommended to reduce risk of associated conditions, and of being overweight and developing chronic disease in later life.
- Adhering to the dietary guidelines and avoiding discretionary foods and drinks, is recommended for children and adolescents and will help to maintain their weight while they grow in height, thus normalising their body mass index. However, dietary restriction beyond this may result in nutrient deficiencies and sub-optimal growth.
- Individual assessment and clinical supervision by a registered dietician and/or medical practitioner is recommended to ensure appropriate growth and development for overweight adolescents.
Mental health and wellbeing: Body image and disordered eating

Prevalence

- The ideal body image espoused by our current culture is one of thinness for females and a lean but muscular body for males.

- There is a lot of pressure from multiple sources to conform to these standards. This is associated with a very high rate of body dissatisfaction in our society, especially among adolescents who are particularly vulnerable to this pressure.

- Body dissatisfaction can influence the development of poor self-esteem and disordered eating.

- Characteristics of disordered eating, such as restrained eating, binge eating, fear of fatness, purging and distorted body image, are commonly reported in adolescents.

- The difference between disordered eating and eating disorders is the frequency and severity of the associated behaviours.

- Prevalence data on eating disorders is not routinely collected in Australia, however it is estimated that over 75,000 young girls and almost 30,000 young men aged 15–19 suffered from eating disorders in 2012.

- Comorbidity with anxiety, depression and substance use disorders is common, and rates of suicide are elevated amongst those with eating disorders.

Recommendations

- The key factors in the development of body dissatisfaction and disordered eating can be grouped into three categories:
  - cultural messages, generally communicated through the mass media;
  - social messages, such as those given by people in an individual’s immediate social environment; and
  - personal characteristics of the individual (including perfectionistic traits and a tendency to judge themselves according to external standards).

- Health promotion strategies which target each of these factors can help to prevent negative body image and disordered eating:

- Using a self-esteem approach can strengthen the resilience of young people and their ability to resist socio-cultural pressures regarding thinness. This can lead to improvements in body satisfaction and physical self-concept as well as reductions in the importance of peer group acceptability and physical appearance.
Recommendations cont.

- Media literacy fosters a healthy scepticism about mass media messages and encourages young people to think critically about the images that they are confronted with in their everyday lives. Consequently, media literacy programs can help to decrease the internalisation of cultural ideals and goals associated with body dissatisfaction.

- Interventions which teach critical thinking skills and encourage challenging of thought processes which promote the thin ideal can help change negative attitudes and friendship group behaviours and improve body image.

- Discussing and providing information about puberty, normal growth and development, expected and natural increase in body fat during adolescence (in females) and the influence of genetics over body shape and size have been useful in preparing adolescents for physical change.

Cautions / things to avoid

- There is no evidence to suggest that talking about the causes, symptoms and detrimental effects of eating disorders or the use of case studies are effective prevention techniques.

- Further, there is some research to indicate that talking about certain aspects of eating disorders, for example symptoms, is potentially harmful as it may ‘normalise’ or glamorise the illness.

- Information about the causes, symptoms and detrimental effects may be useful to aid identification of eating disorders, but are more suited to presentation in professional development sessions with teaching and school staff, rather than with young people themselves.

Provides details of prevention and early intervention resources suitable for use in schools.

A variety of fact sheets on body image and eating disorders, as well as links to curriculum resources available for purchase.

The Eating Disorders Australia Inc. (QLD) | http://eda.org.au/
Provides information, support, referrals and support group services for all people affected by eating disorders in Queensland. This organisation also provides tailored workshops for positive body image and eating disorders to schools, health professionals and the community.

The ‘I Love Me – Peer Mentor, Support and Leadership Program’ is a two-day interactive program that invites students to take responsibility for their own health, wellbeing and body esteem and to contribute to the creation of a safe and supportive school environment for their peers.
Mental health and wellbeing: Anxiety, depression, intentional non-suicidal self-harm, and suicide ideation

Prevalence

- Mental health problems affect young people’s psychological growth and development, health-care needs, educational and occupational attainment, and involvement with the justice system.
- In 2007, 9% of young Australians aged 16–24 years had high or very high levels of psychological distress.
- The leading specific cause of mental ill health among young people was anxiety and depression, accounting for 24% of the burden of disease in this age group.
- Females were more likely than males to have experienced mental health concerns (30% and 23% respectively) 247.
- During 2008-2009, there were almost 7000 hospitalisations of young Australians aged 15-24 years due to intentional self-harm 248 (NB: Updated prevalence data surrounding mental health concerns in young people is due for release in late 2014.)
- Suicide remains a leading cause of death in this age group, with 10.1 deaths per 100,000 young people aged 15-24 years during 2011 285.
- Protective factors that can be supported to reduce the likelihood of mental health problems include family cohesion and social support, interpersonal relationships, safe and supportive environments, and appropriate nutrition.

Recommendations

- As mental health problems frequently commence in adolescence, there is a strong case for embedding mental health promotion in schools 286.
- Mental health promotion in the school setting should ideally:
  - address risk and protective factors;
  - reduce stigma and discrimination;
  - promote and build mental health literacy through understanding triggers for mental ill health and avenues of support;
  - build resilience and coping ability;
  - create opportunities for improvement in physical health, exercise, recreation, nutrition, expression of spirituality, creative outlets and stress management; and
  - utilise culturally-relevant approaches to ensure inclusivity of people from diverse backgrounds 287.
- With almost all adolescents using the internet on a daily basis, e-mental health care is an opportunistic way of supporting young people – from promotion and prevention through to treatment and recovery 287.
- E-mental health services provide treatment and support through telephone, computer and online applications, and can range from the provision of information, peer support services, virtual applications and games, through to real time interaction with trained clinicians. Promotion of the availability of e-mental health services should be a feature of school mental health promotion initiatives 285.
Cautions / things to avoid

- Most non-suicidal self-injury is in response to intense pain, distress, or overwhelming negative feelings, thoughts or memories and is not a form of ‘copy-cat’ behaviour. Avoid referring to intentional self-harm as ‘a trend’ or ‘an epidemic’ within a school community as this may increase the stigma attached to mental ill-health.

- Anxiety is a risk factor for depression which can in turn trigger suicidal thoughts or behaviours. In addition to promoting positive mental health, it is important to educate young people on suicide warning signs and effective help-seeking to prevent youth suicide 290.

- Avoid limiting mental health promotion to facilitation of selective programs for high risk students. School-based mental health promotion should ideally involve all students and comprehensively address skills such as problem solving, identifying and managing distress, the provision of support to peers, and awareness of when to seek help from trusted adults 291.

- Supporting school staff to better understand the mental health concerns of young people can facilitate their de-stigmatisation of mental health issues, support them in the delivery of effective resiliency building programs, and assist them to identify young people with concerns and facilitate their access to appropriate services. Encouraging school staff to undertake the Youth Mental Health First Aid Course would support their mental health literacy (Visit: https://mhfa.com.au/cms/youth-course-information for further information).

- Targeting health promotion activities towards supporting school staff to recognise and seek support for their own mental health concerns may further enhance the help-seeking culture within the school community.

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**MindMatters |** www.mindmatters.edu.au  
Emphasises the importance of a whole-of-school approach to mental health promotion and provides on-line professional development for teachers and learning modules mapped to the National Curriculum.

**ReachOut |** http://au.professionals.reachout.com/  
Resources to support mental health promotion in schools. Includes fact sheets, links to evidence-based apps and on-line therapy programs, teaching resources, and professional development webinars.

Provides class-room tool boxes which address suicide prevention with secondary school students.

**Headspace |** www.headspace.org.au/what-works/school-support/services  
Provides a range of youth-friendly information sheets to support mental health promotion in schools.

**The Resourceful Adolescent Program (RAP) |** www.rap.qut.edu.au/  
An evidence-based universal resilience building program for teenagers which may be readily implemented in a school setting.

**beyondblue’s SenseAbility** is a strengths-based resilience program for young people to enhance and maintain emotional and psychological resilience.  

**Ed-Linqu** is a state-wide QH initiative aimed at supporting CYMHS, and the education and PHC sectors to work collaboratively to enhance the early identification and treatment of mental health problems and disorders affecting school aged children and young people. Contact the Ed-Linq coordinator in your local area.

**Beacon |** http://beacon.anu.edu.au  
A Commonwealth funded website providing a comprehensive directory of e-health applications (websites, mobile applications and internet support groups), including reviews, expert ratings and user comments.

Refer to Chronic Conditions Manual
Bullying / cyberbullying / cybersafety

Prevalence

- Bullying is a systematic abuse of power, whereby the perpetrator repeatedly engages in aggressive behaviour with the intent of hurting or intimidating another. The behaviour may be overt (face-to-face verbal or physical abuse) or covert via cyber technology 284.
- Cyberbullying comprises abusive or hurtful messages or videos transmitted via texts, emails or on-line networking forums. It may entail mimicry, slander, nasty on-line gossip and chat, or the dissemination of compromising images (such as those obtained via ‘sexting’).
- The general prevalence for 10-17 year old Australians experiencing cyberbullying in a year is around 20%.
- The peak age for prevalence of cyberbullying is 12-15 years 209.
- About three quarters of victims of cyberbullying are female, whereas the perpetrators of cyberbullying are equally likely to be male or female 212.
- Less than half of all cyberbullying incidents to secondary school students are reported to schools 212.
- Young people are being impacted by cyberbullying to the point where some engage in self-harm and suicidal ideation 209.
- There are further threats to young people’s safety on line through cyberstalking, which can include frequent and intrusive threats, cryptic messages and sexual innuendo. Some adult predators engage in on-line grooming by creating fake profiles to befriend and gain the trust of young people on-line. The prevalence of cyberstalking in Australia is unknown 211.

Recommendations

- Cyberbullying may be an extension of face-to-face bullying, but can also be a separate phenomenon due to the anonymity factor, the breadth of the audience and the 24/7 nature of the setting.
- As there is no easy division between ‘traditional’ bullying and cyberbullying, interventions and preventions should look at strategies which deal with both of these.
- Strategies to address ‘traditional’ bullying may include a disciplinary approach by school staff; support for victims to cope more effectively when being bullied; mediation by trained teachers or peer-mediators; restorative practices to promote reflection upon unacceptable behaviour; and a ‘no blame’ support group approach 284.
- It is important to note that a high proportion of cyberbullying victims are also cyberbullies.
Research with young people has indicated that effective health promotion will include real-life examples, a focus on behaviours not technologies, and on promoting respectful positive behaviours.

Health promotion messages should communicate the seriousness of cyberbullying, including the potential legal and social consequences. Students are more likely to cyberbully others when there is a lack of parental monitoring of online activities. A coordinated approach is therefore needed so that young people, parents and schools are involved in the process of raising awareness of risks, and developing measures to counter inappropriate on-line behaviour.

Health promotion efforts should also incorporate support for young people to understand their vulnerability to online predators and the need to activate appropriate privacy settings on social media sites to mediate this risk.

Young people should also be warned of the risks of ‘sexting’, which is the transmission of sexually explicit images of themselves to friends or other people via mobile phone technology. This poses the risk of these images being widely disseminated to others. If uploaded to the internet these images are impossible to remove. There are also legal penalties for sexting.

Cautions / things to avoid

- Anti-bullying programs need to be adapted to the specific needs and attitudes of the entire school community.
- Teacher buy-in is extremely significant to the success of anti-bullying programs, and it is therefore important to first gain the support of teachers by educating them about the need for bullying and cyberbullying prevention programs.
- The evidence-base for effective interventions for cyberbullying is still being built.
- Telling young people that they should not go on-line is an ineffective harm minimisation strategy because young people experience many benefits from engaging in an on-line environment, including connection, socialisation and self-expression, with many having grown up with technology as a key part of their identity.
- It is important to note that many online risk behaviours are also influenced by ‘offline’ factors such as existing bullying dynamics, and/or attitudes and perceptions about risk taking behaviour in the ‘real’ world. These factors need to be considered in health promotion efforts to address cyberbullying and cybersafety with young people.
- If on-line bullying is perpetrated at home but impacts on the wellbeing of someone at school, there are recommendations to view this as school-related behaviour and address it accordingly. Whole-of-school communities must take responsibility rather than relying on arbitrary schoolyard boundaries. Pre-emptive policies and prevention programs should be implemented in the school to support these actions.

The Safe Schools Hub | www.safeschoolshub.edu.au/home
Provides details of the National Safe Schools Framework, and includes links to a school audit tool and professional learning modules to support a whole-of-school approach to addressing bullying.
Includes a range of curriculum resources to support teaching staff to address incidents of bullying.

National Centre Against Bullying | www.ncab.org.au/cyberbullyingpractices/
Includes links to a series of articles addressing cyberbullying, online relationships and safe practices.

Commonwealth Government site with a variety of resources on cybersafety

ThinkUKnow | www.thinkuknow.org.au/site/index.asp
An internet safety program – includes interactive training for parents, carers and teachers

eSmart | www.smartschools.org.au/Pages/default.aspx
eSmart is a whole school system for cybersafety and wellbeing which compliments the HPS framework

Reachout | http://au.reachout.com/cyberbullying
Useful information about cyberbullying for young people

The Queensland Police Service provides an e-brochure which facilitates parents’ understanding of how to support their children to maintain on-line safety.

