

Flying Start for kids

Healthy Start: The 3-year-old Child Health
and Development Check

Guest presenter: CaFHS



Acknowledgement of Country

From the heart:

We acknowledge the Aboriginal peoples as the First peoples of South Australia and as custodians of the lands, waters, skies and communities where we live, learn and raise children.

We recognise Aboriginal peoples as having the longest living culture, raising children safe and strong in their Identity, Community, Culture, and connection to Country.

We pay our deep respects to Elders past and present, and their role as the first knowledge sharers for children. We follow in their footsteps.

Aboriginal peoples, working with and for children, are central in shaping our work. Their wisdom, advice, and guidance enriches our practices, creating a more inclusive and culturally safe environment for children and families.

We respect Aboriginal peoples' ways of being, doing and wise practices guiding our continual learning.

Together we walk and build stronger, more supportive communities for all children.



What we will cover today



- The importance of partnership between CaFHS and Early Childhood Education and Care services to support better outcomes for children
- What is CaFHS role?
- Why does age 3 matter?
- The 3-year-old Child Health and Development Check
- Advice to support you to confidently guide families
- Opportunity to ask questions

Child and Family Health Service (CaFHS)

- Free, trusted service supporting children's health, development and wellbeing
- Family-centred and non-judgemental, providing reassurance and practical advice
- Helps families feel confident and informed about their child's development
- Supports all families across South Australia with children from birth to 5 years
- Home visits, clinic appointments and place-based services
- Key services:
 - Child Health and Development Checks
 - Parenting and feeding support
 - Early Parenting Groups
 - Parent Helpline
 - Place-based outreach.



How CaFHS supports diverse families

CaFHS offers inclusive, family-centred care through

- Providing free access to interpreters and longer appointments
- No Medicare card required
- Culturally safe and welcoming services
- Accessible health literacy resources



