



## Maternal and Child Health Centre Locations

- Cobram – 16 Hay Avenue
- Nathalia – 77 Blake Street
- Numurkah – 38B McCaskill Street
- Yarrowonga – 87-97 Orr Street

### Appointments

03 5871 9275

### Immunisations

03 5871 9222

### Email

mch@moira.vic.gov.au



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# MCH

## Maternal and Child Health Service

## Information for Parents and Carers

Updated March 2025

[moira.vic.gov.au](http://moira.vic.gov.au)



## Maternal and Child Health Service

The Maternal and Child Health (MCH) Service offers families information, guidance and support on the following topics:

- Breastfeeding and lactation
- Child health, growth and development
- Parent and child relationships
- Safety and injury prevention
- Immunisation
- Family planning
- Nutrition
- Post-natal depression
- Sleeping and settling issues
- Circle of Security Parenting Series

## First Time Parents Group

This six week program is offered on a regular basis to first time parents, with many guest speakers.

## Embrace Food and Play

Groups are held across Council for your 5-10 month old baby facilitated by dietitians. Contact Council to find out when the next group will be underway.

## Sleep and Settling

The Sleep and Settling program provides assistance with understanding infant and toddler sleep cues, settling techniques and establishment of sleep routines.

## Breastfeeding Support

Moira Shire Council offers a free breastfeeding support at the Numurkah Maternal and Child Health Centre for all residents across the municipality.

Your breastfeeding journey is unique and we offer extra support and care for you to have a positive breastfeeding experience.

## Immunisation

Moira Shire Council holds Immunisation sessions in Cobram, Nathalia, Numurkah and Yarrawonga. Appointments are required to attend these sessions.



To make a booking, scan this QR code or to speak with your Maternal and Child Health Nurse or Moira Shire Council call **(03) 5871 9222**.

## Enhanced Maternal and Child Health

Enhanced Maternal and Child Health provides additional support to parents and caregivers of children up to six years of age. Referrals can be made by:

- Yourself
- Health professionals and workers
- Friends and family

## Appointments

To make an appointment for any of our services, please contact the central booking line on:

**(03) 5871 9275**

(Monday to Friday, 8:30am – 4:30pm)

or email: [mch@moira.vic.gov.au](mailto:mch@moira.vic.gov.au)

## Additional information



For further information on the services provided by Moira Shire MCH scan the QR code or visit [moira.vic.gov.au](http://moira.vic.gov.au)

## Maternal and Child Health Line

**24 hour number – 13 22 29**

Available throughout Victoria for the cost of a local call, this is a 24-hour service staffed by maternal and child health nurses.