### Sexuality and healthy relationships

#### Prevalence

- Sexual development is a normal part of adolescence. Most young people will go through these changes without significant problems if they receive support, information and care.
- In 2013, 22.7% of year 10 and 50.4% of year 12 students reported having had sexual intercourse.
- During their last sexual encounter, 58% reported using a condom, 39% reported using the contraceptive pill, 15% reported using the withdrawal method, and 3.5% reported using emergency contraception 279.
- Teen pregnancy and Sexually Transmitted Infections (STIs) are potential risks which can jeopardise the short and longer term safety and wellbeing of the young person.
- 1 in 25 live births in Australia in 2011 were to teenage mothers. Teenage pregnancy has a number of associated risks to the baby (premature birth, low birth weight) and the mother (interruption to schooling) 271.
- Chlamydia is the most frequently reported STI in young people, with rates of notification steadily rising. Gonorrhoea is the second most frequently notified STI in young people 220.
- In 2008 there were 119 notifications of new cases of HIV among young people aged 12-24 years (an overall rate of 3.1 per 100,000 which has increased from 2.1 per 100,000 in 1998) 280.

#### Recommendations

- Health education surrounding sexual health and healthy relationships should be tailored to the maturity level of the young person, and ideally be delivered in a scaffolded environment and in a sequential fashion through the curriculum across each year of schooling.
- SBYHNs may work with their school communities to ensure school-based policies and responses reflect sexual inclusivity (eg via policies addressing sexual harassment and anti-homophobia and anti-bullying).
SBYHNs may facilitate information sessions for parents to support their role as sexual health educators of their children, and for teaching staff to increase their confidence with delivery of the sexual health curriculum.

SBYHNs may support the sexual health and wellbeing of their school communities through provision of a condom distribution and pregnancy testing service. SBYHNs must meet relevant competency standards to deliver this service, and approval must be granted by the HHS and schools in which they are working.

SBYHNs may also facilitate students’ access to a free chlamydia testing program offered through Queensland Health.

Comprehensive and inclusive health education on this topic should be delivered systematically in accordance with the National Curriculum and encompass issues such as: puberty and healthy development, the reproductive cycle, sexuality, decision-making surrounding sexual relationships (including values, cultural and societal influences, and legal implications), negotiating safe and healthy relationships, contraception, safer sex and STI prevention (including HPV vaccination), sexual health checks, pregnancy and unplanned pregnancy options and accessing appropriate services.

Cautions / things to avoid

- Avoid the delivery of ‘one-off’ health education sessions surrounding sexual health and wellbeing.
- If supporting teaching staff with sexual health lessons, be mindful of establishing boundaries to create a safe and positive learning environment.
- When delivering information about pregnancy options, it is important for SBYHNs to bracket any personal opinions and present all options in an unbiased fashion.
- Long Acting Reversible Contraception (LARCs) such as Intra-Uterine Devices are no longer contraindicated for nulliparous young women 292.
- 50% of young people expressed significant dissatisfaction with sex education at schools, citing irrelevance to their real experiences, lack of relationship advice and lack of discussion of same-sex issues as problems 279. SBYHNs may therefore advocate for the inclusion of young people in supporting the development of appropriate and effective sexual health education in their school communities.
- Due to their developmental stage and a sense of invulnerability, young people are often more concerned about the social consequences of STI rather than the health consequences. Consequently, sexual health education should not only highlight the health risks associated with contracting STI, but also seek to raise awareness of public health contact tracing and the potential impact this may have on young people's reputation 293.

Comprehensive teaching and learning resources for purchase.
Also has a wide range of fact sheets and brochures available for download from

i stay safe | www.health.qld.gov.au/istaysafe
A Queensland Health site for young people, providing information about sex and sexual health.

Children By Choice | www.know4sure.org.au
Offers comprehensive youth-friendly information about pregnancy options.
Substance use

Prevalence

- Adolescence is an age when young people may begin to experiment with substances.

- Recent data surrounding the proportion of young people aged 12-17 years who have engaged in substance use indicate:
  - 40% have had a full serve of alcohol;
  - 23% have smoked cigarettes;
  - 17% have tried inhalants;
  - 14.8% have tried cannabis;
  - 3% have tried hallucinogens;
  - 2.7% have tried ecstasy;
  - 2% have tried steroids (without a doctor’s prescription);
  - 1.7% have tried cocaine; and
  - 1.6% have tried heroine.

- Substance use can have a variety of short and long term consequences.

- Young people may experience reduced ability to think clearly and decreased inhibitions. This may lead to engagement in antisocial behaviour; unsafe sexual activity risking sexual assault, STI or unplanned pregnancy; blood-borne viruses through unsafe injecting practices; traffic or pedestrian accidents and injury; risk of overdose; and disengagement from school.

- In the longer term, substance use can contribute to the risk of chronic disease; it may impact on future relationships, education and employment; and cannabis use in particular has been shown to affect the developing brain and increase the risk of serious mental illness.

Recommendations

- Current evidence supports a harm reduction approach to school-based alcohol and other drug education (AOD), particularly with regard to the use of alcohol due to the difficulty overcoming the cultural traditions that impact on alcohol use by young people.
Recommendations

- It is ideal to encourage young people to delay the onset of alcohol use, and even doing so for a year or two can reduce short and long term harms. However, it is important that school-based drug education programs also incorporate harm minimisation principles to support young people to be able to cope with alcohol use situations and problems, and in particular avoid high risk behaviours such as binge drinking.

- Drug education programs need to focus on the drugs most likely to be used within the target group and those that are most likely to cause harm to individuals and others within the community.

- Some cultural groups and those who are socially disadvantaged have proportionately high experience with drugs. Targeted interventions are needed to address those young people who are at a higher risk of drug use problems. However, it is critical that assumptions or stereotyping about drug use among particular cultural groups do not form the basis of drug education decision-making.

- As well as including AOD education in the curriculum, SBYHNs may work with schools to reduce personal and social risk factors that influence young people’s substance use and promote protective factors that make use less likely and have a less negative impact.

- Protective factors include feeling connected to and enjoying school, having quality peer and adult relationships, and having an optimistic view of the future.

Cautions / things to avoid

- Drug education is best taught within a broader social, cultural or health curriculum rather than as a discrete subject. Isolated and ad hoc programs that lack progression and continuity are less effective.

- Education messages should avoid highlighting the proportion of young people who do engage in substance use and emphasise the larger proportion who do not.

- Interactive strategies are a critical component of effective AOD programs. If Fatal Vision Goggles are used to support these programs, activities should be well-coordinated to ensure the use of this resource does not inadvertently promote the appeal of intoxication. Experiential effects of the goggles are also significantly greater than the onlooker effects, so it is ideal for each student involved in the health education session to experience use of the goggles.

- Due to the strong influence of parental role modelling, parent involvement in drug education should be conceived as integral to the drug education process, rather than as separate and additional to it.

- Health promotion initiatives should be tailored to the needs of specific school communities through consultation with stakeholders such as students, parents and teachers, and piloting of proposed AOD prevention programs.

- In addition to prevention and harm-minimisation AOD education, schools should support early intervention and referral through active engagement with staff from relevant community agencies.

A range of fact sheets and professional development resources to support those who engage with young people affected by alcohol and other drugs.

OxyGen | www.oxygen.org.au/
Fact sheets, curriculum resources and youth-focused activities to support smoking prevention.

Game On: Know Alcohol (GO:KA) | http://gameon.rcs.griffith.edu.au/
An evidence-based curriculum resource made up of online games and practical activities.
The National Cannabis Prevention and Information Centre  |  https://ncpic.org.au
Information, stories and brief motivational interviewing activities targeted at young people as well as classroom activities for secondary school students.
https://ncpic.org.au/youngpeople/
The site also has an education program specific to Aboriginal and Torres Strait Islander secondary school students called “Making the Link Indigenous Program”

School Health and Alcohol Harm Reduction Project
http://ndri.curtin.edu.au/research/shahrp/ypaa/focus.cfm
An evidence-based classroom program supported by the National Drug Research Institute.

### Sun safety and skin cancer prevention

#### Prevalence
- Exposure to ultraviolet radiation (UVR) during outdoor activity and inadequate sun protection increases a young person’s risk of developing skin cancer.
- Despite a high level of knowledge about sun safety, adolescents less frequently adopt sun protection behaviours than adults and it can be more difficult to achieve behaviour change in this group.
- In 2010, 80% of young people aged 16-24 years in Queensland admitted to getting sunburnt in the previous 12 month period.
- Melanoma is the most dangerous type of skin cancer with a strong causative link to sunlight exposure. It is the most common cancer in young Australians aged 15–39 years old.
- In this age group, melanoma comprises 20% of all cancer cases and is responsible for 8% of all cancer deaths.
- In 20–34 year-olds, melanoma kills more young Australians than any other single cancer.
- The treatment of melanoma varies depending on how advanced or aggressive the tumour is, and therefore in addition to promoting sun safe behaviours, promoting early detection through routine skin checks is also very important from an early age.

#### Recommendations
- Sun safe behaviours during childhood and adolescence are vital to preventing the development of skin cancer and it is important to reinforce and resource sun safety education in schools.
- The key messages to promote to young people include the need to protect themselves from skin cancer in five ways:
  - Seek shade;
  - Wear sun protective clothing that covers as much of their body as possible;
  - Put on a broad-brimmed hat that shades their face, neck and ears;
  - Wear wrap-around sunglasses;
  - Apply SPF30+ or higher broad spectrum water resistant sunscreen liberally to clean, dry skin, at least 20 minutes before being exposed to the sun, and reapply at least every two hours when outdoors.
- Young people should be encouraged to protect themselves from UVR using multiple sun safe behaviours even when going outdoors for a short time, and especially during periods when the UVR level is at its highest (between 10am – 2pm).
Recommendations

- Young people should be encouraged to check their skin regularly for melanoma, with the first sign usually being the appearance of a new spot, or a change in an existing freckle or mole. They should be taught the ‘ABCDE’ guidelines for the early detection of melanoma:
  - A is for **ASYMMETRY**: One-half of a mole or birthmark does not match the other.
  - B is for **BORDER** irregularity: The edges are irregular, ragged, notched, or blurred.
  - C is for **COLOUR** variegation: The colour is not the same all over, but may have differing shades of brown or black, sometimes with patches of red, white, or blue.
  - D is for **DIAMETER**: The area is larger than 6 mm or is growing larger.
  - E is for **EVOLVING**: Changes in size, shape, colour, elevation, or another trait (such as itching, bleeding or crusting).

- A comprehensive Health Promoting Schools approach is needed to promote and support sun safety. Sun safety behaviour should be sequentially taught through the curriculum with messages reinforced through the promotion of a sun-safe environment in the school setting. This includes the development of sun safe policies surrounding access to shade and wearing of sun safe uniforms; scheduling of outdoor activities to minimise sun exposure during peak UVR periods; and effective role modelling of sun-safe behaviours by school staff. The school should also develop collaborative partnerships with organisations that support sun safety, such as Queensland Cancer Council.

- SBYHNs can support sun safety awareness by facilitating health promotion displays during school sporting events, and advocacy to ensure the ready availability of sunscreen at these events.

Cautions / things to avoid

- For maximum UVR protection, avoid using sun screen which has passed its use by date.
- Caution young people that even if they are sitting in the shade they need to protect themselves against reflected UVR (eg from concrete, water and sand).
- A history of repeated episodes of sunburn and blistering, especially in childhood and adolescence, increases the risk of developing melanoma. Caution young people to avoid this behaviour.
- Sunbeds and solariums also emit UVR, so young people should be advised of the risks associated with tanning and cautioned to avoid this behaviour.
- Due to their stage of psychosocial development, young people are generally less inclined to be concerned about future health risks, and more inclined to worry about not fitting in with their peers. Sun safety promotion may therefore be more effective if aligned with holistic health promotion efforts to support self-confidence and positive body image.
- Additionally, promoting the use of fashionable and comfortable sun safety apparel and raising awareness of celebrity role models who engage in sun safe behaviours may also be helpful.

**Sun Safety** | www.sunsafety.qld.gov.au
Provides resources for supporting sun safe behaviours in secondary schools, including the development of a sun safe strategy, uniforms that minimise UV exposure and relevant curriculum resources.

**QUEST** | https://quest.org.au/quest/schools/
A Cancer Council Queensland site offering a library of tools and resources to assist schools to promote and support healthy choices, including sun safe behaviours. Schools have to register to access these resources.

**Melanoma Institute Australia**
Information and a video to support education of young people about skin checks for melanoma.
Asthma

Prevalence
- Asthma, a chronic inflammatory condition of the airways, is one of the most common long-term conditions affecting young Australians.
- In 2007–08, an estimated 396,000 or 11% of young people aged 12-24 years reported asthma as a long-term condition.
- The overall prevalence of self-reported asthma among young people was similar for males and females (both 11%).
- Of those young people aged 15–24 years reporting asthma as a long-term condition, almost one in five had days away from work, school or study.
- Less than one in five (18%) Australian adolescents have a written asthma action plan, and only 28% have discussed their asthma management plan with their GP within the previous 12 months.

Recommendations
- Asthma symptom control can be jeopardised during adolescence due to their developmental stage. Young people may deny their disease, underreport symptoms, abandon medication regimens, and engage in risk-taking behaviours that impact on their condition, such as smoking tobacco and cannabis. Mental health problems such as anxiety and depression can further compound the challenges of asthma management during this lifespan period.
- Chronic conditions should routinely be assessed for in conjunction with a HEEADDSSS assessment. SBYHNs should encourage young people with asthma to:
  - visit their GP for an updated asthma action plan and provide a copy to the school;
  - recognise and avoid their asthma triggers;
  - avoid smoking; and
  - carry a reliever inhaler with them at all times, so they can use it immediately if they experience asthma symptoms.
- Encourage self-management and provide support and education appropriate to the individual’s stage of psychosocial development.
- Providing asthma education messages through technologies that adolescents use every day (e.g. internet, phones, interactive video) may be an effective way to deliver asthma health messages, compared with traditional media or with strategies that are not tailored for adolescents.

