

My appointments

When	What	Date	Time	Done!
Birth - 14 days	Child Health Nurse			<input type="checkbox"/>
6 - 8 weeks	Mum: Doctor or Obstetrician			<input type="checkbox"/>
	Baby: Doctor or Paediatrician			<input type="checkbox"/>
6 - 8 weeks	Immunisation			<input type="checkbox"/>
8 weeks	Child Health Nurse			<input type="checkbox"/>
4 months	Child Health Nurse			<input type="checkbox"/>
	Immunisation			<input type="checkbox"/>
6 months	Immunisation			<input type="checkbox"/>
12 months	Child Health Nurse			<input type="checkbox"/>
	Immunisation			<input type="checkbox"/>
18 months	Immunisation			<input type="checkbox"/>
2 years	Child Health Nurse			<input type="checkbox"/>
4 years	Immunisation			<input type="checkbox"/>
School	School Entry Health Assessment (at school)			<input type="checkbox"/>
Year 8	Immunisation (at school)			<input type="checkbox"/>

See page 5 for more about appointments.

My appointments

Early parent groups and playgroups are a great way for me to meet other babies and for you to meet other parents, too!

Parenting groups			
Group	Where we'll meet	Date	Time

Other appointments			
Name	Where	Date	Time

My child health centre

Centre name: _____

Address: _____

Phone: _____

My doctor

Name: _____

Centre name: _____

Address: _____

Phone: _____

Where to go for my immunisations

Centre name: _____

Address: _____

Phone: _____

Centre name: _____

Address: _____

Phone: _____

People who help care for me

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____



About my appointments

We need to visit the child health nurse and doctor regularly while I am growing.

Your midwife (or maternity hospital) will tell you where your local child health centre is. The child health nurse will contact you about your first visit and tell you how to make future appointments.

Booking

If you live in the Perth metropolitan area you can also make appointments by calling **1300 749 869** or register for an appointment at www.health.wa.gov.au/purplebook

To find your local child health centre visit www.healthywa.wa.gov.au/service-search, or Google 'child health centre'.

If you are worried about me at all, it's OK to make extra appointments to see the nurse or doctor.

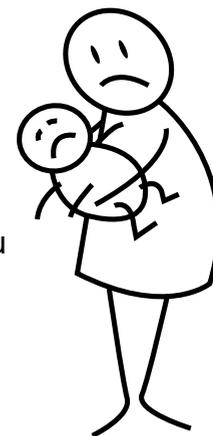
If I'm sick, take me to the doctor.

Stay away if I'm sick

If I'm not well, I probably won't get the most out of my appointment.

Call the nurse to say we're not coming and to get a new appointment.

If you live in the Perth metropolitan area you can also change your booking by calling **1300 749 869**.



Before my child health nurse visits

This book has a section for each of my child health nurse visits. Think about things you would like to talk about with the nurse – write down any questions or things you are worried about.

What happens at my child health nurse visits?

At each visit, the nurse will check that I am growing and learning new skills as expected. If there is a problem, the nurse will explain this to you. The free visits are a good time to talk about how you are doing – how you are feeling and coping, and any problems you are having looking after me.

The nurse will ask you my name, date of birth and address **at every visit**. This is to make sure I am getting the right care for me.

My 6-8 week doctor visit

You also need to take me to see a doctor when I'm between 6 and 8 weeks old. The doctor will look for any medical problems, such as checking that my heart is working properly, as well as checking that Mum's health is OK after my birth.

Groups

We can go to different groups to help you look after me and you. They are a good way for us to meet other families. The nurse will tell us about the groups and how to book in. You can also find more at www.healthywa.wa.gov.au/parentgroups

Drop-in sessions

These are for when you want to:

- see the nurse for a quick question
- get parenting information and support
- weigh me.

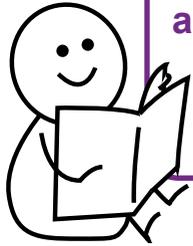
You don't need an appointment - your nurse will tell you about local drop-in sessions.

Information for parents



How to use this book

This book will help you keep a record of my health, growth and when I learn new skills (my development).



**It is for you
and any other people who care for me
to read and write in.**

Please keep my book safe.

Please take this book when we visit:

- the child health nurse
- the doctor or paediatrician
- the hospital for emergencies and appointments
- other health professionals such as a physiotherapist or speech therapist
- the doctor or nurse for immunisations.

It's also good to show it:

- at day care
- when I start kindy and primary school
- to anyone else who helps care for me.

Adding information

The first thing you need to do is write my (your child's) name on the cover of this book with a permanent marker.

Please write in this book, and keep anything you want about me in it like photos, pamphlets, notes and my drawings.

Your rights

Australia has many different cultures and ways of life, and we all should respect these differences.

Every single person has the right to receive safe and high quality care, whatever his or her gender, age, race, beliefs or disability.

You and I have rights.

Access:

We can get the health care services we need.

Safety:

We will receive safe and high quality health services, provided by professional staff.

Respect:

Our culture, beliefs, values and personal characteristics will always be respected, and will not affect the way we are treated.

Communication:

We will get information about health care in a way you can understand. You can use the free interpreter service if you need it.

Participation:

You have the right to be included in making decisions and choices about your health care and mine. You should feel OK to ask questions, or get someone to support you or speak on your behalf if you want.

Privacy:

Our personal information will be kept private and safe (confidential).

Comment:

You can comment on or complain about our care, and any concerns should be dealt with properly and quickly.

These rights are based on the Australian Charter of Healthcare Rights (www.safetyandquality.gov.au).

Compliments and complaints

WA Health is committed to providing a quality service, and we welcome your comments. If you have any compliments or complaints, please tell a staff member or contact:

Metropolitan: CAHSFeedback@health.wa.gov.au (email)

Country: www.wacountry.health.wa.gov.au/feedback

Interpreter services

If you need an interpreter to help you contact your child health nurse please phone the Telephone Interpreter Service on 131 450

At home we speak: _____



About this book

This document can be made available in alternative formats on request for a person with a disability.

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

Thank you to all the parents, nurses and other people who helped us develop this edition of the Purple Book.

We also acknowledge and appreciate the permission to use copyright material adapted from the Department of Education and Training, Victoria.

Child and Adolescent Health Service
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Where to get help



Where to get help

Being a parent can be hard at times.

It's OK to ask for help.

Child health nurses can help you with information on parenting and how children grow and learn. You may like to talk to them about your relationship with me and other people. The nurses will also provide you with information on early parent groups and playgroups, so that we can meet other people.

**If you are worried that I may be sick
you need to take me to a doctor.**

My child health nurse cannot help me when I'm sick.

We may also get help from other health professionals who have experience with children's health and development.

People to call when you need help:

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Emergency and medical

Emergency (Ambulance, Fire or Police)

000

Healthdirect Australia (24 hours)

1800 022 222

www.healthdirect.gov.au

Speak to a registered nurse for information and advice on health issues

Poisons Hotline (24 hours)

13 11 26

Crisis Care (24 hours)

9223 1111

outside metropolitan area **1800 199 008**

Telephone information and counselling if you need urgent help including domestic violence and child abuse, or just someone to talk to

beyondblue (24 hours)

1300 224 636

www.beyondblue.org.au

Someone to talk to if you're feeling anxious or depressed, including help with postnatal depression

Immunisation

www.healthywa.wa.gov.au/immunisation

Need help?

Parenting help

Healthy WA www.healthywa.wa.gov.au
Health information for Western Australians

Raising Children Network www.raisingchildren.net.au
Reliable, easy-to-use information for all parents.
Subscribe to **Grow with Us** to get regular information that fits with my age.

Breastfeeding Helpline (24 hours) **1800 686 268**
www.breastfeeding.asn.au
Information and support on breastfeeding

Ngala Parenting Line (8am to 8pm everyday) **9368 9368**
outside metropolitan area **1800 111 546**
www.ngala.com.au
Parenting help for families with children aged 0 to 18 years

Child safety

Kidsafe WA www.kidsafewa.com.au
Information on preventing child injuries at home and in the community

Red Nose (Sids and Kids) www.rednose.com.au
Information on safe sleeping for babies and toddlers

All about me



My name is:

I was born on: _____

I was born here: _____

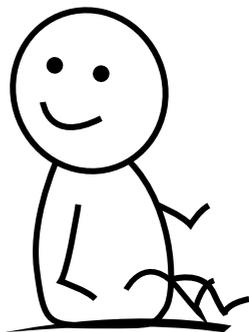
At this time: _____

I weighed this much: _____

I was this long: _____

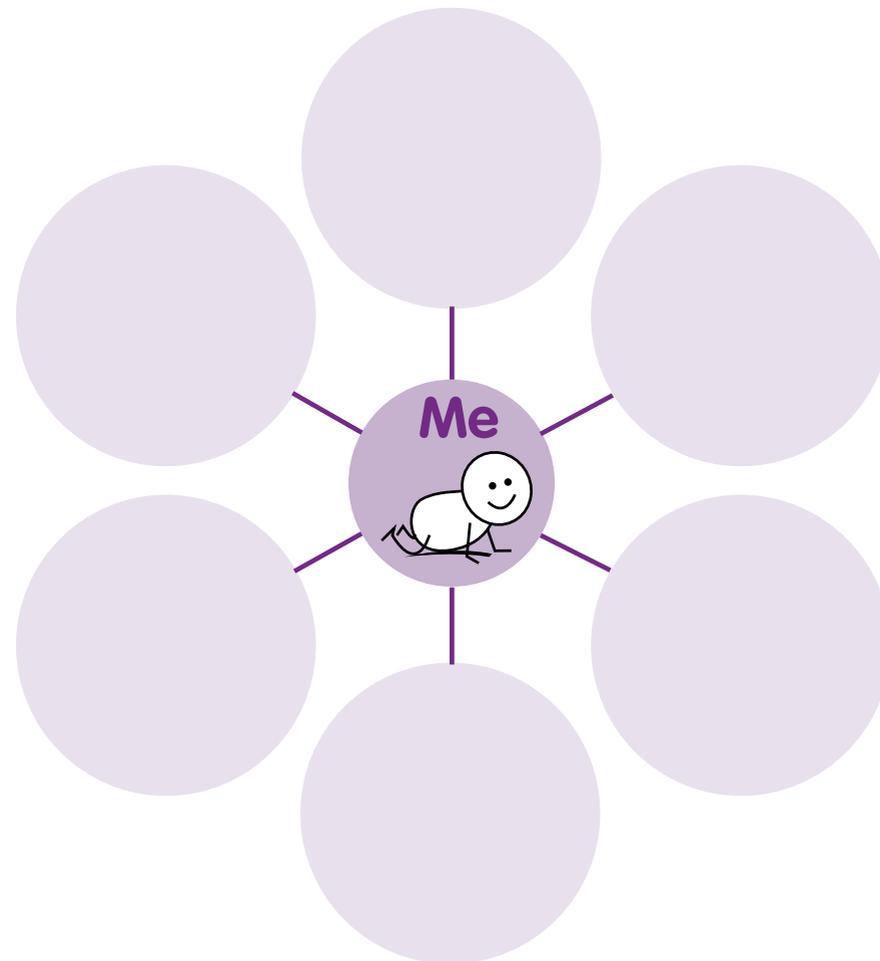
My head size was: _____

My parent/s or carer/s are:

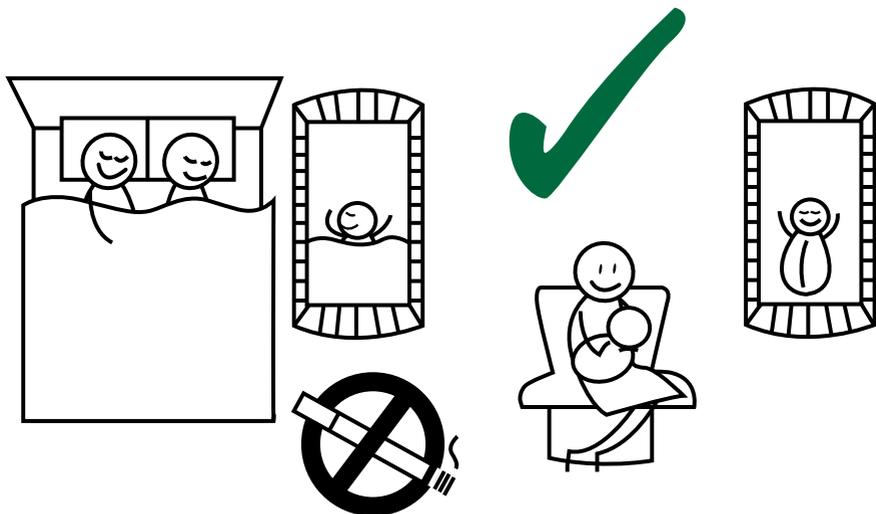


My circle of support

Fill in the names of the people who help care for me.



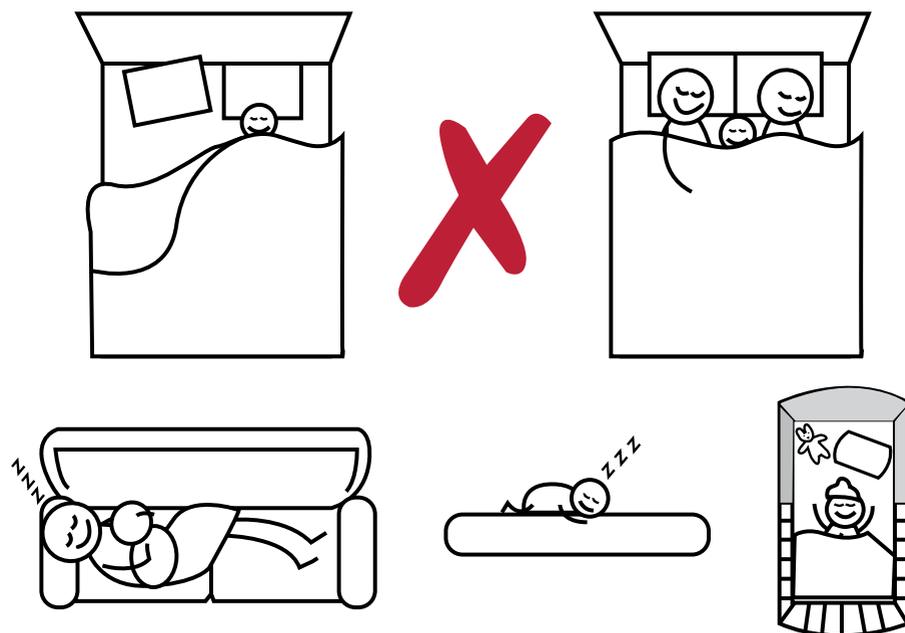
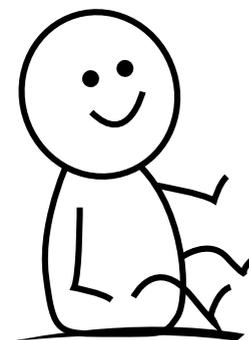
Help me to sleep safely



How to Sleep Baby Safely:

1. Sleep **baby on back**
2. Keep **head and face uncovered**
3. Keep baby **smoke free** before and after birth
4. **Safe sleeping environment** night and day
5. Sleep baby in **safe cot in parents' room**
6. **Breastfeed** baby

Find out more at www.rednose.com.au



Help me to learn new skills

The first few years of my life are very important as my brain and body are growing very fast.

This is a time that I need to feel safe and loved.

You can help me grow up to be healthy and strong by spending time with me – smiling, cuddling, copying my sounds, singing, reading, listening, playing games, and just being there for me whether I am happy or sad.

Most healthy children learn things in the same order, but not at the same pace or time.

One baby may walk at 10 months and another baby at 14 months.

Both are developing within the normal range.

As I grow, read the section that matches my age.

This will give you information about how you can help me to learn new skills, and when to get help if you notice something is not quite right.

Write notes or questions for the nurse at the back of each section if you want.

Baby Moves!



From the moment I am born
I need to be moved.

This lets me curl up, play with my hands, keeps my head in shape and helps me learn to roll when I am older.



Lay me on my side to play and let me talk with you

Turn my head to a different side each time I go to sleep to prevent me getting a flat head.



Keep my head in shape

Pick me up by rolling me to the side



At first you can support my head with your fingers and roll me onto your arm. As my neck gets stronger let me practise holding my head up.



Once you pick me up also support me under my bottom



Picking me up this way helps strengthen the muscles I use when I feed, talk, breathe, play and move. It also gets me used to turning and rolling and helps me feel secure.



My growth



Cuddle me, carry me curled up with my arms and legs in front



Being curled up with my head centred in the middle helps to calm, settle me, and it lets me look, talk and play with you.



When I am awake give me LOTS OF TUMMY TIME



On you or on the floor.

Put my hands in front of my shoulders and place your hand on my bottom. This will help me lean on my arms, lift my head and talk with you. Holding me and talking with me lets me know you are there to help me.

Tummy time gets easier the more I practise.

How babies grow

Babies grow and learn new skills at different rates, and no two babies are the same. This is normal.

I will usually grow the fastest in the first 2 to 3 months, and then a bit more slowly as I get older and become a toddler.

You will know I am getting bigger when I outgrow my clothes.

Child health nurses and doctors will often write down my weight, length and head circumference on charts. Regular measurements and health checks are important to keep an eye on how I am growing.

The lines on the growth charts are called percentiles.

If I am on the 3rd percentile for weight and length, this means that 97 out of every 100 (97%) babies my age are taller and heavier than me.

If I am on the 97th percentile for weight and length, this means that 97 out of every 100 (97%) babies my age are shorter and lighter than me.

In both of these cases, I would be within normal ranges.

Ask my child health nurse or doctor if you want to know more about how I am growing and learning new skills.

