

# Community Health Services for children



Free services for children living in the Hawkesbury Local Government Area are available through our Community Health Centre.

Eligibility criteria and individual waiting times apply for each service. Children may be offered individual or group therapy according to their needs.

Please note that there may be an additional fee for any equipment required.

## Speech Pathology

For children 0-8 years who have difficulty with:

- Using and understanding language
- Speech sounds
- Stuttering/fluency
- Feeding
- Voice.

## Physiotherapy

For children 0-15 years who have difficulty with:

- Gross motor development (e.g. rolling, crawling, walking and balance)
- Gait (e.g. toe walking, in-toeing and bow leggedness)
- Musculoskeletal conditions (e.g. plagiocephaly, torticollis, hip dysplasia, structural and positional talipes, Erb's palsy)

- Returning to previous level of function and mobility post surgery.

## Occupational Therapy

For children 0-8 years who have difficulty with:

- Fine motor and school readiness development, including correct pencil grasp, cutting, colouring and handwriting
- Hand-eye coordination
- Emotional regulation and sensory processing including focusing and maintaining attention
- Constructive play, imaginative play or playing with other children
- Everyday activities including dressing, toileting and self-feeding.

## Child and Family Nursing

For children aged 0-5 years and their parents who are needing support and advice on:

- Breastfeeding
- Infant feeding
- Developmental checks
- Sleep and settling
- Infant and toddler behaviour
- Anxiety and post-natal depression
- Developmental milestones

- Adjustment to parenting
- Parent/infant bonding
- Commencing solids
- Behavioural concerns.

### Child Health Medical Officer

The Child Health Medical Officer is available for children aged 0-5 years who require developmental assessments.

### Podiatry

Biomechanical foot assessments, foot wear advice, orthotic therapy for foot conditions like flat feet, toe walker and in-toe etc.

### Child and Adolescent Counselling

For children, adolescents and their caregivers. The counselling team provide prevention, intervention and treatment in the area of:

- Behaviour management
- Anxiety/depression
- Emotional concerns
- Grief and loss
- Family relationship difficulties
- Divorce and separation.

### Dietetics

For children 0-8 years with:

- Faltering growth
- Poor weight gain
- Newly diagnosed coeliac disease
- Iron deficiency
- Fussy eating
- Tube feeding (Nasogastric and PEG feeds).

### Contact

**Hawkesbury Community Health Centre**  
2 Day Street  
Windsor NSW 2756

**Phone:** 4560 5714  
Monday to Friday  
8am to 4:30pm

**Email:** [NBMLHD-HawkesburyIntake@health.nsw.gov.au](mailto:NBMLHD-HawkesburyIntake@health.nsw.gov.au)