Cautions / things to avoid
- It is the role of DETE nurses to support education with teachers and students surrounding asthma management in the school setting. However, SBYHNs can work collaboratively with them to support health education initiatives as required.
- SBYHNs may encourage their schools to participate in the Asthma Friendly Schools Program to promote a safe environment for students with asthma.

The National Asthma Council Australia has endorsed the Asthma Buddy smart-phone app which can support asthma self-management. The app can be used to remind young people of their daily asthma medications; recognise if their asthma is getting worse and know how to respond; and maintain a journal of peak flow readings, asthma symptoms and possible triggers.
www.nationalasthma.org.au/asthma-tools/asthma-action-plans/asthmabuddy
**Asthma Foundation Queensland** facilitates an Asthma Friendly Schools Program which recognises schools that make an extra effort to provide a safer environment for students with asthma by granting them Asthma Friendly status. An Asthma Friendly School is one that meets the following four criteria:

1. **Education and training**: The majority of staff have current Asthma Australia approved Asthma First Aid training;
2. **Equipment**: Asthma Emergency Kits are accessible to staff and include in-date reliever medication and single person use spacers;
3. **Information**: Asthma First Aid posters are on display and staff and parents can access asthma information.
4. **Policies**: First Aid and other health and safety policies explicitly include asthma.


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### Oral health

#### Prevalence

- Dental caries (decay) is one of the most prevalent health issues in Australia across all age groups.
- Over two-thirds of young people aged 15-24 years have experienced some dental caries, and almost 1 in 5 have at least one tooth missing due to dental disease.
- Children and young people living in rural and remote areas or in low socio-economic status areas have significantly worse oral health than those living in metropolitan areas.
- Poor oral health can not only impact on a young person’s psychosocial wellbeing, but can also lead to long term health problems due to the association of periodontitis with heart disease.
- Dental caries are highly preventable, with most being related to dietary issues. Young people have increasing control over their diet, with dietary choices being strongly influenced by peer pressure and media influences. During growth spurts young people may also be frequently hungry between meals and snacking on high sugar foods that contribute to dental caries.255, 257
- Dental caries are also caused by excessive plaque build-up through infrequent substandard tooth cleaning.247

#### Recommendations

- Health education messages surrounding oral health should focus on promoting:
  - a balanced diet and healthy snack choices;
  - chewing sugar free gum (with Xylitol) between meals;
  - avoiding carbonated beverages and sports drinks which are high in sugar (and particularly avoid sipping these which promotes contact with teeth over a prolonged period);
  - avoiding diet drinks which still contain preservatives such as citric and phosphoric acid which contribute to tooth erosion.
- Regular dental checks and routine tooth brushing with fluoridated toothpastes should also be promoted.259
- Informing young people of how cariogenic bacteria may be transmitted from parents to their infant children and strategies to avoid this will also support the prevention of dental caries in future generations.257
- SBYHNs should provide opportunistic health messages around oral health during the conduct of a HEEADDSSS assessment with young people.
- Smoking, alcohol and drug misuse can also impact on oral health, as can Bulimia and Anorexia. SBYHNs should be mindful of promoting oral health where these issues are a concern.
Oral health

Cautions / things to avoid

- Young people who live in areas where the water supply is fluoridated should drink this in preference to bottled water.
- Even if a young person is seeing an orthodontist on a regular basis they should still have routine dental checks to assess the health of their teeth.
- Young people should be deterred from having intra-oral piercings due to the potential for these to cause chipped or fractured teeth. Cracks are often difficult to treat and result in the loss of the tooth.
- If young people already have intra-oral piercings, encourage them to replace metallic jewellery with plastic jewellery which causes less damage to teeth. They should also brush piercings with a soft tooth brush twice per day, and periodically remove and clean the jewellery, as well as remove jewellery during sleep and sporting activities.
- Young people engaged in contact sporting activities should be encouraged to wear mouthguards to protect their teeth.
- Improvements in knowledge regarding the aetiology of dental caries and instruction in how to brush effectively do not necessarily transform into more positive attitudes or oral health behaviours. Health promotion strategies may be more effective in the short term if they target psychological / social wellbeing associated with preventative oral health measures with young people (eg avoiding embarrassment and teasing associated with missing teeth).

All Queensland resident children four years of age or older who have not completed Year 10 of secondary school are eligible for publicly funded oral health care via Queensland Health’s Child and Adolescent Oral Health Services (previously referred to as the School Dental Service/Program).


Young people may also qualify for subsidised basic dental care through private dentists under the Australian Government’s Child Dental Benefit Schedule. For further information and eligibility criteria, see:


Queensland Health has produced a ‘Teeth Talk’ oral health presentation to support information exchange with young people in the classroom.

Queensland Health also has a range of Healthy Teeth for Life fact sheets available on QHEPS that may be used to support health promotion surrounding oral health.

Refer to Chronic Conditions Manual
Injury prevention

Prevalence
- Transport accidents (including pedestrian, rider and passenger) and assaults are leading causes of injury in young people, and injury and poisoning are the leading causes of hospitalisation and death.
- Young males are hospitalised for injury at more than twice the rate of females.
- Mortality rates resulting from injury reveal strong associations with risk-taking behaviour.
- Risk-taking behaviours leading to injury are influenced by adolescents’ immature hazard perception and decision making skills; a sense of invulnerability; and a strong desire for peer acceptance.
- Risk-taking behaviour is more prevalent among males, early school leavers, as well as young people with less parental supervision, peers who also actively engage in risk-taking behaviour, negative attitudes to authority and high alcohol use.

Recommendations
- The likelihood that injury occurs as a result of adolescent risk-taking is related to the social context and individual factors. The likelihood of adolescent injury risks is reduced if the young person:
  - has had training in attitudes towards injury avoidance and risk management;
  - is a member of a school community marked by connectedness and support;
  - feels personally accepted, respected, included and supported by others in the school (which is related to increased student retention, decreases in delinquency, aggression and violent behaviour, and reduced substance abuse);
  - has peers who are likely to take protective steps to care for each other; and
  - has close and supportive family associations.
- Multiple strategies and a whole-of-school approach are therefore needed to address injury prevention in young people. These may include:
  - health education with young people to support risk management decision making skills, conflict resolution and prosocial behaviour;
  - health information for parents to foster parental supervision of their children during adolescence and role model safe driving behaviour;
  - teacher professional development to support the creation of a supportive psychosocial environment;
  - school-wide policies and programs to promote and support respectful behaviour and school connectedness;
  - partnership development with relevant organisations such as police and RACQ to support school initiatives to address adolescent safety; and
  - modifications to the school environment to better support the physical safety and wellbeing of students.

Cautions / things to avoid
- Only providing young people with information about safety and what constitutes dangerous or risky behaviour is ineffective, as it does not address the range of reasons why young people engage in risky behaviours.
- Avoid the use of one-off student education sessions surrounding injury prevention. Programs should fit within the school curriculum, be developmentally appropriate and sequentially delivered over time for maximum effect.
Injury prevention

- Fear-based appeals that demonstrate the negative health consequences of life-endangering behaviours (such as visiting a trauma ward) have been found to have minimal effect in motivating young people to moderate their current risky behaviour or adopt safer alternative behaviour.

- Interactive safety awareness programs that generate an exchange of ideas and experiences can provide a catalyst for change and opportunities to practice new skills and obtain feedback on the skills that are practised.

- If a simulated road accident is performed for students as part of safety awareness education (such as the RACQ Docudrama), ensure that adequate support personnel are on hand to counsel young people who are adversely affected by their experience of this event.

Skills for Preventing Injury in Youth (SPIY) is targeted at Year 9 students. The program incorporates an 8-week, teacher delivered attitude and behaviour change curriculum with peer protection and first aid messages; and professional development for program teachers focusing on strategies to increase students’ connectedness to school. Preliminary evaluation in a small number of schools has shown promising results in regards to prevention of students’ health risk behaviour and injuries.

RACQ has been funded by the Qld Government to provide a docudrama program which teaches Year 12 students about the consequences of careless or irresponsible behaviour when driving. Young people witness the re-enactment of a car crash, and then participate in a debriefing session to discuss how the tragedy could have been averted.


The Transport Accident Commission (TAC) Victoria has a range of curriculum resources and video clips surrounding driver and pedestrian safety. See www.tac.vic.gov.au/road-safety/schools/school-resources#muck


Provides presentations to schools to highlight the issues affecting young people and educating them in how to ensure greater self-control during times of challenge. The presentations are targeted at Years 10, 11 and 12 students.


Queensland Police Service site providing information and checklists for parents and young people to promote a safe approach to partying; clarification of associated legal issues; and a portal to register upcoming parties.

Red Frogs Australia | http://au.redfrogs.com/education/im-a-teacher/Year-12-pre-schoolies-program

Offer Pre-Schoolies Presentations to educate Year 12 students on the dangers associated with post-school celebrations, teaching them how to set appropriate boundaries and make informed decisions regarding their behaviour during these events.
Immunisation

Prevalence

- In Australia, the School Immunisation Program (SIP) is the primary method to deliver nationally recommended vaccines to young people. The coverage achieved in Australia’s SIP is higher than in settings where adolescent vaccines are delivered through the community sector or private practice. However, despite this well-established SIP, completion of adolescent immunisation schedules in Australia is sub-optimal.

- In 2012 of all Australian states, Queensland had the second lowest rates of HPV vaccination coverage rates for females turning 15 years of age.

- In 2008, there were 2,816 notifications for vaccine-preventable diseases amongst young people aged 12-24 years (a notification rate of 73 per 100,000). Most of these notifications were for pertussis.

Recommendations

- Although SIP requires parental consent for student participation, young people are beginning to take on responsibilities for their independent care, and it is therefore suitable to target messages to them regarding immunisation as a means of protection from vaccine preventable diseases.

- Providing teachers and administrative staff with written information or education sessions regarding immunisation may improve the success of SIP as their influence with students can increase immunisation rates.

- SBYHNS may advocate for the provision of SIP information to parents and students at the start of the year, as well as inclusion of information within school diaries, newsletters and websites.

- Supporting minority groups through the provision of information and consent forms in specific languages can optimise return of forms.

- SBYHNS may develop effective and supportive relationships with the SIP coordinators in order to provide information regarding how to work successfully in the specific school context. This may include information about specific communication systems which may offer opportunities for SIP to work with schools in alternative ways to achieve increased vaccination compliance, including email reminders and texting to remind students and parents of consent form return dates or vaccine.

- SBYHNS may also advocate for the inclusion of immunisation information into the curriculum, particularly addressing vaccinations for HPV during sexual health lessons.

- SBYHNS can also encourage young people to find and complete their immunisation records.

Cautions / things to avoid

- It is important that myths about the HPV vaccination leading to risky sexual behaviour are not perpetuated, and that communication about the vaccine does not stigmatise high risk groups.

- Be aware of negative messages propagated by anti-vaccine movements so you may answer questions accurately and counter concerns through your health promotion efforts.

School Immunisation Program resources including consent forms and fact sheets.

There is also resource kit for vaccine service providers implementing a SIP:

Immunise Australia | www.immunise.health.gov.au
Comprehensive information about immunisation including strategies to address myths and misconceptions.
Early identification

Strategies to identify need and risk

- SBYHNS are well-positioned to work with their school communities to facilitate the identification of young people in need of early-intervention support. This may be achieved through:
  - The coordination and/or facilitation of information sessions for school staff and parents/caregivers surrounding: Risk factors for various health and wellbeing issues; how to recognise young people in need of support; and how to negotiate access to appropriate services. This would include an explanation of how staff and parents may facilitate young people's access to the SBYHN service.
  - Participation in Student Welfare Committee meetings, which may involve other school support staff, year level coordinators and senior administrative staff. SBYHNS may negotiate student referrals, as well as support staff to recognise other appropriate avenues of support for issues students are contending with. (Note: Participation in meetings where school staff share details of students' personal situations may foster an expectation for SBYHNs to engage in reciprocal information sharing regarding students who have consulted with them. SBYHNS should be mindful of the legislation pertaining to their practice as health professionals, and routinely clarify these parameters with school staff.)
  - With the explicit consent of the young person, SBYHNS may disclose pertinent information to relevant school staff regarding young people they are working with in order to facilitate support in the school setting. Depending on the circumstances this could involve strategies such as advocating for extensions for assessment items, or the provision of a ‘time out’ card to enable the young person to absent him/herself from class when needed.
  - When young people are noted to have significant school absences, are routinely late for school or are engaged in disciplinary procedures for misbehaviour, the SBYHN may advocate for referral to his/her service to facilitate the conduct of a psychosocial health assessment to determine underlying issues of concern. (Note: The SBYHN should avoid the perception that he/she is aligned with school disciplinary procedures, and clarify with the young person the voluntary nature of the consultation).
  - All students may benefit from universal resiliency-building mental health and wellbeing programs implemented through the curriculum, however more targeted interventions are required for those at higher risk of mental health problems. As part of a comprehensive mental health program SBYHNS may work collaboratively with teaching staff and local mental health services to administer evidence-based screening tools to identify students at high risk of mental health concerns. Identified students may be supported through engagement in selective intervention strategies such as small group sessions, or referral to other appropriate services for early intervention. (Note: SBYHNS should adhere to school policies with regard to parental/caregiver consent for students’ participation in screening activities).
  - SBYHNS may lend support for selective interventions for other identified high risk groups within the school as well, including minority groups such as Aboriginal and Torres Strait Islander or refugee young people. They may also support indicated intervention programs for young people with specific needs such as pregnant and parenting students; youth involved in criminal/anti-social behaviour, self-harm, substance abuse and disengagement from school; or those who are known to have experienced issues of grief and loss.
  - SBYHNS may work proactively with their school communities to promote a help-seeking culture. They can facilitate young people’s understanding of how to recognise when their friends may need help, and support them with ways to broach this issue with their friends and facilitate their access to appropriate services. This may entail promotion and support for a peer-mentor program within the school, which may represent an intermediate step to facilitating access for young people to support services.
  - SBYHNS may also advocate for and facilitate the development of school protocols and procedures for identifying and supporting students at risk of specific health issues. These may incorporate
a description of risk factors; reporting requirements for young people deemed to be at risk; delineation of the roles various people within the school have around the identification of the health issue; and confidentiality and duty of care surrounding provision of support for young people contending with the health issue.