My growth

Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				

My growth

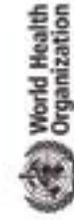
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				

My growth

Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				

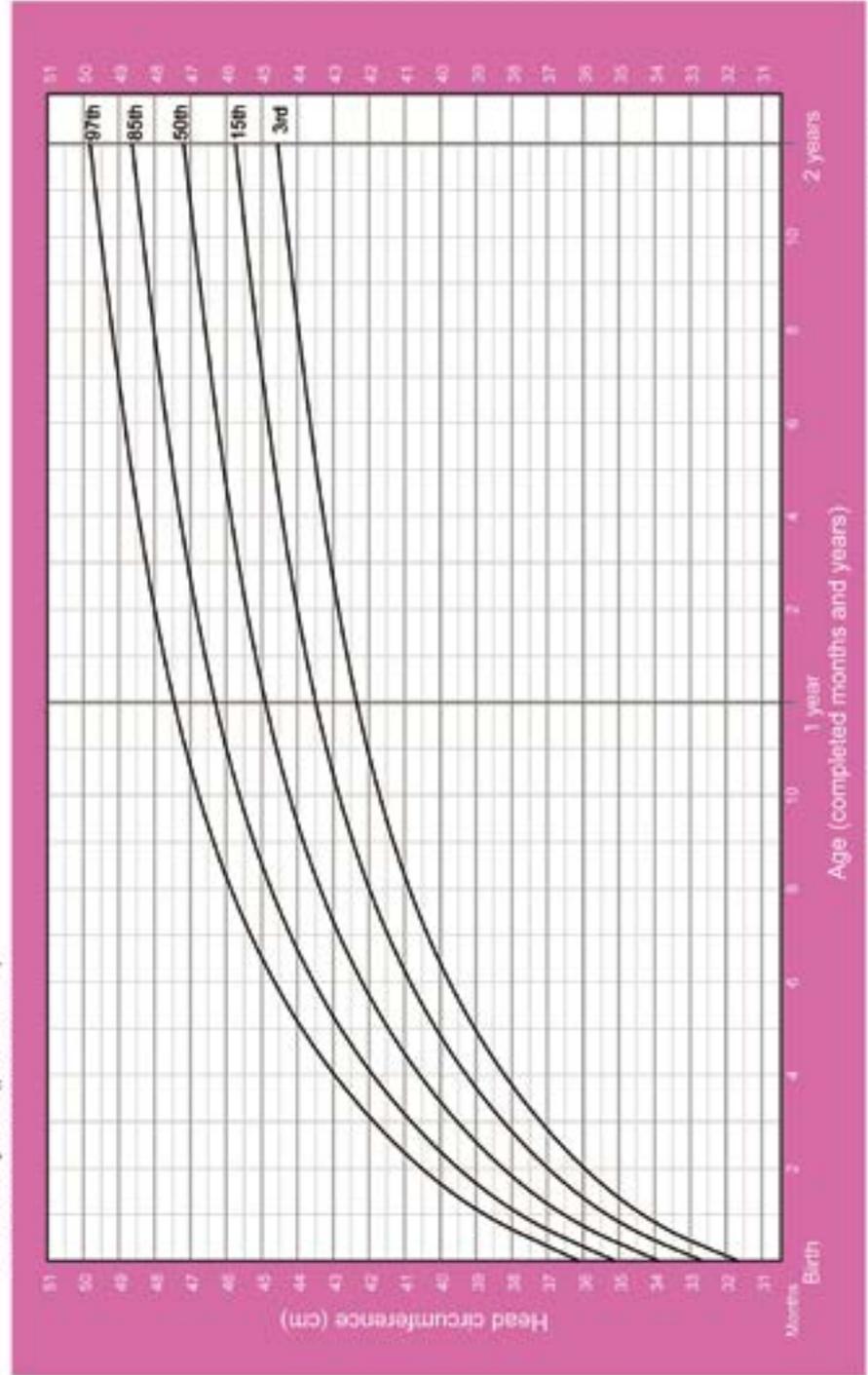
My growth

Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				
Date	Age	Weight	Length	Head
Comments				



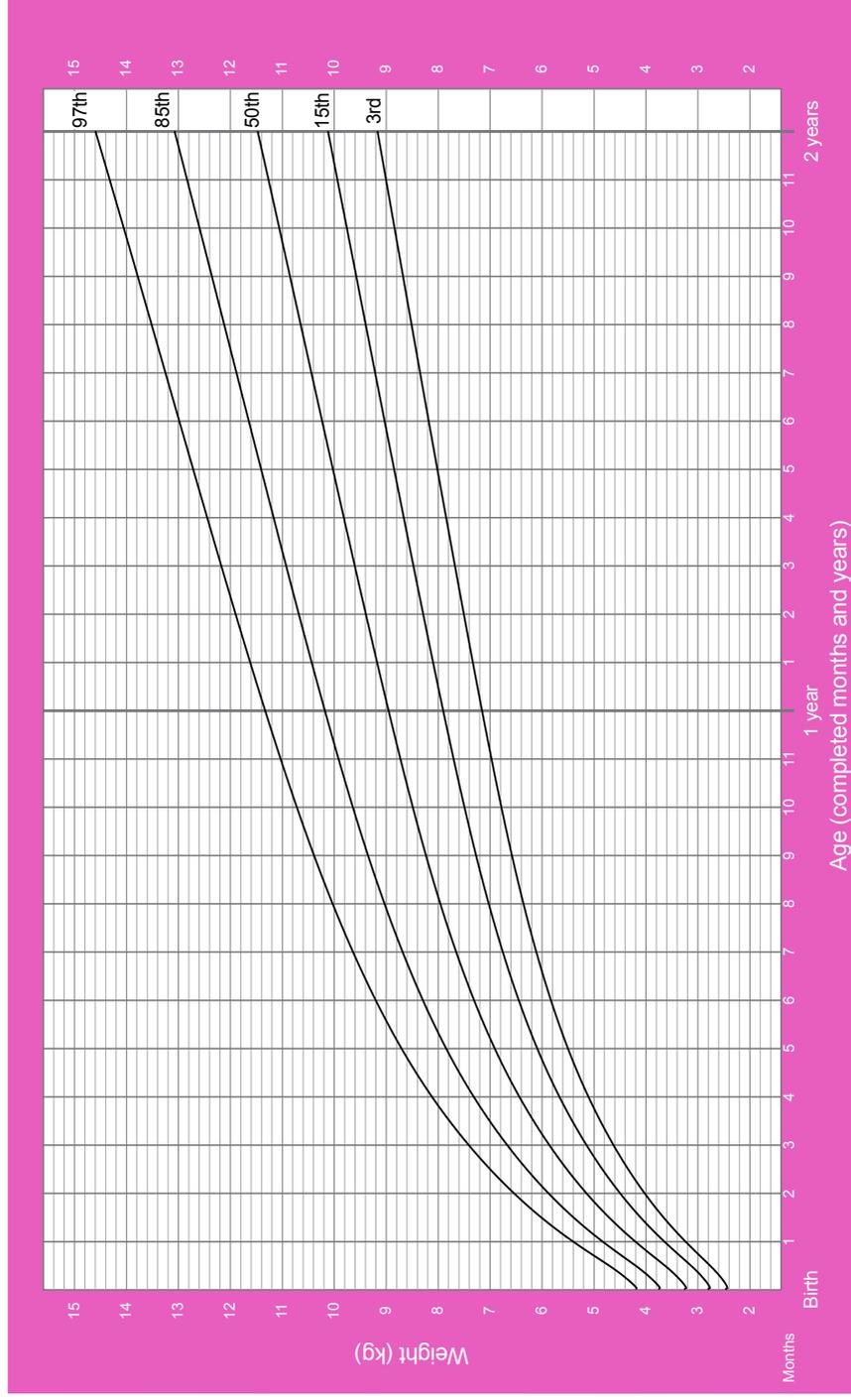
Head circumference-for-age GIRLS

Birth to 2 years (percentiles)



Weight-for-age GIRLS

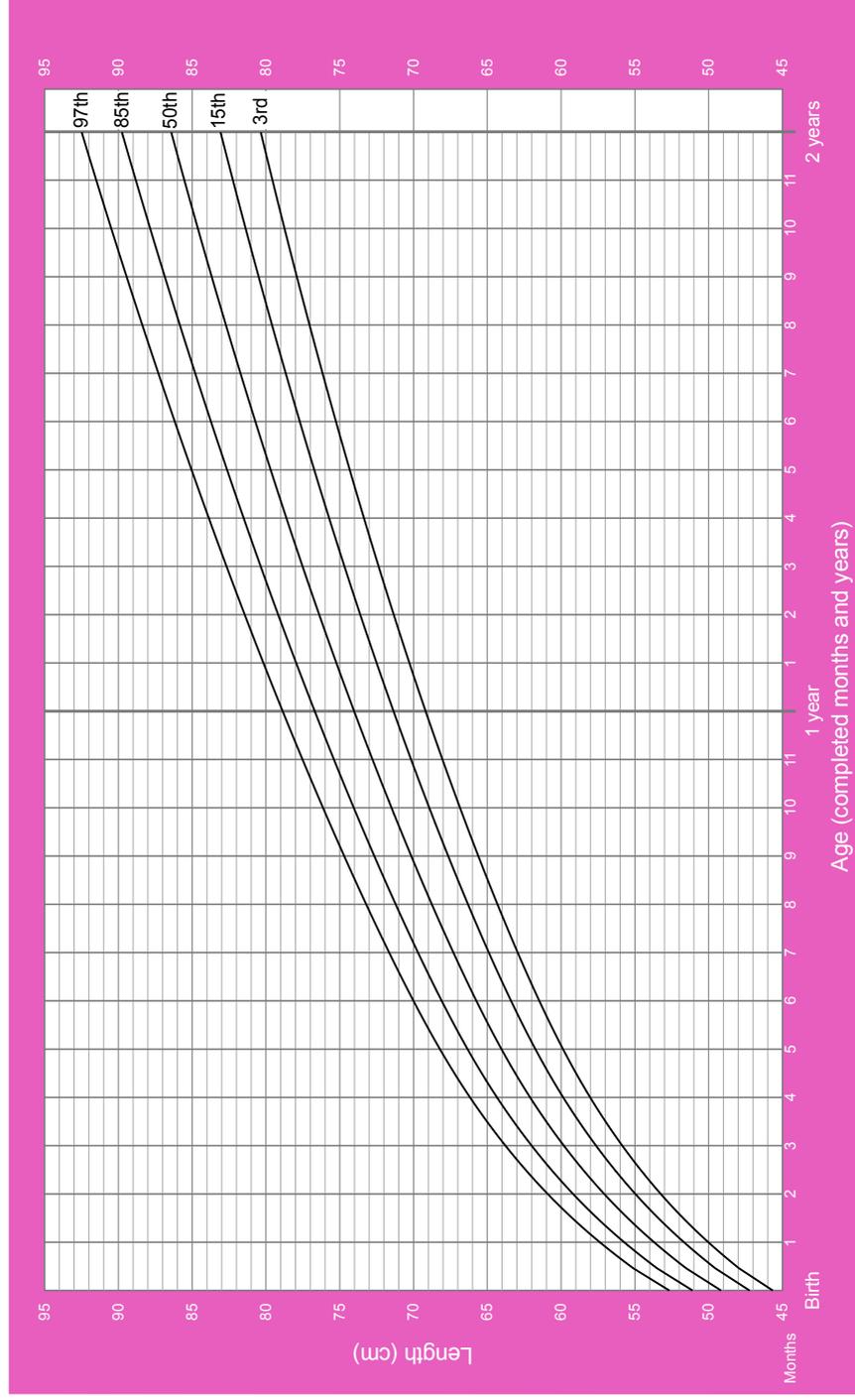
Birth to 2 years (percentiles)



