



Child Health Centre
Te Whare Hauora Mo Nga Tamariki

Dietitian for Children:

Dietitians use their knowledge and skills to improve the health and growth of children. They help children and their families to learn healthy food habits to make sure they get the proper nutrition their bodies need.

Who do we see?

We see children who are not growing well, children with feeding difficulties, food allergies and other ongoing health problems.

What happens when you come and see the Dietitian?

The Dietitian:

- Checks growth – each child has their height and weight measured when they come to clinic.
- Assesses the child's food intake.
- Assesses the child's nutrition needs.
- Makes food plans.
- Teaches the child and family what foods the child needs to eat.





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Eczema and Allergy Clinic:

The main purpose of this nurse-led clinic is to provide education about eczema and how to treat it.

When eczema is not under control it can affect the quality of life of both your child and your family. Detailed education in the management of eczema can give your child and your family greater confidence to manage eczema on a day to day basis.

Some children who have eczema also have allergies, therefore testing and education around allergies is also provided in this service.





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Occupational Therapy:

An Occupational Therapist helps a child to do all the things they need and/or want to do. This includes help and support to care for themselves e.g. dressing, toileting and feeding themselves. We help children to take part in age appropriate play and participate at school or in an early childhood setting.

Appointments may take place in the child's home, in the community (e.g. Kindergarten, daycare, or school) or at the Child Health Centre.

Services provided by the Child Health Centre Occupational Therapists may include:

- Therapy sessions.
- Home programmes and recommendations.
- Working with schools and others involved with the child.
- Equipment to help with daily living.
- Changes to the home environment such as wheelchair access.





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Physiotherapy:

Physiotherapists focus on posture, movement and physical skills needed for activity and participation.

We work with children with special needs or delayed development, e.g. children who do not reach their milestones or children who have had orthopaedic surgery for a disability.

What do we do?

- We assess a child's ability to move and to take part in physical activity.
- We provide information to help the family understand the child's problem and give them the skills to develop the child's abilities.
- We often devise a programme, which may involve the use of balance, strength and co-ordination activities, toys, games or other special equipment.
- We refer the child to other health professionals within the hospital when appropriate, e.g. orthopaedic surgeon.
- We work with children to assist them in achieving smooth transitions into early childhood education and school.
- We may work at home, school, kindy, kohanga reo, or in clinic settings.





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Psychology Service:

Child Health Centre Psychologists see children and their families when there are concerns about the child's development.

We also provide assessment and support for children whose physical health problems are affecting their behaviour and/or emotional wellbeing.

When you first see a Psychologist they will ask you about the concerns that you have, as well as other questions about your family/child's life and wellbeing. The work of Psychologists is mainly based on talking and working together to solve problems.





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Speech Language Therapy:

Speech Language Therapists help children with speech and/or language difficulties. We do this through play and education.

Language is understanding words as well as speaking words.

Speech refers to sounds. Children learn more sounds as they grow. Without clear sounds they can be hard to understand.

Because Speech Language Therapists know a lot about the mouth and throat they also help with eating, drinking and swallowing.

Speech Language Therapists help children with:

- Communication
- Swallowing
- Eating
- Drinking





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Paediatric Community Nursing Service:

The Paediatric Community Nursing Service (PCNS) covers the whole of Northland and is managed from the Child Health Centre in Whangarei.

The nursing service provides assessment and follow-up after discharge from hospital as well as providing ongoing support and monitoring of children with chronic illnesses and/or disabilities.





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Social Work:

The Child Health Centre Social Worker works with the family / whanau to support children, young people and their family / whanau to access services to meet their needs.

This includes:

- Providing Social Work support to the family / whanau.
- Support with making referrals to appropriate services, such as WINZ, Housing New Zealand, Family Start and providing information about these services.
- Providing information and support to access support services and entitlements such as, Carer Support, Child Disability Allowance, National Travel Assistance.
- Liaising and supporting family / whanau when working with other agencies, North Able, Child Youth and Family.
- Completing Social Work assessments as and when necessary.





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Visiting Neurodevelopmental Therapy:

Visiting Neurodevelopmental Therapists are Physiotherapists or Occupational Therapists who focus on the assessment of younger children's development.

This assessment may be within their homes, pre-schools and clinic settings. We see the following children for therapy and equipment needs:

- Children with conditions such as cerebral palsy, spina bifida genetic disorders
- Children who have developmental delay
- Children who have been identified as 'at risk' by their Paediatrician.

What do we do?

- Complete developmental assessments.
- Support the caregivers to use a therapy programme to help with your child's development.
- Provide therapy, management, information and support to families.