Vulnerable groups

Pregnant and parenting students

- Pregnant and parenting young people are at a higher risk of not completing their education, which impacts on their employment opportunities, financial security and their ability to effectively provide for their children. DETE is committed to supporting the retention of pregnant and parenting young people in education, and SBYHNs may be instrumental in facilitating this support through:
  - Provision of advocacy for the young person with school staff surrounding flexible arrangements in timetabling, attendance, uniform and child care.
  - Referral to appropriate support services outside of the school, and negotiation for community agency staff to come to the school for appointments with students to facilitate access.
  - Health education surrounding strategies to support a healthy pregnancy and optimal infant growth and development.
  - Maintenance of communication at key times including following the birth of the baby, illness of the parent or child, prior to exams, beginning of school terms and during any unexpected or sustained absences.
  - Advocacy for use of appropriate facilities to accommodate the individual needs and circumstances of students, for example, access to a private space for breast-feeding and child care.
  - Promotion of strategic partnerships with community groups to support students’ needs, e.g. exploring transport options for students and their children, nappy services for students at school etc.
  - Provision of advice to school staff on contagious conditions (e.g. listeria, influenza, measles, chicken pox) and precautions needed to minimise infection transmission to pregnant students.

- Further information regarding ways to support pregnant and parent students (including links to other useful websites) may be found on the DETE website: http://education.qld.gov.au/schools/inclusive/pregnant-parenting-students.html

Refugee students

- The developmental and social challenges encountered during adolescence can be compounded by the traumatic nature of the refugee experience. Factors including cultural dislocation, loss of established social networks, and the demands of resettlement such as engaging in school, making new friends, and learning a new language and culture are all difficulties young refugees are experiencing whilst they are still negotiating family and community expectations. This can be exacerbated by pre-migration experiences which are commonly characterised by significant and often repeated exposure to traumatic situations.

- Refugee young people are at heightened risk of developing psychological problems such as post-traumatic stress disorder, anxiety, sleep disorders, and depression. They are also at increased risk of co-morbid substance use disorders, with many using alcohol and other drugs as a means of coping with stressors relating to both pre-migration and settlement experiences.

- Providing appropriate supports to cater to the complex needs of refugee students can prove very challenging, particularly from an educational perspective as some young refugees have never engaged in schooling prior to arriving in Australia. Negative educational experiences can further disempower this sub-group of students and heighten risks to their health and wellbeing.
A whole-of-school approach is needed to support the development of an inclusive school environment that caters to the needs of refugee young people. SBYHNs may support their school communities to draw on strategies from the Health Promoting Schools Framework to progress this, and in particular facilitate their access to appropriate resources and their engagement with relevant community agencies to assist with this process:

- Queensland Program of Assistance to Survivors of Torture and Trauma (QPASTT) is a state-wide service that provides resources and professional development to build the capacity of schools to support refugee students. Visit: http://qpastt.org.au/what-we-do/children-and-youth-programs/support-for-schools/
- The Queensland Transcultural Mental Health Centre is a state-wide service that can help to organise a culturally appropriate assessment and/or psycho-education for a young person or their family members; provide specific information for a cultural group you are working with; organise a workshop on a particular mental health issue in your community; and also provide other resources surrounding transcultural mental health issues. Visit: http://www.health.qld.gov.au/metrosouthmentalhealth/qttmc/

Further multicultural health resources are available from the Queensland Health Multicultural Health website, including practice guides, cultural information and community profiles. Visit: www.health.qld.gov.au/multicultural/

Aboriginal and Torres Strait Islander young people

- Aboriginal and Torres Strait Islander young people experience comparatively higher rates of mental health problems, STIs, and substance use than non-Aboriginal and Torres Strait Islander young people. They therefore represent an at-risk sub-group that would benefit from engagement in selective prevention programs to address risk behaviours and build resilience.
- Programs targeted at Aboriginal and Torres Strait Islander young people should be culturally relevant and delivered in a culturally-safe manner, and tailored to the specific needs of the community.
- The Aboriginal and Torres Strait Islander Health Worker will have a major role in facilitating these programs and building links between young people, schools, their families and the community.

Specific interventions may include:

- implementing school and peer-based education programs that promote safe behaviours in collaboration with young people;
- programs to increase physical activity, decrease inhalant or tobacco use, and reduce violence and crime;
- implement the well person’s health check;
- implement and evaluate programs such as SmokeCHECK and Foetal Alcohol Syndrome (FAS) education;
- provide accessible health promotion and primary care services for those attending secondary school (including those at risk of early school leaving and homelessness) in collaboration with the SBYHN;
- develop, implement, monitor and evaluate young pregnant and parenting programs;
- collaborate with education and community to develop, implement, monitor and evaluate life skills programs;
- in partnership with young people, their families and communities develop community-based health promotion and other services to meet major needs (e.g. sexual health, substance use, emotional wellbeing);
- develop and implement pathways to support young people with their specific needs (e.g. those who experience violence, abuse and neglect);
- implement, monitor and evaluate coordinated services for mature minors who are not attending school or accessing health services;
implement, monitor and evaluate relevant strategies from the Queensland Government’s ‘Making tracks toward closing the gap in health outcomes for Indigenous Queenslanders by 2033’ strategic framework.

Young people in out-of-home care

- Children and young people in out-of-home care are among the most vulnerable in our society. Many have experienced situations of abuse or neglect in their family of origin, and often find themselves placed with intolerant carers who do not adequately meet their care needs, or further subject them to physical or emotional abuse 299.

- Children and young people in care may experience family and cultural disconnectedness and disenfranchised grief, which can contribute to the development of attachment problems which negatively impact on their sense of safety and security and hinder their personal development. They may receive inadequate practical support to develop self-care and social skills, which may further impact on their self-esteem and self-concept and inhibit their ability to function effectively in society. This can lead to chronic problems with personal and family relationships, negatively influence employment opportunities, as well as increase their susceptibility to exploitation and involvement with the criminal justice system 39,266.

- Young people in out-of-home care may also experience a much higher prevalence of clinically significant mental health problems, including post-traumatic stress disorder, major depression and disruptive behavioural disorders. They also have higher rates of substance abuse and suicidal behaviour. Homeless youth, or those with precarious housing situations due to adverse family histories but no formalised care arrangements, are equally at risk for these mental health issues 267.

- The Child Protection system in Queensland is currently under reform with one of the aims being to redress these adverse outcomes for children and young people in care 268.

- Understanding the risk factors that may impact on the wellbeing of a young person in care is the first step for the SBYHN in tailoring support for their particular care needs. Assisting young people in care to understand their rights through information provision and advocacy can also help to ensure their needs are appropriately met.


- The Create Foundation aims to connect young people in care with those in similar situations to promote peer support and decrease isolation. The Foundation also provides programs to empower young people to develop self-confidence and self-esteem, and the skills to enable them to speak up and advocate for improvements to the foster care system (http://www.create.org.au/about-us).

- Schools also have a responsibility to provide appropriate educational support for children and young people in care, and SBYHNS may provide advocacy to ensure they are actively involved in the development and ongoing review of an education support plan to help them reach their goals (http://education.qld.gov.au/students/incare/resources.html)
Responding to need

- A variety of strategies are employed by the SBYHN and Aboriginal and Torres Strait Islander Health Worker to respond to identified need within the school setting. This may involve the provision of individual support to young people through confidential consultations involving age-appropriate assessment, brief intervention and referral to appropriate health services or community agencies; small group programs with young people experiencing a common identified concern; or other health promotion initiatives targeting identified need within the school community.

Care planning

- SBYHNs work collaboratively with young people to tailor appropriate and acceptable plans of care that consider the young person’s stage of psychosocial development, the acuity of their concern/s; service availability and suitability, and access issues such as affordability and transportation.

- It is recommended that SBYHNs familiarise themselves with locally-based services that are suitable to address the wide range of adolescent health issues. In addition to knowledge of referral pathways, intake processes, relative costs and opening hours, SBYHNs should seek information regarding any limitations to services provided to young people through these services, the requirement for parental involvement, and the availability of youth-friendly practitioners. Information such as this will assist young people to navigate the health care system effectively and seek appropriate and timely support. Providing guidance for young people on how they may access information themselves over the phone or internet can further build their health literacy and support their future help-seeking endeavours.

- Unless the young person is deemed to be at imminent risk of harm, consent should always be obtained to refer the young person to another service. Depending on the situation, young people may need time to contemplate referral recommendations and subsequent consultations may be required to review the young person’s decision in this regard. Where appropriate the SBYHN would encourage the young person to discuss the referral options with his/her parents/caregivers. If consent were forthcoming to contact the parents/caregivers, the SBYHN may then devise a suitable plan of care in collaboration with the young person and his/her family which may help to mediate service access barriers such as affordability and transportation.

Facilitating a family-centred approach to care planning

- Although SBYHNs provide a youth-focused service and work to empower young people to increasingly assume control for their own healthcare decisions, it is important to be mindful of the context of the family and community in which young people live and how this influences their health and wellbeing. Parents have little access to the information being provided to their children unless the young person chooses to initiate discussion with them regarding their help-seeking endeavours. The generation gap as well as cultural issues can create distance between parents and their children and exacerbate communication difficulties. PHC care practice with young people requires that access, equity, self-determination and cultural sensitivity be extended not only to the adolescent group, but also to their parents and relevant community members.

- SBYHNs should explore the young person’s relationships with their family members and assess how they function together as a family unit. A simple and effective way of achieving this is by explicitly asking young people to identify their family strengths. The Australian Family Strengths Nursing Assessment Guide provides an overview of the types of strengths that indicate resilience and effective family functioning. The guide details questions the nurse may use to elicit qualities in the family such as: togetherness; sharing activities; affection; support; communication; acceptance; and commitment (refer to Appendix 1). Once it has been established that the family may be receptive to involvement and contact would not further jeopardise the young person’s situation, the SBYHN may seek permission from the young person to engage with family members and offer to advocate on behalf of the young person as required to support communication and facilitate connections and a partnership approach to addressing the issue at hand. The SBYHN will then have the opportunity to explore the situation...
from the family’s perspective, as well as gain a more comprehensive understanding of other factors pertaining to the family’s situation which may be impacting on the health and wellbeing of the young person and offer support and referral as required.

- The Commonwealth Government has a website called Family Relationships Online which has links to useful factsheets to support healthy relationships and effective communication between young people and their families: www.familyrelationships.gov.au/Pages/default.aspx

- SBYHNs may draw on the Family Partnership Model to support their communication with parents/caregivers and young people and facilitate the development of effective working relationships. The model consists of a series of eight interrelated steps, each of which represents an important task: Partnership; Exploration; Understanding; Goal-setting; Strategic planning; Implementation; Reviewing and ending. The model supports practitioners to reflect on their interpersonal skills and personal qualities which influence the process of developing a genuine and respectful partnership that builds self-esteem and self-efficacy, and facilitates a family-centred approach to addressing the issue at hand. Information regarding training in the use of the Family Partnership Model can be found on QHEPS: http://qheps.health.qld.gov.au/ccyfhs/html/statewide-child-health.htm

- SBYHNs should seek to determine whether young people followed up with referral recommendations in order to assess the suitability of the referral pathway, and ascertain whether subsequent care planning is required to better meet the needs of the young person.

**Care coordination for clients with complex care needs**

- Considering the autonomous nature of the SBYHN role, it is recommended that SBYHNs have supportive processes in place to assist them with the effective coordination of care for clients with more complex care needs.

- Clients with complex care needs will be identified by the SBYHN through the conduct of a HEEADDSSS assessment during an individual consultation. This may include young people who:
  - have been harmed or are at risk of harm according to the Child Safety Unit Fact Sheet – “Clinical Risk Factors and Indicators of Harm in Children 13-18 years”;
  - have recently engaged in self-harming behaviour or are at risk of harming self or others;
  - are involved in risk-taking behaviours due to mental health concerns; or
  - are deemed to have multiple risk factors which jeopardise their health and wellbeing.

- Support with care coordination may involve initial liaison with clinical line managers to report and discuss the management of clients with identified complex care needs, as well as periodic reviews to provide ongoing collegial support with revisions to care planning. Additional strategies may also be helpful, such as presentation of de-identified information regarding clients with complex care needs at a case conference with medical and/or allied health staff to provide an inter-disciplinary perspective to support case management and referral pathways (such as staff from the local CYMHS).