WHO Child Growth Standards

Length-for-age GIRLS

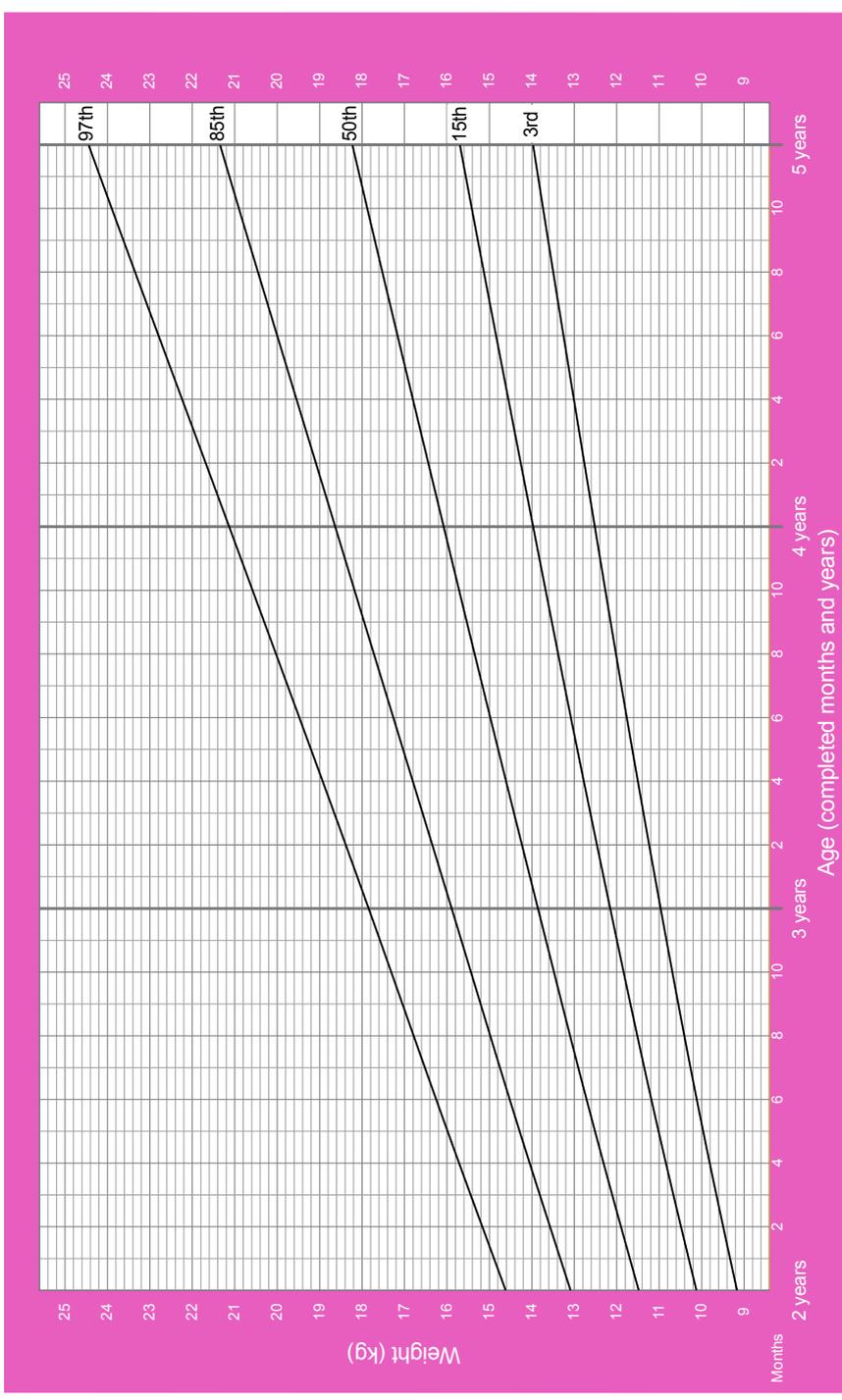
Birth to 2 years (percentiles)



WHO Child Growth Standards

Weight-for-age GIRLS

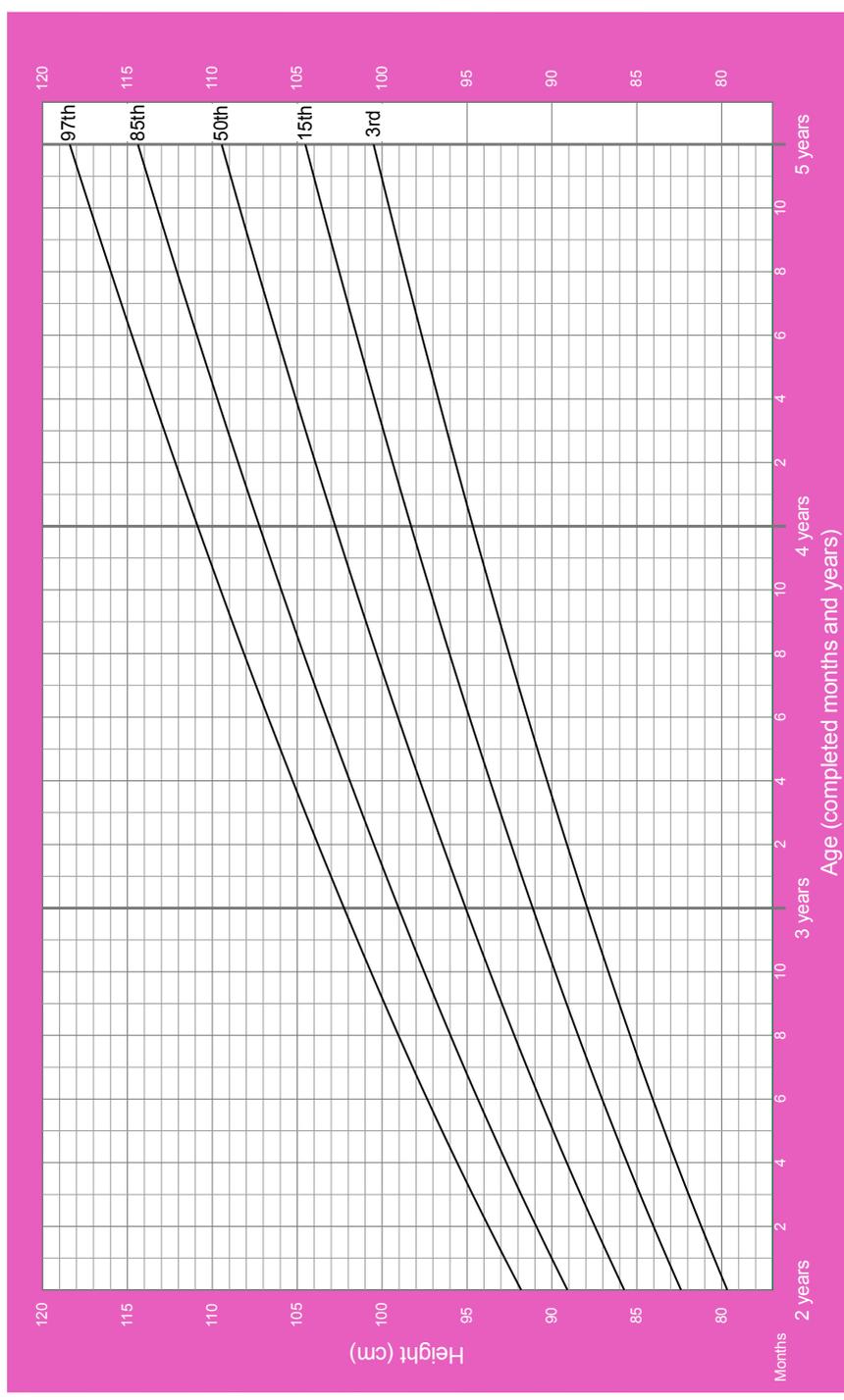
2 to 5 years (percentiles)