The important role of Early Education and Care Services

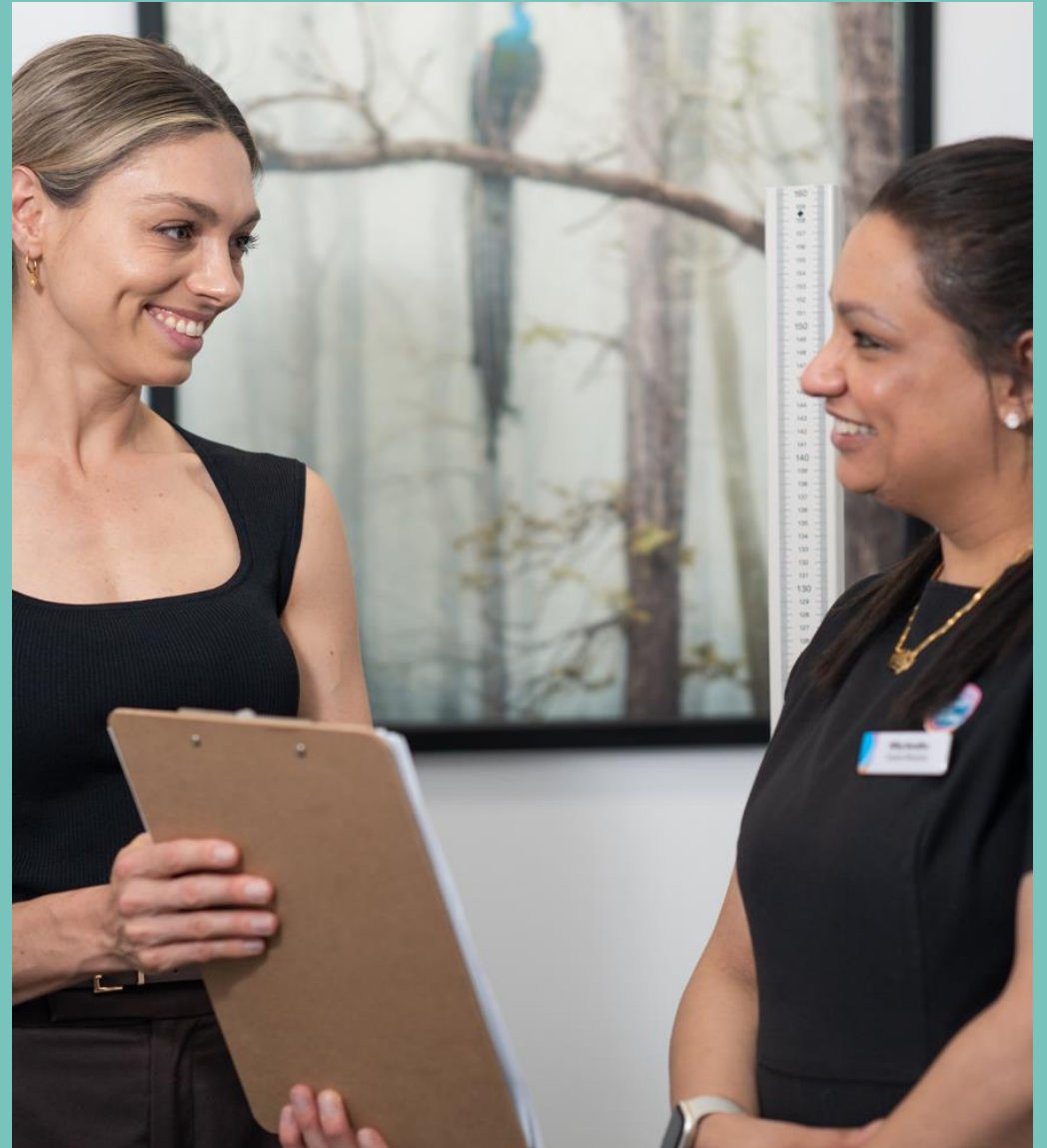
- Key service staff know children and families deeply and often notice changes first
- You play a vital role in early identification and support
- Your relationships with families position you as a trusted and influential voice
- Parents and caregivers look to you for guidance, reassurance, and advice.



The opportunity for partnership:

- Shared goal
- Complementary roles
- Stronger together
- Trusted pathways
- Early action
- Mutual respect

Together, we can create meaningful outcomes for the children we care for and their families.



Child Health and Development Checks

- The early years of a child's life are an exciting time of huge growth, development and change.
- Every child grows in their own way and at their own pace, and families know their children best.
- These checks offer a chance to pause and look at a child's growth, health and development — physically, emotionally, socially and in how they learn and communicate.
- All CaFHS checks are free and available to families across South Australia.

When is your child due for their FREE health and development check?

1-4
weeks

8
weeks

6-9
months

12
months

18-24
months

3
years

4-5
years

Child and Family Health Service (CaFHS) offer free health and development checks to make sure your child is healthy and developing as expected for their age.

To book an appointment call
1300 733 606

Parent Helpline
1300 364 100



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What is included in a CHDC

CHDCs are **free** and include:

- Discussion of family concerns (e.g. sleep, behaviour, feeding)
- Holistic health and development check
 - Speech and language development
 - Social and emotional wellbeing
 - Developmental screening (ASQ)
 - Hearing/vision screening (4-5yo CHDC)
- Reassurance, early support, practical advice.



The 3-year-old CHDC

- Around the age of three, children go through a period of significant change, with big leaps in their development.
- Children may be adjusting to preschool and new routines, and this can also come with:
 - Big feelings
 - Increased autonomy
 - Navigating friendships and relationships.

This is a critical time to identify any potential development concerns and connect them with support before they start school.



What we've heard

- **79%** of families seek information and reassurance about their child's health and development from their childcare/preschool
- **50%** of families lack information and knowledge about the later stage Child Health and Development Checks
- **46%** of families are not aware the 3-year-old check exists.