- Timeframes for scheduling care reviews will be commensurate with the level of risk identified. This will also influence whether the care review occurs with colleagues face-to-face, over the telephone or via tele- or video-conference. The following timeframes are recommended:
  - For clients deemed to be at imminent risk, SBYHNs will seek immediate contact with their clinical line manager to discuss the care requirements (and the CPLO if there is a child safety concern). Depending on the client’s circumstances, reviews would then be scheduled in accordance with recommendations by the clinical line manager. It may also be appropriate to discuss the client’s situation at the next case conference to seek inter-disciplinary input into the care coordination.
  - For clients who are not deemed to be at imminent risk, an initial and subsequent review/s should be scheduled at the frequency deemed appropriate by the clinical line manager and/or case conference team coordinator.
SBYHNs will maintain a written record of discussions held with other health professionals regarding the management of clients with complex care needs, including the recommendations made and the resultant plans of care. This may entail the use of specific care review documentation (refer to Appendix 14 for an example) or relevant notations in the client’s progress notes.

Small group programs to address identified need

Often the SBYHN, in conjunction with other members of the student welfare team, will identify a number of students who are contending with a similar issue. It can be beneficial to coordinate an indicated preventative intervention such as a small group program to collectively address the students’ identified need while facilitating a supportive peer environment which may help to normalise the student’s situation and provide an additional measure of support.

A number of health and wellbeing concerns may be addressed through small group programs with a variety of evidence-based resources available to facilitate this. There are cognitive behaviour based programs to address anxiety and depression (such as FRIENDS for Life – Visit: http://www.pathwaysshr.com.au/); loss and grief education programs to strengthen the social and emotional wellbeing of young people who are dealing with significant loss or change (including the death of a loved one, parental divorce or separation, the experience and aftermath of natural disaster and moving house or school) (such as Seasons for Growth – Visit: https://www.goodgrief.org.au/children-and-young-people); and programs to support students at risk of disengagement from school (such as Rock and Water – Visit: http://www.newcastle.edu.au/research-and-innovation/centre/fac/resources). The coordination and co-facilitation of small group programs in the school setting can present an ideal opportunity to forge links with external service providers in the local community.

There are a number of factors to consider when coordinating small group programs:

- the availability and cost of educational resources to support program delivery;
- the availability and cost of facilitator training to support program delivery;
- the availability of other support personnel (within or external to the school) to co-facilitate the program;
- the availability of a suitable venue to conduct the small group program;
- ensuring that participating students attend during different classes each week to avoid impacting on their educational progress in one particular subject;
- facilitating students’ discrete attendance to avoid potential stigmatisation by their peers;
- striving to ensure that students are compatible in relation to age, temperament and any other factors which may influence the ‘culture’ of the group, including group dynamics, individual participation and on-going group attendance;
- fulfilling requirements regarding parental/caregiver permission for student participation;
- setting and maintaining appropriate group boundaries to ensure that group members are respectful of one another, they maintain confidentiality of information shared within the group, and they stay on track with program objectives; and
- data collection surrounding process and impact measures to evaluate the success of the program (in accordance with specific school and HHS requirements).

Other service initiatives to respond to identified need in the school community

The SBYHN service is founded on a PHC model that promotes positive health outcomes for young people and their families through the delivery of accessible, acceptable, appropriate and culturally respectful PHC services in the school setting.

The ongoing and rising problems of STI’s and unwanted/unplanned pregnancy underscore the need to provide sexual health and contraceptive services for young people that recognise their unique developmental stage and are delivered in a way that overcome barriers to access, and support positive health and help-seeking behaviours. Additionally, the provision of health education regarding sexual safety is important, but unless this is skills-based and is coupled with ready access to contraception its effects are likely to be limited.
The discretionary provision of condoms to young people and urine pregnancy testing via the SBYHN service reflects the principles of PHC and supports early intervention/prevention of ill health. These discretionary services should occur in the context of individual consultations and involve supportive education. These services should only be delivered if agreed upon by the Principal of the school concerned and the HHS in which the nurse practices. It may also be appropriate to seek the approval of the schools Parents and Citizens Association.

The parameters of the discretionary condom distribution and urine pregnancy testing service must also be agreed upon by the Principal of the school concerned and the HHS. This would include negotiation regarding: responsibility for budgetary requirements; provision of equipment required; and procedures for disposal and storage of consumables. Documentation regarding the outcome of these negotiations should be developed in accordance with HHS policy.

**Distribution of condoms within the school setting**

- During a young person’s initial presentation, the SBYHN will explain the parameters of the service and bounds of confidentiality prior to the young person disclosing personal information. In addition to applying the Gillick Principle to assess whether a young person is of sufficient maturity and understanding to access a consultation with the SBYHN, the Fraser Guidelines should be applied when offering contraceptive services to people under the age of 16 without parental knowledge or permission. This involves a determination that: The young person understands the advice being given and cannot be convinced to involve parents/carers (or allow you to do so on their behalf); it is likely that the young person will begin or continue having intercourse with or without treatment/contraception; unless he or she receives treatment/contraception the young person’s physical and/or mental health is likely to suffer; and the young person’s best interests require contraceptive advice, treatment or supplies to be given without parental consent.

- When it is deemed that a young person meets the requirements to participate in a discretionary condom distribution service, the SBYHN is to provide opportunistic education around sexual health, STIs and sexual safety, sexual decision making, and contraception, and if agreed facilitate referral to appropriate community services relative to the young person’s identified need/s. If during the course of the consultation there are deemed to be child safety concerns, the SBYHN will act in accordance with relevant child safety legislation and mandatory reporting requirements.

- It is recommended that HHSs supporting discretionary condom distribution in secondary schools have in place an appropriate work instruction, checklist to guide the consultation process, and guidelines pertaining to the achievement of educational criteria/competency standards by SBYHNs to support the delivery of this service.

**Pregnancy testing within the school setting**

- If the discretionary provision of supported urine pregnancy testing is to be considered it must be delivered within the context of individual consultations and in conjunction with supportive education and appropriate referral for young people who present with a potential pregnancy. It should also be considered as one strategy within a whole-of-school approach to addressing teenage pregnancy.

- On initial presentation the SBYHN will explain to the young person the parameters of the service and bounds of confidentiality prior to the young person disclosing personal information. The SBYHN will assess if the young person has a sufficient level of maturity and understanding with regard to the issues and the health service proposed (i.e. Gillick Competence) and determine whether the young person comprehends and can consent to the service. In line with good practice, the SBYHN will explore with the student the possibility of involving a parent/caregiver. If the request is declined, the possibility for this can be revisited once rapport has been built between the SBYHN and young person.

- If discussions with the young person suggest a potential pregnancy, a potential pregnancy history checklist should be completed followed by the conduct of a urine pregnancy test (if the young person consents to this and if the provision of this service has been approved by the Principal of the school concerned and the HHS in which the SBYHN practices). The SBYHN will explain the procedure to the young person and highlight the need to perform the test and discuss the results in the presence of the client and SBYHN only.
If there are deemed to be child safety concerns during the consultation the SBYHN will act according to relevant child safety legislation and mandatory reporting requirements. The identification of child protection issues should not deter the SBYHN from performing a urine pregnancy test if there is an indicated need for this.

The provision of a discretionary supported pregnancy testing service by the SBYHN will facilitate the delivery of:

- pre- and post-pregnancy test counselling with the young person in a youth-friendly environment; and
- accurate, non-judgemental information regarding pregnancy options, the time restrictions surrounding choice, counselling opportunities, referral pathways to services, and holistic support to empower young women to make informed decisions regarding their health and wellbeing.

If the urine pregnancy test result is positive, the SBYHN has a duty of care to provide the student with accurate non-judgemental information regarding all of the options available to her to facilitate informed decision making.

If the test result is negative, a follow-up test may be required to exclude pregnancy. If a second test is negative, referral for further assessment of amenorrhoea may need to be negotiated with the student.

The SBYHN should explore with the student other important health considerations such as sexual health and protection from STIs, sexual decision making, sexual safety and contraception. A subsequent consultation may be needed to facilitate these discussions.

If a referral to an external service is indicated and the young person is deemed to be legally capable of making informed decisions regarding their own health care, it is the young person’s responsibility to follow through with the referral recommendations. At the time of negotiating the referral, the SBYHN can request the young person’s consent to facilitate follow up with staff from the referral service to ensure the appropriate action has been taken to support the young person.

Should the SBYHN assess that the young person is:

- not capable of understanding the implications of the health care decision;
- is under 14 years of age; or
- is at risk due to the nature of the sexual encounter (i.e. age difference or power imbalance between participants, or non-consensual sexual activity),
the SBYHN needs to consider relevant child safety legislation and mandatory reporting requirements.

It is recommended that HHSs supporting discretionary urine pregnancy testing in secondary schools have in place an appropriate work instruction, checklist to guide the consultation process, and guidelines pertaining to the achievement of educational criteria/competency standards by SBYHNs to support the delivery of this service. It is the responsibility of the school, HHS and SBYHN to negotiate appropriate professional development for the SBYHN to facilitate this service delivery.

Dealing with requests for information from Queensland Police Service

SBYHNs may at times be approached by Queensland Police for information; be requested to provide a statement or be interviewed by police; or be approached by the Queensland Police Service to attend court to give evidence. Should any of these situations occur, it is essential to first discuss the matter with your line manager who will seek advice from HHS management/medico-legal services as required, and direct you to specific HHS policies and procedures addressing the matter.
APPENDIX 1

Australian Family Strengths Nursing Assessment Guide

Togetherness
- In your family, what shared beliefs really matter to you?
- Do you share beliefs that really matter together that you would like to follow during this admission/time of health care?
- What are some of the things that cause you to celebrate together?
- Tell me about some of your family’s shared memories.

Shared activities
- When does the family spend time together?
- What is it you like about when you plan activities together?
- How often would you play together as a family?
- Tell me about when you have good times together in your family.

Affection
- In your family, when is it most easy to tell others how you feel about them?
- How best do you show your love for each other?
- In what ways do you demonstrate consideration for each other?
- How would others know you care about each other?
- If I were to ask your best friend about how you care about each other, what would they say?
- What sort of things do you do for each other?

Communication
- When do you listen to each other?
- Tell me about when you talk openly with each other.
- Tell me about some of the times when you laugh together.

Acceptance
- In what ways do you accept your individual differences?
- When are you most likely to give each other space?
- How do you show the members of your family that you respect each other’s point of view?
- What does forgiveness of each other look like in your family?
- What different responsibilities does each of you have?

Commitment
- When do you feel safe and secure with each other?
- How would others know that you trust each other?
- List some of the things your family does for your community.
- What rules do you have in your family and how should these be followed during this admission?

Resilience
- In what ways has this admission changed your plans?
- What helps keep each other hopeful?
- Can you tell me about when your family pulled together in a crisis?
- When you have a problem, what helps you discuss your problems?
- What do other people say they admire in your family?

Why are the ‘Eleven Key Messages’ important?

Early childhood development is critical as it impacts significantly on children later on in life, particularly in terms of their emotional wellbeing (Knitzer, 2001; Shonkoff & Phillips, 2000; Tsiantis et al., 2000; Keating & Hertzman, 1999; Heckman 2006; Mustard 2004 & 2006). It has been identified that the aspects that make up the ‘Eleven Key Messages’ are vital to early childhood development and will therefore increase the wellbeing of children and their families.

Background

The ‘Eleven Key Messages’ is a product of the Engaging Families in the Early Childhood Development (ECD) Story Project which aimed to maximise early childhood outcomes by enabling parents, carers and the community to better understand the neurosciences surrounding early childhood development. As one of the strategies to increase awareness and understanding of the messages to parents, the Qld Centre for Children’s Health and Wellbeing has developed 11 newsletters that provide useful facts and strategies for building healthy children. The Centre aims to promote the newsletters to families and organisations working with families to support their parenting journey and help to build knowledge and skills in enhancing child development and wellbeing.