WHO Child Growth Standards

Height-for-age GIRLS

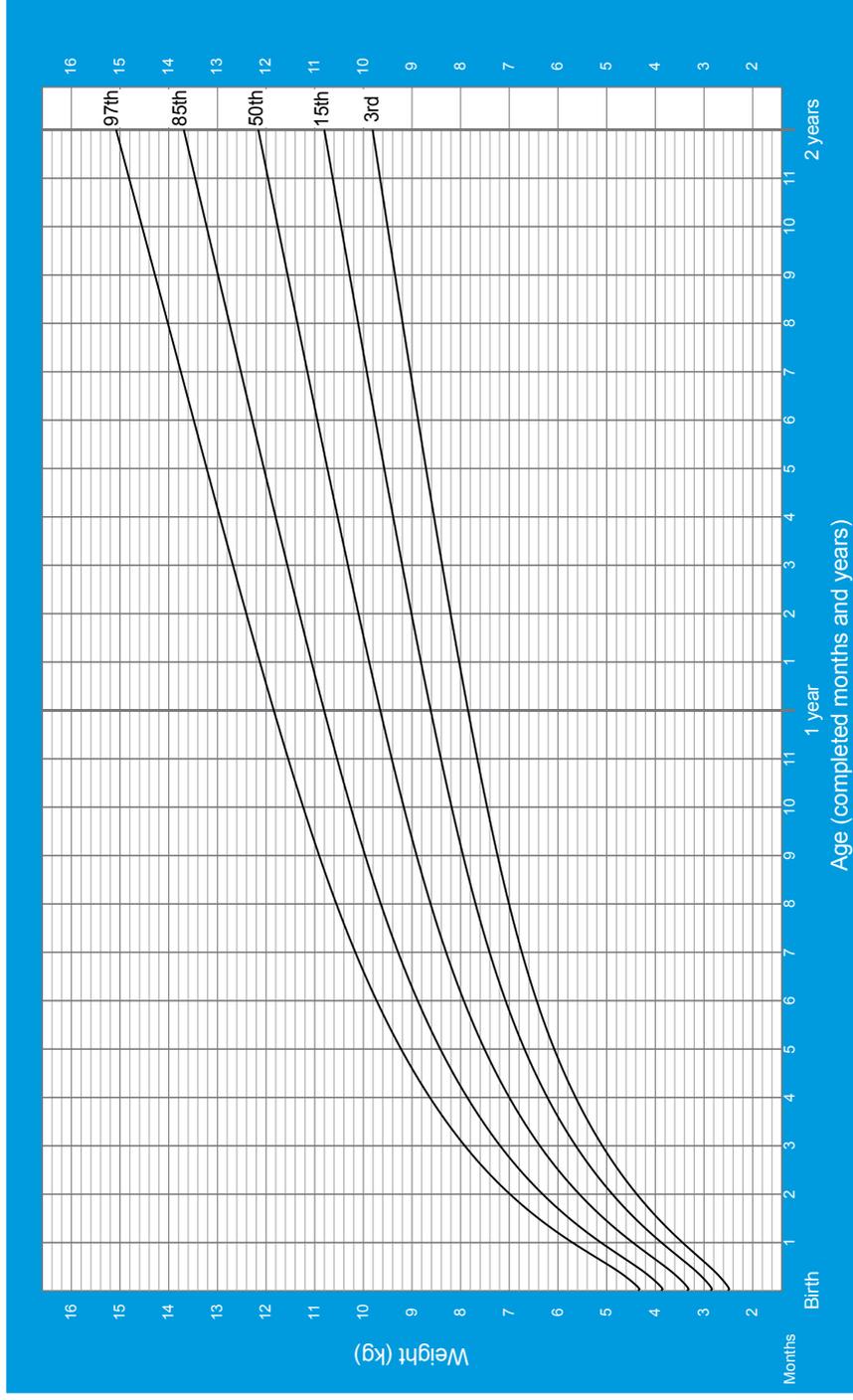
2 to 5 years (percentiles)



WHO Child Growth Standards

Weight-for-age BOYS

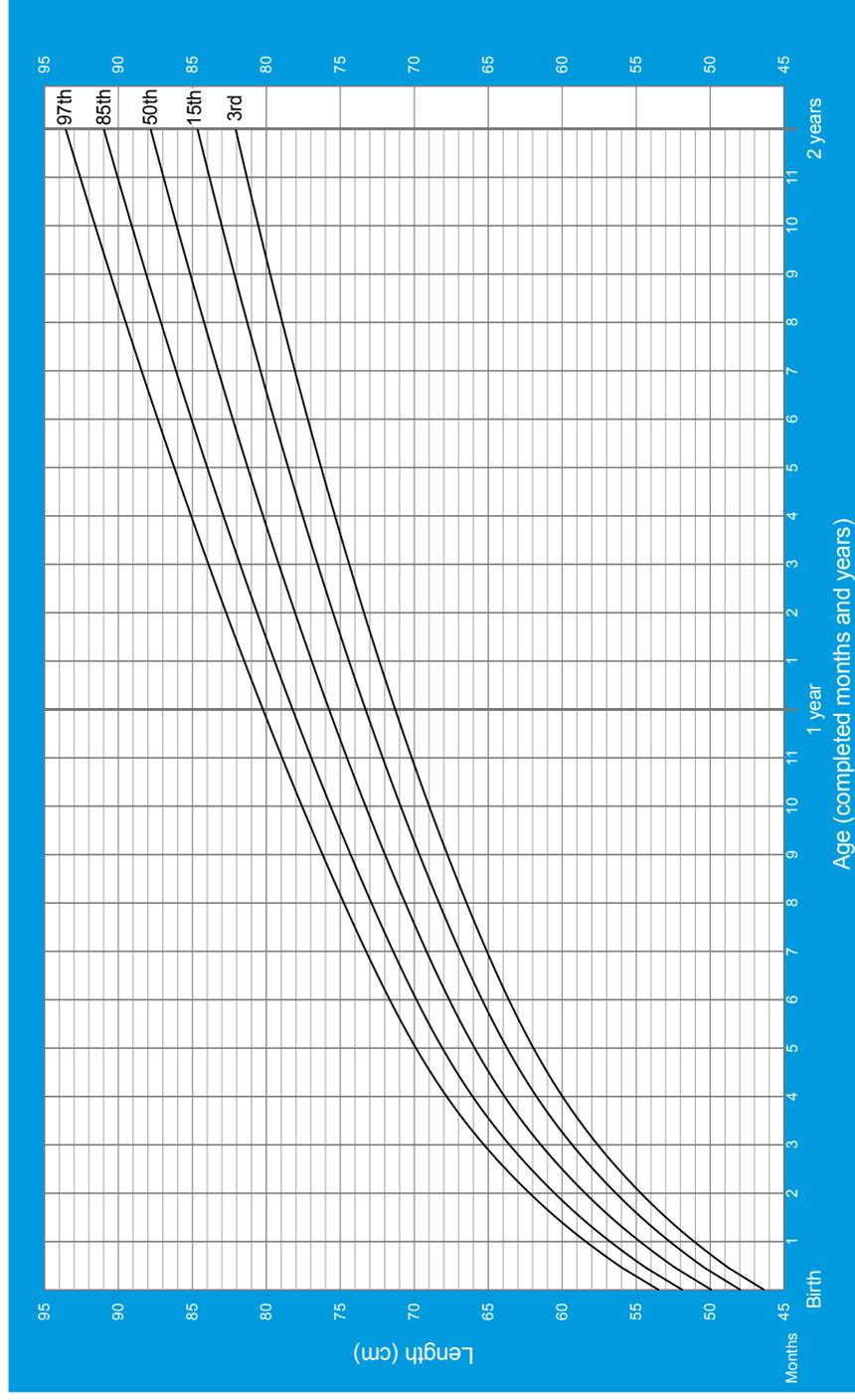
Birth to 2 years (percentiles)



WHO Child Growth Standards

Length-for-age BOYS

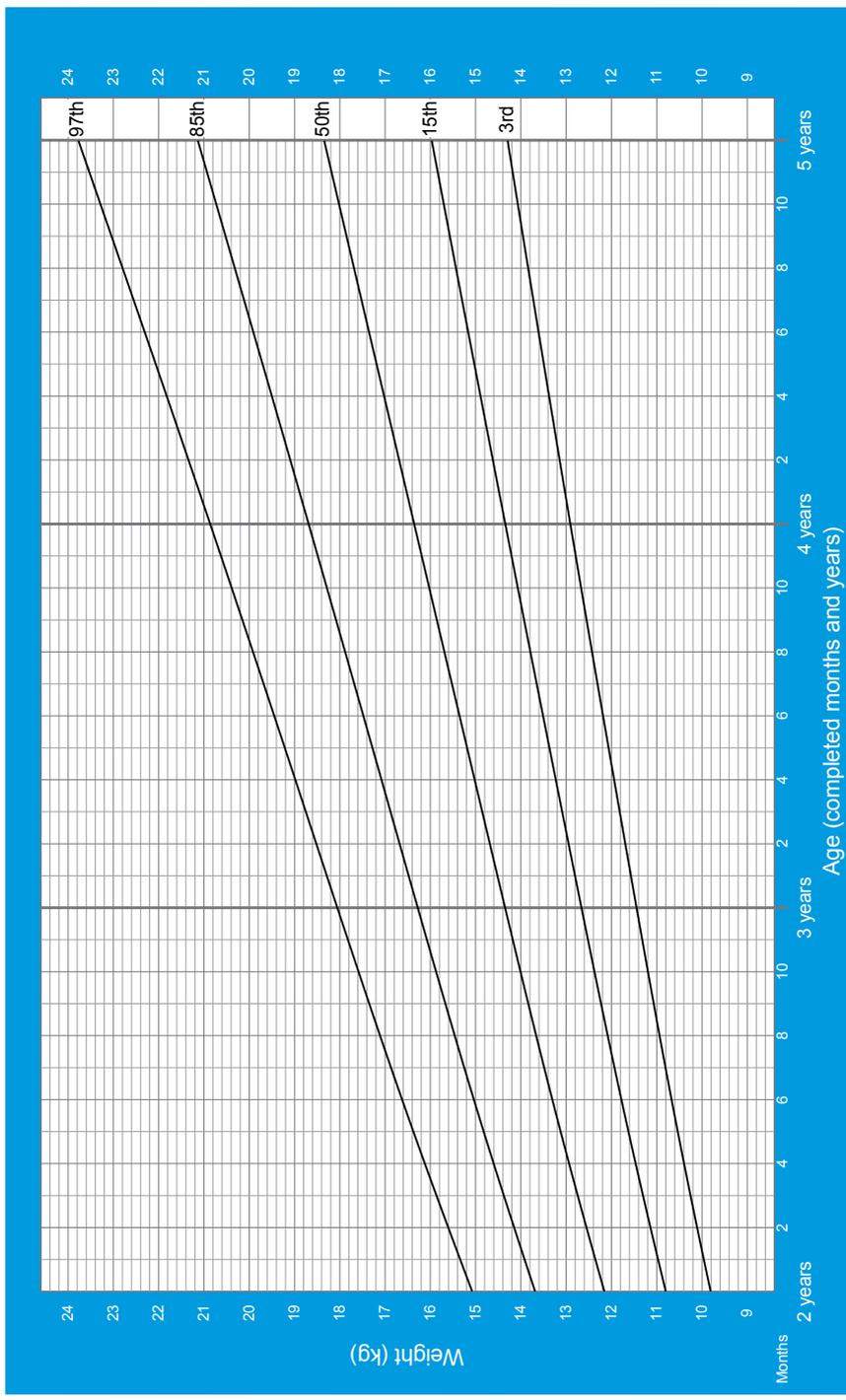
Birth to 2 years (percentiles)