Case Study

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Bookings

Families can make a booking at their local CaFHS site by calling

1300 733 606

For further information, families can visit www.cafhs.sa.gov.au



How you can support families

- Simple conversations about child development and wellbeing
- Recommend Child Health and Development Checks as a normal and helpful step
- Use positive language: “Many families find this check really reassuring”
- Share information about CaFHS as a free, trusted support service
- Normalise seeking support — not just when there are concerns
- Gently guide families if you notice changes or developmental differences
- Reinforce that CaFHS is there to support, not judge
- Help families feel confident and comfortable taking the next step.



Resources

CaFHS and OECD packs to arrive at your service over coming weeks:

- Frequently Asked Questions for Early Childhood Teachers
- Poster for reception area to promote Child Health and Development Checks
- Growth chart for display in the preschool room

For families:

- Letter for children enrolled in 3-year-old preschool to take home to parent / caregiver
- Child Health and Development Check flyer
- Child Health and Development Check magnet


cafhs.sa.gov.au

When is your child due for their FREE health and development check?

1-4 weeks	8 weeks	6-9 months	12 months
18-24 months	3 years	4-5 years	

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Flying Start for kids

Free child health and development checks

The first 5 years of a child's life are an important time for physical growth and development.

Free health and development checks are available for all children from birth to 5 years living in South Australia, in 7 key stages:

1-4 weeks	18-24 months
8 weeks	3 years
6-9 months	4-5 years
12 months	

Children can also be seen at any time if you have questions or concerns.

Regular health and development checks support children to grow, learn and thrive, and can connect families to the right early health and/or development supports if needed.

How to book

Visit earlychildhood.sa.gov.au/healthchecks or scan the QR code to find a partner provider near you.



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Flying Start for kids

Free child health and development checks

Helping your child grow, learn and thrive from birth to 5 years.

Book today!



Government of South Australia

Giving every child a flying start!

Free health and development checks help make sure all South Australian children are growing, learning, and thriving. Families can also be connected with early supports to make a flying difference to children's health, learning, confidence and wellbeing. Checks are recommended at 7 key stages.



18-24 months

3 years

4-5 years

12 months

18-24 months

6-9 months

8 weeks

1-4 weeks

Scan the QR code or visit earlychildhood.sa.gov.au/healthchecks to find a partner provider near you, and to download the Free Early Years SA app.

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For more information



3yo CHDC uplift- Project lead
Hayley.Harris@sa.gov.au



Place Based Services Manager
Claire.Murray@sa.gov.au



OECD: oe.cd.chdcinfo@sa.gov.au



earlychildhood.sa.gov.au/healthchecks



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CREATE
together

Questions



What's next?



- Keep an eye out for the **delivery of Child Health and Development Check resources** to your service and consider how they can be used to support and engage families.
- **Promote Child Health and Development Checks** as a positive and valuable opportunity for families to connect with trusted support and gain reassurance about their child's development.
- Encourage families to **download the [Early Years SA app](#)** for trusted information and reminders on when checks are due.
- A recording of this presentation and digital resources will be made available via the **partner page** for you to share with your team.



Stay informed and connected



- Visit the Flying Start Partner Page for key information, and resources to support you in delivering Flying Start Preschool.
 - Password: FlyingStart!
- Stay up to date with our fortnightly Flying Start partners e-bulletin, delivered straight to your inbox.
- Direct families to the OECD website for general information [@flyingstart.sa.gov.au](https://www.oecd.org/@flyingstart.sa.gov.au)
- Encourage families to download the Early Years app
- Connect with us on social media:

Instagram: [@earlychildhoodsa](https://www.instagram.com/earlychildhoodsa)

Facebook: [@earlychildhoodsa](https://www.facebook.com/earlychildhoodsa)

LinkedIn: [Office for Early Childhood Development](https://www.linkedin.com/company/office-for-early-childhood-development)