‘Eleven Key Messages’

| The first five years matter and last a lifetime | Nurture, communicate and play with your baby as a strong foundation builds a brain that allows for growth and later learning. |
| Good nutrition, health and exercise are critical | Be a good, healthy model for your child as they learn from you. Eat healthy meals together – lots of fruit and vegetables. |
| Children are born ready to learn | Experiences shape how you child’s brain grows, learns and develops. Play games with your child and establish predictable routines. |
| The best learning happens in nurturing relationships | Your child’s brain develops healthily through loving, caring, stable and supportive relationships. Hold, caress, cuddle and talk to your baby. |
| The brain develops through use | Make sure your child is able to use their senses. Involve your child in everyday activities such as helping around the house. |
| Children’s wellbeing is critical to brain development | You need to grow your child’s heart and mind. Avoid situations that are stressful. Do things together such as washing the dog and preparing meals. |
| Children learn through being engaged and doing | Play helps your child to develop skills they need to do well later on in life. Allow your child to explore things by themselves. |
| Children learn from watching and copying | Being a positive role model is vital for your child’s learning. Talk about feelings and name them. Model and include your child in concern and care for others. |
| Children’s self control is critical for learning and relationships | Your child learns self-control and how to manage their feelings by watching what you do. Encourage pretend play and encourage your child to be cooperative and sociable. |
| Children learn language by listening to it and using it | Your child learns words when you name the things they are playing with or looking at. Talk about what you are doing in your tasks to your children, tell stories, sing and write with your child. |
| Children are born ready to use and learn mathematics | By trying and finding things out for themselves, your child learns maths more effectively. Play counting games with your child and provide opportunities for your child to use maths – when shopping, ask your child to collect items. |

Contact

Centre for Children’s Health & Wellbeing: (07) 3412 2936

View all four project reports at:

### FAMILY HEALTH ASSESSMENT

**Children’s Health Queensland**  
Child Health Service

#### (Affix patient identification label here)

<table>
<thead>
<tr>
<th>URN:</th>
<th>Sex:</th>
<th>M</th>
<th>F</th>
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<table>
<thead>
<tr>
<th>Family Name:</th>
<th>Given Names:</th>
<th>Address:</th>
<th>Date of Birth:</th>
<th>Telephone:</th>
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</thead>
<tbody>
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This page is to be completed at the first contact

**Referral source:**  
- [ ] Self  
- [ ] Hospital  
- [ ] GP  
- [ ] Other: (please state): …………………………………………………

**Introductory conversation (please tick):**

- [ ] AIDET: Explanation of Child Health service & roles, Family Health Assessment and working in partnership  
  (Refer to Section 1 of the guideline)

**Who participated in this interview? (please tick):**

- [ ] Mother  
- [ ] Father  
- [ ] Grandparent  
- [ ] Other, Please state: ………………………………………………  
- [ ] Interpreter present

**Family members and other’s living in the household:**

<table>
<thead>
<tr>
<th>Surname</th>
<th>Given Name/s</th>
<th>Date of Birth</th>
<th>Relationship to Child</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

**Other Services supporting the family (please tick & state name):**

- [ ] General Practitioner  
- [ ] Paediatrician
- [ ] Allied Health Professional  
- [ ] Mental Health Professional
- [ ] Child Safety Service  
- [ ] Other: ………………………………………………………

**Family / Social Circumstances – Protective Factors (please tick):**

- [ ] Partner employed  
- [ ] Family support  
- [ ] Community support  
- [ ] Child-care arrangements
- [ ] Able to access support  
- [ ] Other (Please state): ………………………………………………………

**Does the parent identify any immediate concerns for their child/ren’s health or wellbeing? If yes, describe:**

- ……………………………………………………………………………………………………
- ……………………………………………………………………………………………………
- ……………………………………………………………………………………………………

**Staff Signature:**

Name & Designation:  
Date:  /  /  Time:
## Social Circumstances and Family Functioning

*(Discuss using suggested questions in Section 2 of the Family Health Assessment guideline)*

<table>
<thead>
<tr>
<th>What cultural or social issues are identified with the family that may impact on the child and / or parenting?</th>
<th>(tick &amp; describe)</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Nil</td>
<td>☐ Language barriers</td>
</tr>
<tr>
<td>☐ Language barriers</td>
<td>☐ Financial stress</td>
</tr>
<tr>
<td>☐ Financial stress</td>
<td>☐ Mother aged &lt; 18 years</td>
</tr>
</tbody>
</table>

**Maternal**

<table>
<thead>
<tr>
<th>Maternal</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Medical illness</td>
</tr>
<tr>
<td>☐ Medical illness</td>
</tr>
</tbody>
</table>

**Paternal**

<table>
<thead>
<tr>
<th>Paternal</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Medical illness</td>
</tr>
<tr>
<td>☐ Medical illness</td>
</tr>
</tbody>
</table>

**Clinician Initials** ................................ Date: ........... / ............... / ...............
# Family Health Assessment

## Domestic and Family Violence

*(Discuss using suggested questions in Section 4 of the Family Health Assessment guideline)*

What relationship issues are identified with the family that may impact on their child and / or parenting?

- [ ] Nil
- [ ] Past abuse – abuse as a child
- [ ] Current environment abusive
- [ ] Other

**Maternal**


**Paternal**


Clinician Initials ...................... Date: ........ / ........ / ...........

## Alcohol, Tobacco and Other Drug Use

*(Discuss using suggested questions in Section 5 of the Family Health Assessment guideline)*

What substance use issues are identified with the family that may impact on their child and / or parenting?

- [ ] Nil
- [ ] Alcohol use
- [ ] > 2 standard drinks /day
- [ ] > 5 standard drinks on any one occasion
- [ ] Tobacco use
- [ ] Psychoactive drug use
- [ ] Prescribed medications
- [ ] Other

**Maternal**


**Paternal**


Clinician Initials ...................... Date: ........ / ........ / ...........
Children's Health Queensland
Child Health Service

Family Health Assessment

(Affix patient identification label here)

URN: .............................................. Sex:  □ M  □ F
Family Name: ............................................................................................................
Given Names: ............................................................................................................
Address: ....................................................................................................................
Date of Birth: ................................ Telephone: ......................................................

Pregnancy Outcomes

(Discuss using suggested questions in Section 6 of the Family Health Assessment guideline)

What pregnancy / birth issues are identified with the family that may impact on their child and / or parenting?
(Tick & describe)

<table>
<thead>
<tr>
<th>Issue</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nil</td>
<td></td>
</tr>
<tr>
<td>Ambivalence (current pregnancy)</td>
<td></td>
</tr>
<tr>
<td>Assisted Reproduction</td>
<td></td>
</tr>
<tr>
<td>Perinatal loss</td>
<td></td>
</tr>
<tr>
<td>Other e.g. obstetric complication/s, birth trauma</td>
<td></td>
</tr>
</tbody>
</table>

Clinician Initials ......................... Date: ............. / ............... / ...............

Infant Health

(Discuss using suggested questions in Section 6 of the Family Health Assessment guideline)

What infant health issues are identified with the family that may impact on their child and / or parenting?
(Refer to Newborn Assessment & describe)

Clinician Initials ......................... Date: ............. / ............... / ...............

Family Strengths and Resources (protective factors)

What strengths and resources does the parent/carer identify that support their child and / or parenting? (describe)

Clinician Initials ......................... Date: ............. / ............... / ...............

Concluding conversation (at completion of assessment)

To help us develop a plan of care with you, what is most important to you regarding your child’s health? How can our service support you? (Record response):

......................................................................................................................................................

Peer/Interdisciplinary review required  Care plan documented

Thank the parent for their participation.
## DVI Assessment Form

### Children's Health Queensland
Child Health Service

<table>
<thead>
<tr>
<th>(Affix patient identification label here)</th>
</tr>
</thead>
<tbody>
<tr>
<td>URN: __________________________ Sex: □ M □ F</td>
</tr>
<tr>
<td>Family Name: __________________________</td>
</tr>
<tr>
<td>Given Names: __________________________</td>
</tr>
<tr>
<td>Address: ______________________________</td>
</tr>
<tr>
<td>Date of Birth: ________________________ Telephone: __________________________</td>
</tr>
</tbody>
</table>

### Health professional to explain the following in own words:
- In this health service, we are concerned about your health and safety, so we ask all women the same questions about violence at home;
- This is because violence is very common and we want to improve our response to families experiencing violence.

### Health worker to ask the following questions of ALL female patients on their own.

1. Are you afraid of your partner?
   - [ ] Yes
   - [ ] No

2. In the last year, has your partner hit, kicked, punched or otherwise hurt you?
   - [ ] Yes
   - [ ] No

3. In the last year, has your partner put you down, humiliated you or tried to control what you can do?
   - [ ] Yes
   - [ ] No

4. In the last year, has your partner threatened to hurt you?
   - [ ] Yes
   - [ ] No

### If domestic violence has been identified in any of the above questions, continue to questions 5 & 6

5. Would you like help with any of this now?
   - [ ] Yes
   - [ ] No

6. This could be important information for your health care. Would you like us to send a copy of this form to your doctor?
   - [ ] Yes
   - [ ] No

### Name of Doctor: __________________________

### Address: __________________________

### Phone: __________________________

### Signature of Client:

### Date: __________________________

### DV Risk Status:
- Domestic violence not identified □
- Domestic violence identified, help refused □
- Domestic violence identified, help provided □

### Provided with:
- Contact phone numbers for DV □
- Written information for DV □
- Referral to hospital-based service □
- Referral to community DV service □
- Referral to GP □
- Other (state): __________________________

### Screening Not Completed due to:
- Presence of Partner □
- Presence of family members/friends □
- Absence of interpreter □
- Women refused to answer the questions □

### Additional Comments:

### Staff Signature: __________________________

### Name & Designation: __________________________

### Date / Time: __________________________
### Edinburgh Postnatal Depression Scale (EPDS)

We would like to know how you have been feeling in the past week. Please indicate which of the following comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today. Please colour in the circle using a dark pencil or pen.

Here is an example already completed

I have felt happy:

- Yes, all the time
- Yes, most of the time
- No, not very often
- No, not at all

This would mean "I have felt happy most of the time during the past week"

Please complete the other questions in the same way.

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
<th>Circle</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I have been able to laugh and see the funny side of things.</td>
<td>As much as I always could</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Not quite so much now</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Definitely not so much now</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Not at all</td>
<td></td>
</tr>
<tr>
<td>2. I have looked forward with enjoyment to things</td>
<td>As much as I always did</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Rather less than I used</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Definitely less than I used</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Hardly at all</td>
<td></td>
</tr>
<tr>
<td>3*. I have blamed myself unnecessarily when things went wrong</td>
<td>Yes, most of the time</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Yes, some of the time</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not very often</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>No, never</td>
<td></td>
</tr>
<tr>
<td>4. I have been anxious or worried for no good reason</td>
<td>No, not at all</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Hardly ever</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yes, sometimes</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Yes, very often</td>
<td>O</td>
</tr>
<tr>
<td>5*. I have felt scared or panicky for no very good reason</td>
<td>Yes, quite a lot</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Yes, sometimes</td>
<td>O</td>
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<tr>
<td></td>
<td>No, not much</td>
<td>O</td>
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<tr>
<td></td>
<td>No, not at all</td>
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<tr>
<td>6*. Things have been getting on top of me</td>
<td>Yes, most of the time</td>
<td>O</td>
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<td></td>
<td>Yes, sometimes</td>
<td>O</td>
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<tr>
<td></td>
<td>Not very often</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>No, not at all</td>
<td></td>
</tr>
<tr>
<td>7*. I have been so unhappy that I have had difficulty sleeping</td>
<td>Yes, most of the time</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Yes, sometimes</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Not very often</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>No, not at all</td>
<td></td>
</tr>
<tr>
<td>8*. I have felt sad or miserable</td>
<td>Yes, most of the time</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Yes, quite often</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Not very often</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>No, not at all</td>
<td></td>
</tr>
<tr>
<td>9*. I have been so unhappy that I have been crying</td>
<td>Yes, most of the time</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Yes, quite often</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Only occasionally</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>No, never</td>
<td>O</td>
</tr>
<tr>
<td>10*. The thought of harming myself has occurred to me</td>
<td>Yes, quite often</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Sometimes</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Hardly ever</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Never</td>
<td></td>
</tr>
</tbody>
</table>

Administered/Reviewed by: 
Name and Designation:  

Date: ____________________________ Time: __________

---

Children's Health Queensland
Child & Youth Community Health Service

Edinburgh Postnatal Depression Scale (EPDS)

Postpartum depression is the most common complication of childbearing. The 10-question Edinburgh Postnatal Depression Scale (EPDS) is a valuable and efficient way of identifying patients at risk of “perinatal” depression. The EPDS is easy to administer and has proven to be an effective screening tool.

Mothers who score above 13 are likely to be suffering from a depressive illness of varying severity. The EPDS score should not override clinical judgement. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt during the previous week. In doubtful cases it may be useful to repeat the tool after 2 weeks. The scale will not detect mothers with anxiety neuroses, phobias or personality disorders.

More information and support for women is available through Beyond Blue: the national depression initiative, 2007 Information Line: 1300 22 4636
W: www.beyondblue.org.au

SCORING

QUESTION 1, 2 & 4 (without an *)
Are scored 0, 1, 2 or 3 with top box scored as 0 and the bottom box scored as 3.

QUESTIONS 3, 5-10 (marked with an *)
Are reverse scored, with the top box scored as a 3 and the bottom box scored as 0.

Maximum score: 30
Possible Depression: 10 or greater
Always look at item 10 (suicidal thoughts)

Instructions for using the Edinburgh Postnatal Depression Scale:
1. The mother is asked to check the response that comes closest to how she has been feeling in the previous 7 days.
2. All the items must be completed.
3. Care should be taken to avoid the possibility of the mother discussing her answers with others. (Answers come from the mother or pregnant women).
4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.


# APPENDIX 6  Edinburgh Postnatal Depression Scale scoresheet

The EPDS is a 10-item questionnaire. Women are asked to answer each question in terms of the past seven days.

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I have been able to laugh and see the funny side of things</td>
<td>As much as I always could (score of 0)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not quite so much now (score of 1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Definitely not so much now (score of 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not at all (score of 3)</td>
<td></td>
</tr>
<tr>
<td>2. I have looked forward with enjoyment to things</td>
<td>As much as I ever did (score of 0)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rather less than I used to (score of 1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Definitely less than I used to (score of 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hardly at all (score of 3)</td>
<td></td>
</tr>
<tr>
<td>3. I have blamed myself unnecessarily when things went wrong</td>
<td>Yes, most of the time (score of 3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yes, some of the time (score of 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not very often (score of 1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No, never (score of 0)</td>
<td></td>
</tr>
<tr>
<td>4. I have been anxious or worried for no good reason</td>
<td>No, not at all (score of 0)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hardly ever (score of 1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yes, sometimes (score of 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yes, very often (score of 3)</td>
<td></td>
</tr>
<tr>
<td>5. I have felt scared or panicky for no very good reason</td>
<td>Yes, quite a lot (score of 3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yes, sometimes (score of 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No, not much (score of 1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No, not at all (score of 0)</td>
<td></td>
</tr>
<tr>
<td>6. Things have been getting on top of me</td>
<td>Yes, most of the time I haven’t been able to cope at all (score of 3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yes, sometimes I haven’t been coping as well as usual (score of 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No, most of the time I have coped quite well (score of 1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No, I have been coping as well as ever (score of 0)</td>
<td></td>
</tr>
<tr>
<td>7. I have been so unhappy that I have had difficulty sleeping</td>
<td>Yes, most of the time (score of 3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yes, sometimes (score of 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not very often (score of 1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No, not at all (score of 0)</td>
<td></td>
</tr>
<tr>
<td>8. I have felt sad or miserable</td>
<td>Yes, most of the time (score of 3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yes, quite often (score of 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not very often (score of 1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No, not at all (score of 0)</td>
<td></td>
</tr>
<tr>
<td>9. I have been so unhappy that I have been crying</td>
<td>Yes, most of the time (score of 3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yes, quite often (score of 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Only occasionally (score of 1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No, never (score of 0)</td>
<td></td>
</tr>
<tr>
<td>10. The thought of harming myself has occurred to me</td>
<td>Yes, quite often (score of 3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sometimes (score of 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hardly ever (score of 1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Never (score of 0)</td>
<td></td>
</tr>
</tbody>
</table>

**Total score**
## Developmental Profile

### 2 Month Assessment

**Children’s Health Queensland**  
Child Health Service  

**Developmental Profile**  

**2 Month Assessment**

**Assessment age: ..............................................**  

(Affix patient identification label here)

- **URN:** ........................................................  
- **Sex:** □ M □ F

**Family Name:** .......................................................  
**Given Names:** ..................................................