WHO Child Growth Standards

Weight-for-age BOYS

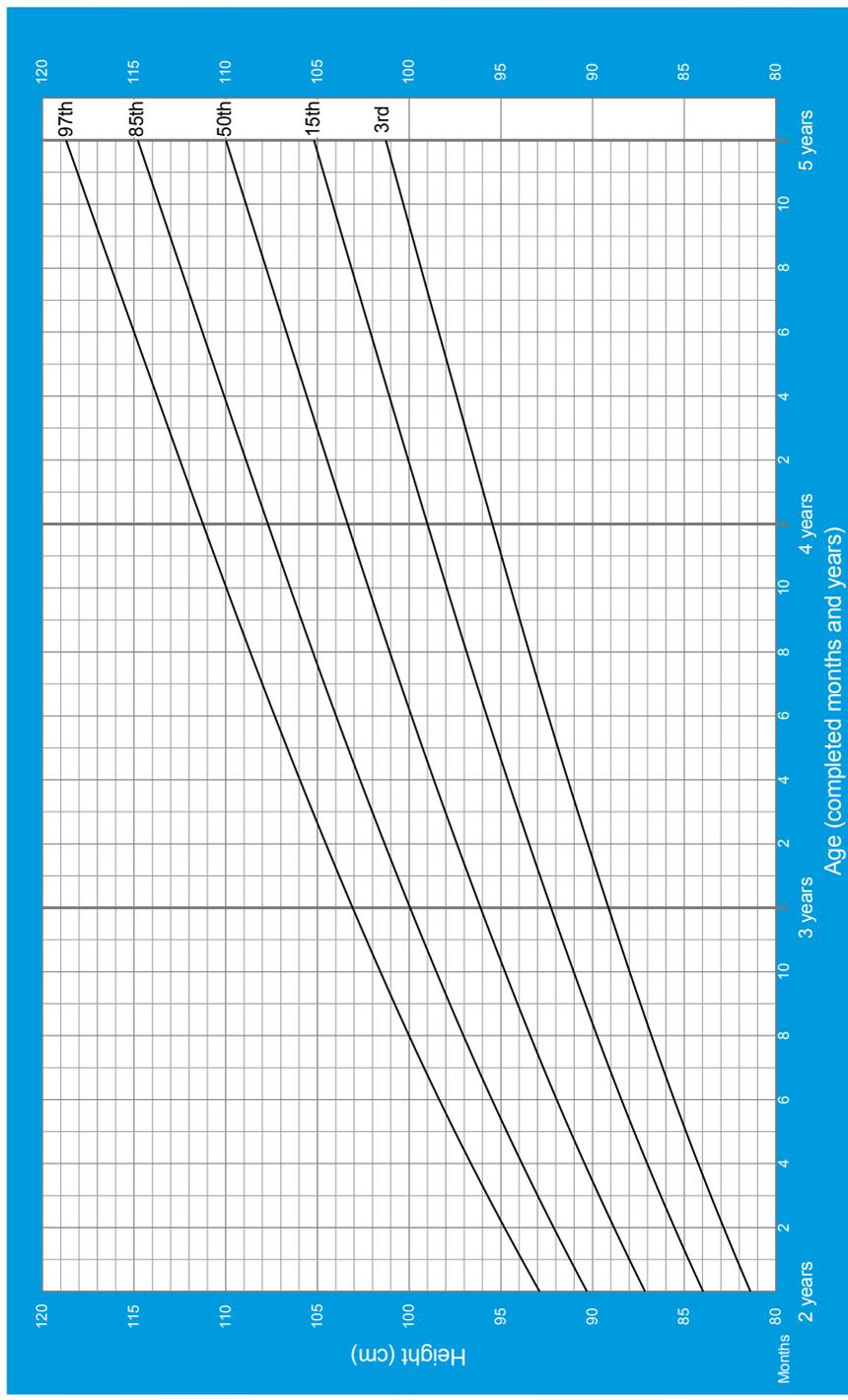
2 to 5 years (percentiles)



WHO Child Growth Standards

Height-for-age BOYS

2 to 5 years (percentiles)



WHO Child Growth Standards

My child health nurse visits

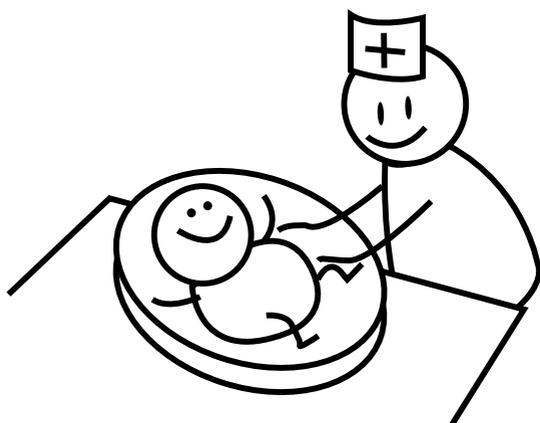
Even if everything is going well, it is important that you take me to all of my free health visits with the child health nurse.

Parents are the experts about their children and are usually the first to notice if something is not quite right.

I can show the nurse all the things I am doing.

Sometimes the nurse can pick up on issues before they become bigger problems. If this happens, we can both get help as early as possible to make things better.

Please read these pages and speak to the nurse if you have any worries.



After I have seen the nurse

The nurse will fill in the table so you know that I've been checked. Each visit has different checks.

	Birth-14 days	8 weeks	4 months
Date completed	/ /	/ /	/ /
Age	days	weeks	months
Weight			
Length			
Head circumference			
Head			
Mouth			
Eyes and Vision			
Ears and Hearing			
Abdomen			
Genitals			
Testes fully descended (R/L)			
Arms, Legs			
Hips			
Skin			
Development			
Safe sleeping			

I am 0-14 days old

Some things I may be doing:

- Being startled by loud noises
- Starting to focus on faces
- Grasping your fingers when placed in my hand

Some ideas for spending time with me:

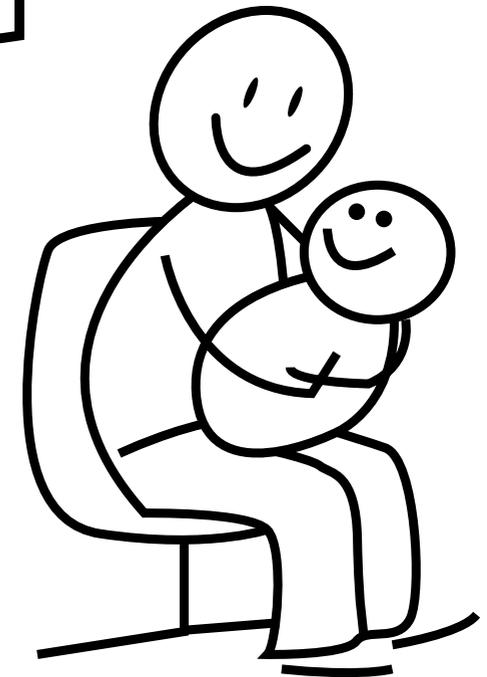
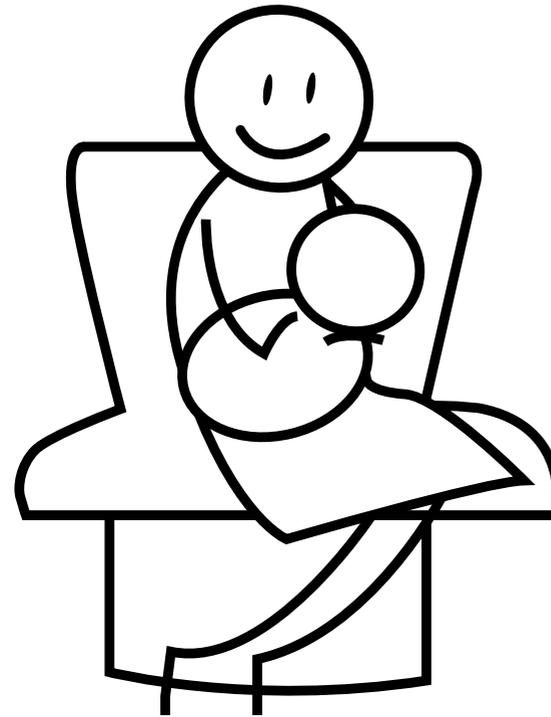
- Talk to me when I am awake
- Copy my sounds and expressions
- Cuddle me