**Address:** ............................................................  
**Date of Birth:** ........................................  

**Subjective:**

- …………………………………………………………………………………………………………………………………………………

- …………………………………………………………………………………………………………………………………………………

- …………………………………………………………………………………………………………………………………………………

- …………………………………………………………………………………………………………………………………………………

- …………………………………………………………………………………………………………………………………………………

- …………………………………………………………………………………………………………………………………………………

**Physical Development:**

- **Weight and Percentile (P):**  
- **Length and Percentile (P):**  
- **Head Circumference and Percentile (P):**  
- **Head / Fontanelles:**  
- **Eyes / Vision:**  
- **Hearing:**  
- **Otoscopy (A&TSI only):**  
- **Other:**

- **Chest / abdomen:**  
- **Femoral Pulses:**  
- **Hips:**  
- **Genitalia:**  
- **Limbs:**  
- **Skin:**

**Nutrition and Infant Feeding (refer to definitions below):**

- □ Exclusive Breastfeeding  
- □ Full Breastfeeding  
- □ Partial Breastfeeding  
- □ Full Bottlefeeding (type & quota):  
- □ Weaned, reason:

**Parent / Infant Interaction and Responsiveness (observe & describe):**

- …………………………………………………………………………………………………………………………………………………………………

- …………………………………………………………………………………………………………………………………………………………………

- …………………………………………………………………………………………………………………………………………………………………

**Developmental Assessment:**

- Has the parent / carer any concerns with their child’s development? □ Yes □ No

<table>
<thead>
<tr>
<th>Posture and Large Movements</th>
<th>Parent</th>
<th>Staff</th>
<th>Comments / Concerns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Y N</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supine: large active movements of arms and legs, generally spontaneous motor activity</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prone: lifts head up and holds effectively in line with body</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supported sitting: head held steady, rounded back</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vision and Fine Movements</th>
<th>Parent</th>
<th>Staff</th>
<th>Comments / Concerns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Y N</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turns head and eyes towards light source</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Follows a dangling object at 30-45 cm from midline to each side and back</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watches face and follows with his / her eyes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reflex grasp, clenches and unclenches hands</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Signature:**

- **Name & Designation:**  
- **Date:** / /  
- **Time:**
Children’s Health Queensland
Child Health Service

Developmental Profile
2 Month Assessment

(Affix patient identification label here)

URN: ................................................. Sex:  M  F
Family Name: .................................................................................................
Given Names: ...............................................................................................
Address: ........................................................................................................
Date of Birth:  ...........................................  Telephone: .................................

<table>
<thead>
<tr>
<th>Parent</th>
<th>Staff</th>
<th>Comments / Concerns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Y</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>Y</td>
<td>N</td>
<td></td>
</tr>
</tbody>
</table>

Communication and Hearing
✓ Started by sudden noises
✓ Listens to sound
✓ Vocalising little guttural noises (“ooo”, “gah”, “aah”)
✓ Sucks well

Social Behaviour and Play
✓ Alertness, social smile

Consolability when picked up
Hand to mouth

Guidelines for Developmental Assessment
• ✓ indicates that this particular skill should have been acquired at appropriate age level
• If in any one section (eg. ‘Posture and Large Movements’; ‘Communication and Hearing’; etc.) one ✓ is not achieved consult appropriately if required and/or implement a plan and then review.
• If two or more skills with the ✓ have not been achieved at the appropriate age level in any section, consult appropriately if required and/or refer.

Assessment including the decision to consult and/or refer should take into account the child’s history, previous and current assessments.

Assessment Outcome:
☐ Satisfactory / Pass  ☐ Review  ☐ Refer

Anticipatory Guidance: (tick if discussed)
Items need only be ticked / used as required. They provide some guidance as to relevant issues for the age. Prioritise according to need.

Infant feeding
Expressing/storing breastmilk
Safe use of infant formula
Feeding equipment hygiene
Immunisation
Oral health
Infant sleep
Normal infant behaviour / cues
Stimulating language
Interacting with your baby/play

Adjustment to parenting
Being a family
Maternal/family mental health & wellbeing
Infant attachment
Parent self-care
Parent supports / groups
Contraception
Recommended health checks
Personal Health Record / Information booklet

Never shake baby
Safe sleeping / SUDI
Safe medication administration & storage
Transport related
Sun safety
Clothing
Falls prevention
Burns/scalds prevention
Water safety – bathing
Pets
Choking

Comments / Plan:
…………………………………………………………………………………………………………………………………………………..
…………………………………………………………………………………………………………………………………………………..
…………………………………………………………………………………………………………………………………………………..
…………………………………………………………………………………………………………………………………………………..

Signature: __________________________________________
Name & Designation: ____________________________ Date: / / Time: ____________________________


Exclusive breastfeeding - Infant receives only breast milk (including expressed milk) and medicines (including oral rehydration solutions, vitamins and minerals) but no non-human milk.

Full breastfeeding - In addition to breast milk and medicines the infant may receive water or water-based drinks, tea or fruit juice (which are not recommended for babies) but no non-human milk or formula.

Partial breastfeeding - Infant receives solid or semi-solid food in addition to or instead of breast milk, including expressed milk. This may include any food or liquid, including non-human milk and formula.

Full bottlefeeding - Infant is receiving a full bottle feeding regime and medicines (including oral rehydration solutions, vitamins and minerals) but no human milk or food (solid or semi-solid).
Perinatal and infant mental health universal risk assessment and referral pathways

Perinatal universal psychosocial screening
Women are seen antenatally and/or postnatally with baby and screening/assessment occurs, including:

- Edinburgh Postnatal Depression Scale (12 and/or 25–36 weeks antenatal and 4–6 weeks postnatal)
- Psychosocial risk factors
- Parent-infant relationship assessment

All services that support mothers in the perinatal period may participate in this screening process.

Women in the perinatal period

Obstetric, general practice, maternity and child health services
universal antenatal & postnatal screening

Risk assessment

- Low risk
- Moderate risk
- High risk

Universal perinatal care and universal perinatal community programs

Referral for primary mental health care:
- General practice services
- and/or
- Non mental health perinatal and infant health services
  - private
  - government
  - non-government

Referral for further mental health assessment:
- General practice services
- and/or
- Non mental health perinatal and infant health services
  - private
  - government
  - non-government

Mental health care plan

Perinatal and infant mental health services
- public/private
- ambulatory/inpatient

Perinatal and infant mental health services (not perinatal and infant mental health specific)
- public/private
- ambulatory/inpatient

Referral for secondary/tertiary mental health care:
- Perinatal and infant mental health services
  - public/private
  - ambulatory/inpatient

Mental health services
- public/private
- ambulatory/inpatient

See reverse for guidelines for risk assessment
Guidelines to assist in perinatal and infant mental health universal risk assessment and referral to care pathways

- As most women access health services at some time during pregnancy, childbirth or in the postnatal period, there is a universal opportunity to complete a brief psychosocial assessment, to identify those women at risk of emotional distress and/or significant psychosocial stressors.
- Psychosocial assessment in the perinatal period includes psychological, social, emotional, cultural and spiritual aspects of emotional health and wellbeing.
- Psychosocial assessment is based on the concept that there are multiple factors (biological, psychological, and social or environmental) that may individually or cumulatively contribute to the risk of emotional distress, just as there are multiple protective factors that mitigate this risk. Psychosocial assessment seeks to identify these risk and protective factors.
- An integrated approach to perinatal assessment, referral and the use of care pathways provides an opportunity for maternity, child health, GPs and mental health services staff to ensure that there is a holistic approach to addressing the perinatal and infant mental health needs of these women, their infants and families and to support the development of individual care plans based on the level of risk and the presence of protective factors.
- Perinatal and infant mental health services assess and support the mother preconception to 24 months postnatally and the infant preconception to 36 months postnatally.
- The table below is a guide to risk assessment in the perinatal period, utilising the EPDS, a psychosocial assessment tool and parent-infant relationship assessment.
- While a single risk factor may be sufficient to determine risk, it is important to also consider the combination of risk and protective factors that a woman presents with. It is often the assessment of risk versus protective factors that helps to determine a final decision about risk.

<table>
<thead>
<tr>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>EPDS of 9 or less</td>
<td>EPDS 10 - 12</td>
<td>EPDS &gt;12 and/ or Q10 on EPDS scored 1,2 or 3</td>
</tr>
<tr>
<td>no past history of psychiatric illness</td>
<td>past history of psychiatric illness</td>
<td>acute psychiatric distress or crisis</td>
</tr>
<tr>
<td>no history of past abuse</td>
<td>past history abuse</td>
<td>current or past psychiatric history</td>
</tr>
<tr>
<td>no past attachment issues</td>
<td>past attachment issues</td>
<td>current or past history abuse</td>
</tr>
<tr>
<td>no domestic violence history</td>
<td>domestic violence history</td>
<td>past attachment issues</td>
</tr>
<tr>
<td>no drug and alcohol abuse history</td>
<td>drug and alcohol abuse history</td>
<td>current domestic violence</td>
</tr>
<tr>
<td>only 1-2 environmental risk factors</td>
<td>2-3 environmental risk factors</td>
<td>current drug and alcohol abuse</td>
</tr>
<tr>
<td>no significant concerns about parent-infant relationship</td>
<td>possible or uncertain concerns about parent-infant relationship</td>
<td>&gt; 3 environmental risk factors</td>
</tr>
<tr>
<td>no significant concerns about infant’s mental health</td>
<td>no significant concerns about infant’s mental health</td>
<td>definite concerns about parent-infant relationship</td>
</tr>
<tr>
<td></td>
<td></td>
<td>significant concerns about infant’s mental health</td>
</tr>
</tbody>
</table>
Business Plan

Semester _____ to end Semester ______

School Based Youth Health Nurse Program, Queensland Health

______________________________ Hospital & Health Service

in partnership with

_____________________________ State High School

Department of Education Training & Employment, ________________ Region

We the undersigned, as representatives of the School Based Youth Health Nurse Service of the
______________________________ Hospital & Health Service, and __________________ State High School, Department of
Education Training and Employment, ________________ Region, hereby agree to work together to achieve the
strategies outlined in this Operational Plan between Semester , 20 and end Semester , 20. A report will be given at
each Local Consultative Team meeting on activities outlined.

Should issues of concern arise, these will be managed in a timely and collaborative manner, with the Principal and
the School Based Youth Health Nurse informally discussing identified issues and attempting resolution at the local
school level. If such issues remain unresolved, the Principal will discuss with the Nurse Line Manager.

School Based Youth Health Nurse Service:

Nurse Line Manager ___________ Signed ___________ Date ___________

Youth Health Nurse ___________ Signed ___________ Date ___________

__________________________ State High School:

Principal ___________ Signed ___________ Date ___________

Contact details

Nurse Line Manager, SBYHN Service. Tel: ___________ Email ___________

School Based Youth Health Nurse. Tel: ___________ Email ___________

__________________________ State High School. Tel: ___________ Email ___________
Mission statements

............................ Hospital & Health Service:
[Strategic objectives for HHS]

- 
- 
- 
- 

School Based Youth Health Nurse Service:

Assisting young people and the whole school community to achieve and maintain the best possible state of health and wellbeing.

............................ State High School Mission Statement:

............................ State High School Motto:

School Based Youth Health Nurse Service – Business Plan Semester, to end Semester
<table>
<thead>
<tr>
<th>HHS Strategic Objective</th>
<th>Goal</th>
<th>Action Steps</th>
<th>Persons involved &amp;/or responsible</th>
<th>Timeframe</th>
<th>Resources required</th>
<th>Expected outcomes</th>
</tr>
</thead>
</table>
| **Healthy Queenslanders** | Facilitate the delivery of an integrated primary health care service that promotes and supports the health and wellbeing of the school community | - Provision of one-to-one confidential consultations and small group consultations, with referrals to other services as appropriate.  
- Maintenance of data surrounding client activity.  
- Identification of emerging health issues within the school community and collaborative planning to address identified issues | SBYHN / LCT | Ongoing | Confidential appointment System  
Appropriate accommodation  
Secure client records  
Referral resource file  
Private telephone  
Internet / Intranet access  
Confidential data collection system. | Anticipated number of 1:1 consultations.  
Anticipated number of small groups (including projected participant numbers).  
Report to LCT regarding emerging health issues within the school community and proposed activities to address concerns. |
| **Accessible Services** | Provide equitable access to a safe, timely and quality health service in the school community | - Publish information relating to the SBYHN role in school newsletter and student / staff notices  
- Present information relating to SBYHN role at: - Assemblies  
- Staff meetings  
- Orientation Day/s  
- Classes | SBYHN / Heads of Dept / Year level coordinators / Teachers | Outline the proposed timeframes for each specific activity | Confidential appointment system  
Appropriate accommodation (affording privacy for consultations)  
Access to relevant computer system/s. | Anticipated number of role promotion publications.  
Anticipated number of role promotion presentations.  
Anticipated number of activities undertaken to promote student familiarity. |
<table>
<thead>
<tr>
<th>HHS Strategic Objective</th>
<th>Goal</th>
<th>Action Steps</th>
<th>Persons involved &amp;/or responsible</th>
<th>Timeframe</th>
<th>Resources required</th>
<th>Expected outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Innovation and Research</td>
<td>Foster the implementation of innovative and evidence-based health promotion initiatives, and undertake routine service evaluations to promote quality care and outcomes, and health service improvement</td>
<td>• Support provided for a comprehensive and integrated approach to health promotion via the Health Promoting Schools (HPS) Framework, targeting adolescent priority health issues and identified need within the school community (ie list the specific activities to be undertaken in accordance with the HPS framework).</td>
<td>SBYHN / LCT / Heads of Dept / Year level coordinators etc</td>
<td>Outline the proposed timeframes for each specific activity</td>
<td>• Internet / Intranet access</td>
<td>• Anticipated number of articles published in school newsletter.</td>
</tr>
<tr>
<td>Governance and Partnerships</td>
<td>Promote service accountability and engage with key partners to provide a primary health care service that is sustainable and provides value for money</td>
<td>• Involvement in relevant school coalitions and activities (list coalitions and proposed activities). Regular participation in student wellbeing committee to facilitate appropriate student referrals.</td>
<td>SBYHN Heads of Dept / Year level coordinators etc SBYHN / Committee coordinator</td>
<td>Outline the proposed timeframes for each specific activity</td>
<td>• Computer/email access • Phone access • Photocopier access • Data collection system • LCT report, agenda and minutes</td>
<td>• Anticipated number of relevant meetings attended • Anticipated number of activities involved in • LCT report outlining partnership activities • Anticipated number of LCT meetings during the business plan period.</td>
</tr>
<tr>
<td>Workforce</td>
<td>Cultivate an engaged, capable, innovative and efficient workforce</td>
<td>• Participation in relevant professional development opportunities to advance knowledge and skills relative to role and specific health needs identified in the school community (list events registered for/activities planned during business plan period).</td>
<td>SBYHN / LCT</td>
<td>Outline the proposed timeframes for each specific activity</td>
<td>• Computer / internet access to facilitate engagement in on-line learning and professional networking opportunities.</td>
<td>• LCT report detailing engagement in professional development opportunities and summarizing how the acquired knowledge/skills will be applied to the SBYHN role.</td>
</tr>
</tbody>
</table>
APPENDIX 10: sample local consultative team meeting report (SBYHN program)

<table>
<thead>
<tr>
<th>Strategic Objective</th>
<th>Goal</th>
<th>Actions/Strategies</th>
<th>Persons involved/responsible</th>
<th>Expected Outcomes</th>
<th>Progress</th>
<th>Recommendations</th>
</tr>
</thead>
</table>

Local Consultative Team Meeting
State High School

Meeting Date: 
Reporting Period: 

State High School - Local Consultative Team Meeting Report - Term: ...., 20...
<table>
<thead>
<tr>
<th>Strategic Objective</th>
<th>Goal</th>
<th>Actions/Strategies</th>
<th>Persons involved/responsible</th>
<th>Expected Outcomes</th>
<th>Progress</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHS-PCP-522  MR 705560</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>-------------------------</td>
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</tr>
</tbody>
</table>

## APPENDIX 11

**Children’s Health Services**  
**COMMUNITY CHILD HEALTH SERVICE**  
**Adolescent Health Record**

### HISTORY

School: ....................... Year Level: ...............  

(Affix patient identification label here)

URN: ...............................................  
Sex: □ M □ F

Family Name: ..........................................................

Given Names: ..........................................................

Address: ......................................................................

Date of Birth: ...................... Telephone: .................

### Genogram

![Genogram Diagram]

- □ Male  ○ Female  ? Sex unknown  □ Married/Partner  /-/- Separated, ^ Twins  
- ∆ Pregnant  O/□ (Shaded) Deceased  /-/- Divorced  ------- boundary around people who live together

### Support Staff

- ☐ Guidance Officer
- ☐ Learning Support/Special Needs
- ☐ Chaplain
- ☐ Youth Support Coordinator
- ☐ Indigenous Worker
- ☐ Other .................................................................

Who else have you seen outside of School for support: .................................................................

### Health History – General

Health History / Investigation / Illnesses / Surgery / Allergies / Dental Health

Medications, prescribed / over the counter  
General Practitioner

Family history including mental health, medical, alcohol & drugs

### Immunisation History

<table>
<thead>
<tr>
<th>13 years (year 8)</th>
<th>15 years (Year 10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gardasil</td>
<td>Diphtheria, tetanus, &amp; acellular pertussis</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>□</td>
</tr>
<tr>
<td>Varicella</td>
<td>□</td>
</tr>
</tbody>
</table>

Staff Signature:  
Name & Designation:  
Date: / / Time:
## Psychosocial Assessment

### H – Home
Who is in your family? Who lives with you? How do you get along with your family? (mum, dad, siblings) Who are you closest to in your family? Who could you go to if you needed help in your family? (Consider living arrangements, transience, relationships with carers/significant others, community support supervision, childhood experiences, recent family/life events and cultural identity.)

### E – Education Employment
What do you like/not like about school? What are you good at or not good at? What are your grades like? Have your grades changed? How do you get on with teachers? Other students? (Consider school/work retention & relationships, bullying, study progress & goals) Do you have a part time job? Where? How many hours do you work?

### E. Eating & Exercise
What do you usually eat for breakfast, lunch, dinner, snacks? Have you had any changes in your weight or what you have been eating? What do you like/not like about your body? What do you do for exercise? Consider physical activity other than a sport eg: do you walk to school, ride bike etc. (nutrition, vegetarianism, eating patterns, weight gain/loss, fitness energy.)

### A- Activities/Spirituality Hobbies & Peer Relationships
What sort of things do you do in your free time? What do you do for fun? Who are your main friends in or out of school? What is your favourite music? What sort of things do you do with friends? How much time do you spend watching TV or on the internet? Do you belong to a faith group or a church? (Consider hobbies belonging to peer group, peer activities & venues, lifestyle factors)
### D – Drug use/Cigarettes/Alcohol

Many young people at your age start experimenting with cigarettes/drugs/alcohol. Have any of your friends tried these? If yes then explore. (consider caffeine, ‘energy drinks’, Guarana, prescription/illicit drugs and type, quantity, frequency, administration, interaction, access, recent increase/decreases, past treatments, how they pay for drugs, any problems due to drug use)

### S – Sexual Activity & Sexuality

Many young people your age become interested in romance and sometimes sexual relationships. Have you been in any romantic relationships or started seeing someone special? Have you ever had a sexual relationship with anyone? Male/Female. (Older adolescent - Do you identify yourself as being heterosexual or gay, lesbian, bisexual, transgender or questioning your sexuality.) (Consider- sexual activity, age of onset puberty/menstruation, safe sex practices, same sex attraction, STI screening, pregnancy & children.)

(NB: sexual activity in students under 14 years is a reportable behaviour under QLD Health policy.)

### S – Suicide, Self Harm, Depression

How have you been feeling lately, happy/sad/teary? How would you describe your happiness on a scale 1 – 10? Sometimes when people feel really down they feel like hurting themselves. Have you ever felt that way? Explore self harm, recency, plans, lethality and protective factors. Develop Safety Plan if appropriate (consider normal vs clinical depression, anxiety, reactions to stress, sleep, mood, if appropriate, mental status exam, risk assessment, relapse plan)

(Sad) 1 .................................................................10 (Happy)

### S – Safety

Some people have had some traumatic things happen in their life, has anything happened to you? Have you ever been seriously hurt? Do you use safety equipment for sports? Is there a lot of violence at home/school/neighbourhood? Have you ever got into physical fights? Have you ever been in trouble with the police? Have you ever felt like you needed to carry a weapon? Do you use safety equipment for sports or recreation? Eg: helmet, mouth guards, sun screen

---

<table>
<thead>
<tr>
<th>NAME:</th>
<th>DOB:</th>
<th>URN:</th>
</tr>
</thead>
</table>

---

Staff Signature:  
Name & Designation:  
Date: / /  
Time:
Children’s Health Services
COMMUNITY CHILD HEALTH SERVICE
Adolescent Health Record
Mental Health Assessment

(Affix patient identification label here)

URN: ..................................................... Sex: ☐ M ☐ F
Family Name: ________________________________________________
Given Names: ________________________________________________
Address: ____________________________________________________
Date of Birth: ..................................... Telephone: ........................................

Appearance: physical maturation, body type, distinguishing features, grooming, dress

Behaviour: activity, posture, fine and gross motor coordination, abnormal movements, mannerisms, rituals

Voice, Speech & Language: rate, rhythm, volume, articulation, comprehension, vocabulary, gesture, accent.

Affect & Mood: range, lability, congruity, depression, anxiety, anger, neuro-vegetative features.

Relationship with examiner: eye contact, cooperation, anxiety, hostility, indifference, over familiarity

Thought form: flight of ideas, coherence

Thought content: obsession, delusions, suicidal ideation, flashbacks, body image, preoccupations, wishes hopes, self concept

Perception: hallucination, illusions

Cognitive functioning: concentration, memory, est. intelligence, general knowledge, abstract ability

Awareness, Motivation & Judgement: nature of problem, desire for help

Staff Signature:
Name & Designation: Date: / / Time:

V7 17/02/2011
Children's Health Services
COMMUNITY CHILD HEALTH SERVICE
Adolescent Health Record
Mental Health Assessment

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>Yes</th>
<th>No</th>
<th>Not Known</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptoms of depression</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current state of: Hopelessness Despair</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric diagnosis</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peer Suicide - When: Family Suicide - When</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Major physical illness/disability</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relationship break up</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>School issues/ employment issues</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Member of minority group</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aboriginal and/or Torres Strait islander</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loss or death or separation of friend/other family member</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exposure to domestic violence</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>History of bullying</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poor self worth</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Protective factors</th>
<th>Yes</th>
<th>No</th>
<th>Not Known</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to close family/friends</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moral / Religious objection</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Capacity to manage stress, anxiety, depression</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Responsibility to society</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positive self esteem</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Communication skills</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has dependant children</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Has current or previous contact with Mental Health Services: [ ] No [ ] Yes

Imminent Danger Assessment (for high and medium – high risk)

<table>
<thead>
<tr>
<th>Can the person do all of the following:</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identify self positives</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Identify suicide provoking situations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>List planned alternatives</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Risk of harm</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>SBYH CNC Contacted:</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>CYMHS Contacted:</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>
## APPENDIX 14

### Adolescent Health Record

**Children’s Health Services**  
**COMMUNITY CHILD HEALTH SERVICE**  
Adolescent Health Record

### Case Review

**School:** .................................................................  
**Year Level:** .............................................................

| Review Type: | ☐ Clinical Nurse Consultant / Peer Review  
☐ Interdisciplinary Case Review |
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Clinician Details:</td>
<td></td>
</tr>
</tbody>
</table>
**Name / Designation:** ..................................................................................................  
**Signature:** ....................................................................................................................  
**Service:** .................................................................  
**Date:** .................................................................................|

### HEEADSSS/ Circumstances - critical events

<table>
<thead>
<tr>
<th>Situation:</th>
<th>☐ Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home ...............</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Education .............</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Eating/Exercise ..........</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Activities ................</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Drugs ....................</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Sexual Activity ..........</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Suicidality/Depression/Mental Health .......</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Safety ..................</td>
<td>☐ Yes</td>
</tr>
</tbody>
</table>

### Presenting Issues: (Tick appropriate box)

**Medical illness**  
**Mental health concern**  
**Drug usage**  
**Tobacco usage**  
**Alcohol usage**  
**Relationship – B/G**  
**Relationship – Family**  
**Relationship – Peer**  
**Abuse**  
**Bullying**  
**Loss**  
**Disability**  
**Stress**  
**Sexual Health**  
**Other**

<table>
<thead>
<tr>
<th><strong>Student</strong></th>
<th>☐ Yes</th>
<th>☐ Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Parents</strong></td>
<td>☐ Yes</td>
<td>☐ Yes</td>
</tr>
</tbody>
</table>

### Current Plan/ Actions:

- ........................................................................................................................................

### Current Services:

- ☐ CYMHS  
- ☐ Hospital  
- ☐ Child Safety Services  
- ☐ GP  
- ☐ Counsellor  
- ☐ Guidance Officer  
- ☐ YSC  
- ☐ Other: .................................................................

### Level of Risk:

- ☐ Low  
- ☐ Moderate  
- ☐ High

### Type of Risk:

- ☐ Protective Factors: .................................................................
  - Social network  
  - Family support  
  - Religious belief  
  - Medical support  
  - Positive Self Esteem  
  - School network  
  - Other: .................................................................

### Response

- ☐ Urgent action  
- ☐ Monitor  
- ☐ Nil

### Date of next review:

- ........................................................................................................................................

### Additional response information:

- ........................................................................................................................................

---

Document: Child and Youth Health Practice Manual 2014  
Page: 294
References

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