Please speak to my child health nurse if I am:

- NOT reacting to loud noises
- NOT feeding well

Where to find more information:

- Healthy WA – healthywa.wa.gov.au
- Raising Children Network – www.raisingchildren.net.au
- Ngala – www.ngala.com.au



I am 6-8 weeks old

Some things I may be doing:

- Making sounds like I am 'telling you something'
- Becoming quiet when someone is talking to me
- Smiling
- Briefly lifting my head when on my tummy

Some ideas for spending time with me:

- Singing and talking to me
- Playing with me while I am on my tummy on the floor
- Taking me out for pram walks

Please speak to my child health nurse if I am:

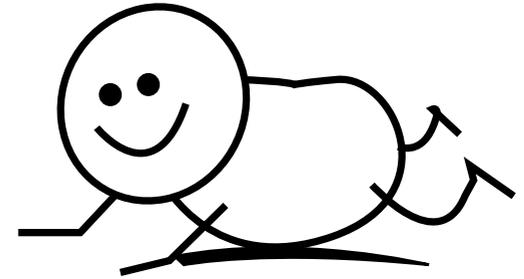
- NOT doing things I used to be able to do
- NOT making sounds other than crying
- NOT beginning to smile
- NOT looking you in the eyes
- NOT feeding well

Where to find more information:

- Healthy WA – healthywa.wa.gov.au
- Raising Children Network – www.raisingchildren.net.au
- Ngala – www.ngala.com.au

Don't forget to take me to visit the doctor as well when I am 6-8 weeks old.

The doctor will look for any medical problems, such as checking that my heart is working properly, as well as checking that Mum's health is OK after my birth.



I am 4 months old

Some things I may be doing:

- Playing with, looking at and sucking my hands
- Reaching out and grabbing things
- Turning my head to nearby sounds
- Expressing my emotions
- Holding my head up when you hold me or when I am on my tummy

Some ideas of spending time with me:

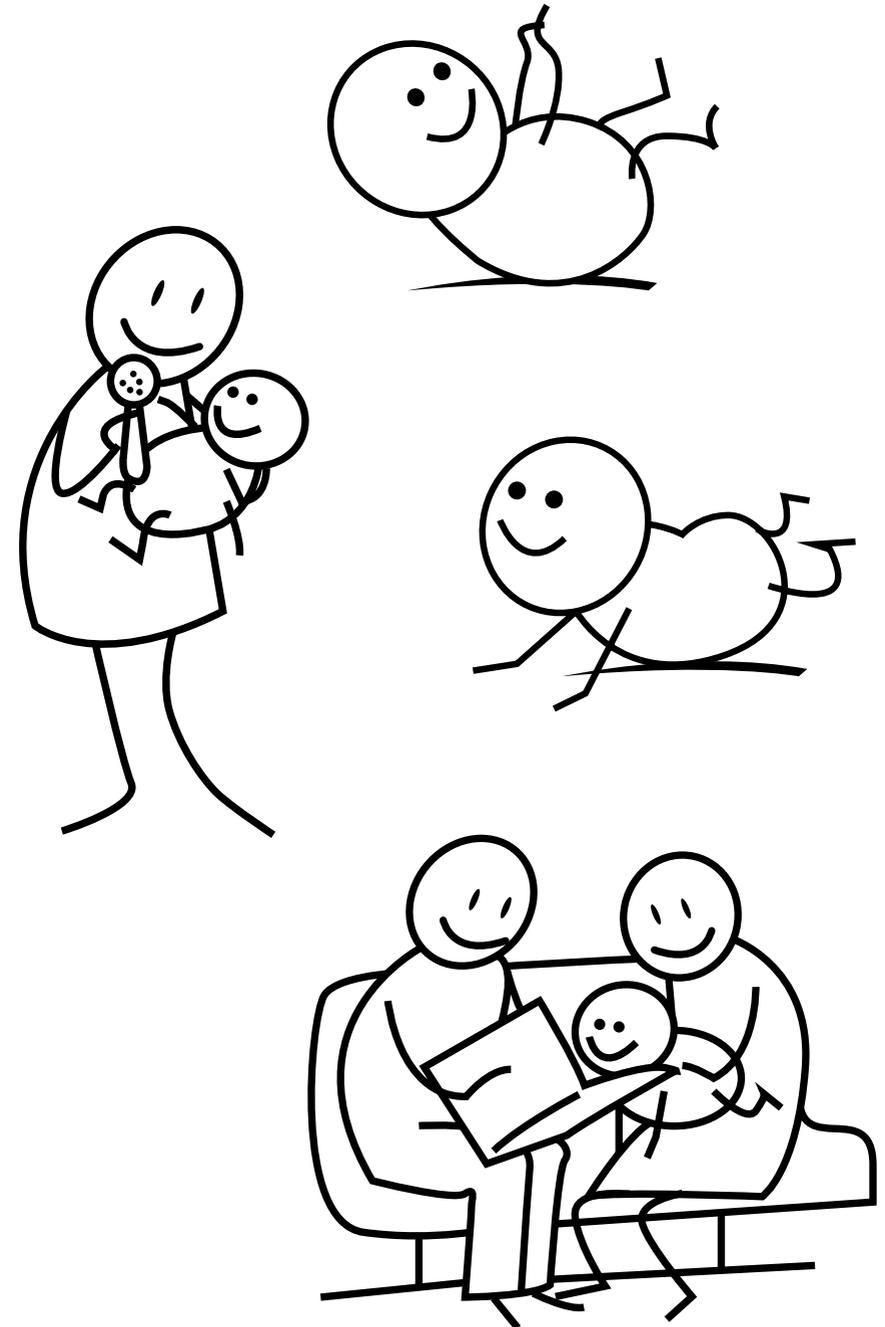
- Taking turns in smiling, talking and copying my sounds with me
- Reading books and singing with me
- Playing with me while I am having tummy time on the floor

Please talk to my child health nurse if I am:

- NOT doing things I used to do
- NOT smiling at anyone or anytime
- NOT trying to speak with you
- NOT turning my head to nearby sounds
- NOT enjoying tummy time
- NOT pushing up on my arms when I am on my tummy
- NOT feeding well

Where to find more information:

- Healthy WA – healthywa.wa.gov.au
- Raising Children Network – www.raisingchildren.net.au
- Ngala – www.ngala.com.au



I am 12 months old

Some things I may be doing:

- Pointing at things
- Attempting to feed myself and sipping from a cup
- Babbling and saying one or two words clearly
- Pulling myself up to stand while holding onto furniture

Some ideas of spending time with me:

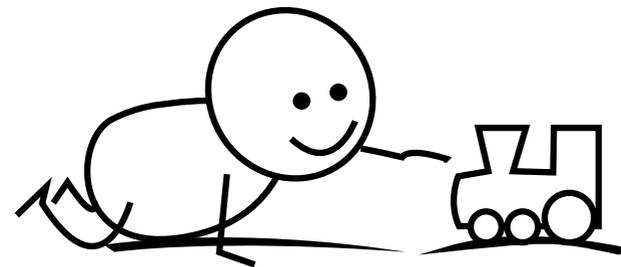
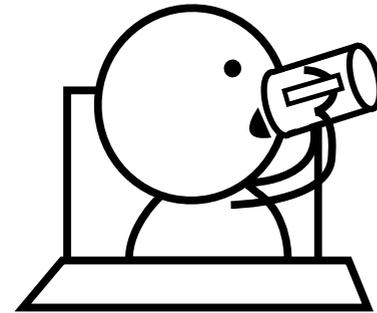
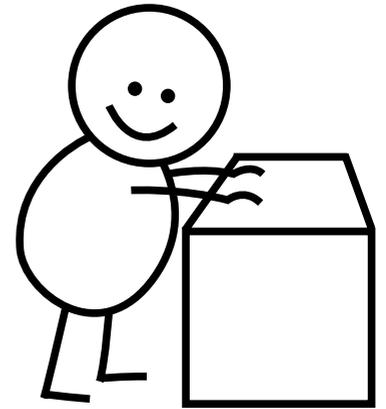
- Talking, singing and reading books with me
- Playing games with me on the floor
- Playing music and dancing
- Playing in the park or going to playgroup

Please talk to my child health nurse if I am:

- NOT doing things I used to do
- NOT enjoying eye contact or cuddles from you
- NOT trying to speak and laugh with you
- NOT trying to find out where sounds are coming from
- NOT pointing at things
- NOT crawling
- NOT standing with feet flat while holding on

Where to find more information:

- Healthy WA – healthywa.wa.gov.au
- Raising Children Network – www.raisingchildren.net.au
- Ngala – www.ngala.com.au



I am 2 years old

Some things I may be doing:

- Using 50 or more words meaningfully. I understand even more words
- Putting two words together, such as 'drink milk'
- Pointing to body parts
- Having tantrums
- Pretend playing and copying others
- Climbing and running
- Clinging to caregivers when in new situations

Some ideas for spending time with me:

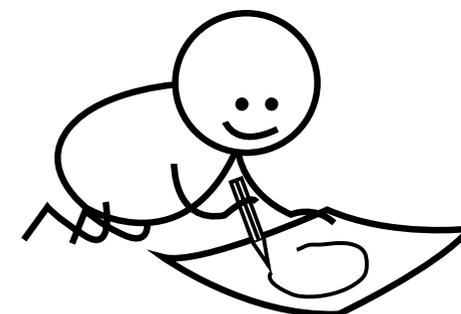
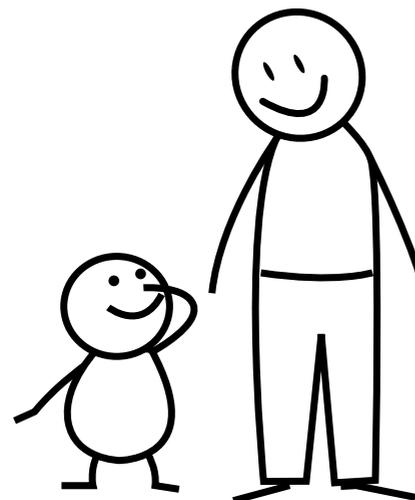
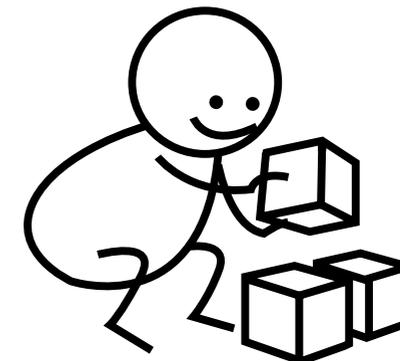
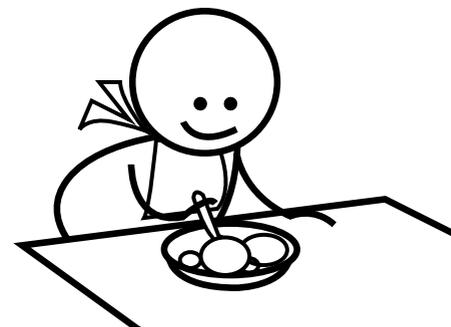
- Reading books to me and telling me stories
- Playing in the park, going to the library or playground
- Joining a playgroup
- Drawing, painting and using puzzles or blocks
- Singing simple songs and asking me to repeat words you say

Please speak to my child health nurse if I am:

- NOT doing things I used to be able to do
- NOT understanding many words
- NOT using 20 to 50 (or more) words meaningfully
- NOT putting words together
- NOT making eye contact
- NOT coming to you for cuddles or comfort
- NOT showing any signs of pretend play
- NOT running

Where to find more information:

- Healthy WA – healthywa.wa.gov.au
- Raising Children Network – www.raisingchildren.net.au
- Ngala – www.ngala.com.au



I am 3 years old

While there isn't a special appointment for 3 year olds, you might like to know some things I may be doing:

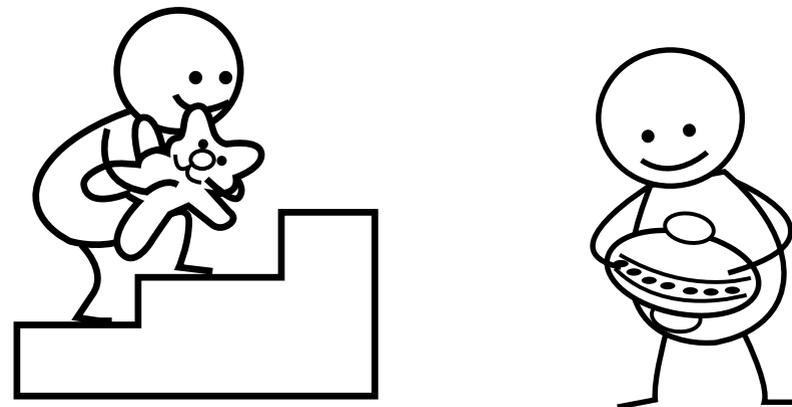
- Speaking simple sentences
- Understanding most of what you say
- Asking lots of questions
- Listening eagerly to short stories
- Drawing
- Climbing stairs and running
- Enjoying playing with other children

Some ideas for spending time with me:

- Allowing me to try things for myself
- Making up games
- Reading to me and telling stories
- Allowing me to ride tricycles and climb

Please make an appointment to see my child health nurse or doctor if I am:

- NOT doing things I used to be able to do
- NOT speaking clearly enough to be understood by other people
- NOT using simple sentences
- NOT understanding simple instructions
- NOT playing imaginary games
- NOT playing with other children
- NOT making eye contact
- NOT out of nappies



I am going to school

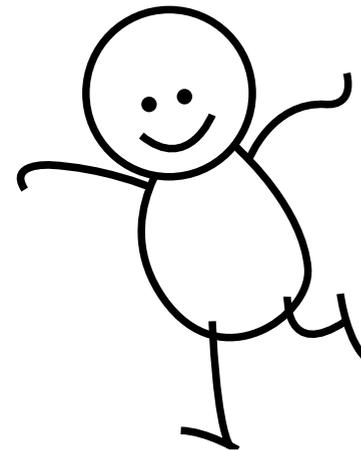
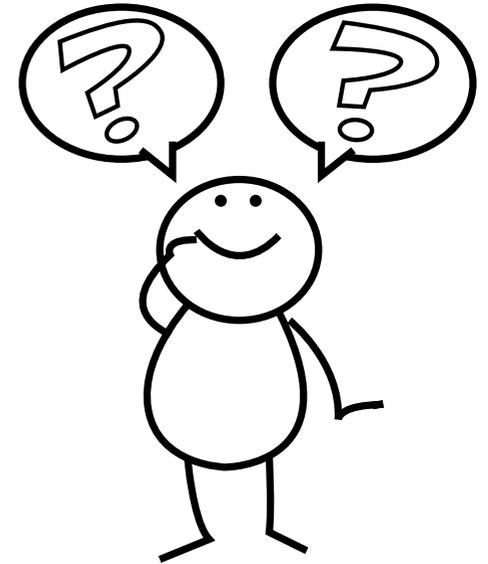
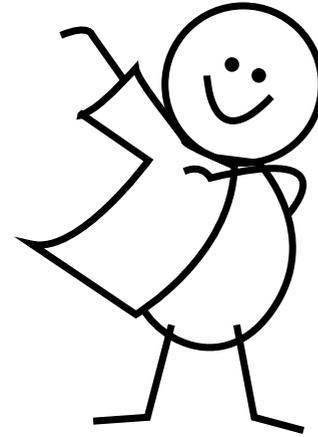
Going to school for the first time can be a big event.

Help me to get ready:

- Talk to me about my feelings – excited, shy, scared, upset about being away from you.
- Tell me about school – making new friends, sharing and taking turns, singing songs, playing outside.
- Read lots of books with me and ask me questions about the stories.
- Practise cutting, drawing and painting – help me hold the scissors or pencils correctly if I ask.
- Practise getting dressed – clothes I can manage on my own are best for school.
- Practise flushing the toilet and washing my hands. Make sure I have easy 'pull down and pull up' clothes.

On the day:

- Make sure I have had enough sleep so that I am ready to learn.
- Give me a healthy breakfast before school. Healthy food, snacks and water to drink will help me concentrate at school.
- When we get to school, stay with me for a little while until I feel safe.
- When it is time for you to go, tell me you are leaving, and when you will be back to get me.



After my birth

This postnatal care summary will be completed by the maternity staff

Baby's name	
Mother's name	
Place of birth	
Newborn medications, immunisations and screenings	
Vitamin K: Injection OR Oral	
Injection <input type="checkbox"/> Date _____	
Oral <input type="checkbox"/> 1 st dose _____ 2 nd _____ 3 rd _____	
Medications	
Hepatitis B: Date	<input type="checkbox"/> Yes <input type="checkbox"/> No
Newborn Blood Test: Date	
Newborn Hearing Screen: Date	Pass Right <input type="checkbox"/> Yes <input type="checkbox"/> No
Screeener's name	Pass Left <input type="checkbox"/> Yes <input type="checkbox"/> No
Hospital	
Newborn Hearing Screen: Date	Pass Right <input type="checkbox"/> Yes <input type="checkbox"/> No
Screeener's name	Pass Left <input type="checkbox"/> Yes <input type="checkbox"/> No
Hospital	Referred to Audiology
	<input type="checkbox"/> Yes <input type="checkbox"/> No
Comments	
Discharge information: Infant nutrition and health summary	
Infant feeding at discharge	<input type="checkbox"/> Breastfeeding
	<input type="checkbox"/> Expressed breastmilk
	<input type="checkbox"/> Infant formula
	<input type="checkbox"/> Lactation/breastfeeding aids (specify)
Weight	_____
Name	Date
Signature	Designation

My going home check

This newborn examination will be completed by the maternity staff

U.M.R.N		
Baby's name		
Baby's age		
	Appropriate	Comments
Head and fontanelles		
Eyes, red reflex		
Ears		
Tongue, palate and suck		
Cardiovascular		
Femoral pulse R/L		
Respiratory		
Abdomen and umbilicus		
Anus		
Genitalia		
Testes fully descended R/L		
Musculo-skeletal		
Hips (tests of entry & exit R/L)		
Skin		
Reflexes		
Other		
Name		Date
Signature		Designation

For my doctor
to use at my
6-8 week check



My immunisations



Why immunisations are so important

Immunisations are a simple and safe way to protect children against many diseases. Because of immunisation, many serious diseases are rare in Australia today. If we stop immunising our children, these diseases can come back.

Where to get me immunised

Ask the child health nurse where to go for my free immunisations, or

- visit www.healthywa.wa.gov.au/immunisation

After the immunisation

I might be a bit sore at the injection site for one or two days, be a bit grumpy or have a slight fever.

If you are worried:

- visit the doctor or After Hours GP
- phone *Healthdirect Australia* on 1800 022 222 (free from landline only)

Where to get more immunisation information

- visit www.healthywa.wa.gov.au/immunisation
- visit www.immunise.health.gov.au
- phone the Central Immunisation Clinic on 9321 1312