

Nunkuwarrin Yunti is the largest Aboriginal community controlled health organisation in South Australia.

We offer a wide range of primary health, social & emotional wellbeing, health promotion and health training & development services to Aboriginal and Torres Strait Islander people.

### **Strong Mums Solid Kids (SMSK) Team:**

SMSK provides a culturally appropriate and holistic health service for Aboriginal and Torres Strait Islander families living in Adelaide. Offering continuity of care throughout the maternal and child health journey - from pregnancy to early childhood and consists of

- Maternity care
- Healthy Kids Program
- Allied Health (OT/Complex Care)
- Healthy Ears.

### **The SMSK goals are to:**

- provide information and knowledge for safe, nurturing environments for pregnancy, infants and children, improving infant and child health and development
- provide maternal and child health care services with an importance on early intervention and prevention
- coordinate care and referral to more specialist maternal and child health care as required

- provide a positive experience that encourages continued engagement in services.

### **Maternity Care:**

The Community Midwife and Aboriginal Health worker will support you to have a positive pregnancy and provide:

- All Antenatal care in a clinic or home visits
- Postnatal care at 2 and 6 weeks
- Breastfeeding support and education
- Help book your birthing hospital
- Support women who disengage from their birthing hospital
- Contraception and birth spacing education.

### **The Healthy Kids Program:**

The Child and Family Health Nurse and Aboriginal Health Worker will provide a comprehensive nurturing child health service for your baby from 0 to 5 years and the visits will consist of

- Health checks
- Immunisations
- Developmental and psycho-social assessment (ASQ)
- Support and education re childhood milestones and
- Playgroup Access.

To register for the Healthy Kids program your baby must be registered before they turn 12 months old.

### **Allied Health (Occupational Therapy) Complex Care:**

Extra support for children and their families in areas such as communication, fine and gross motor skills, social, emotional and interpersonal skills, and problem-solving skills.

Assistance with Engagement with NDIS and facilitate playgroups.

### **Healthy Ears (0-21 years)**

- Diagnosis, treatment and management of ear health problems
- Access to allied health and ENT surgery.

### **Strong Mums Solid Kids Team includes:**

- Team Manager
- Aboriginal Health Workers/Practitioners
- Aboriginal Child Health Worker
- Child and Family Health Nurses
- Community Midwife
- Occupational Therapist.

### **Additional Information:**

- Strong Mums Solid Kids is a free service for all Aboriginal woman, children and families in Adelaide
- Appointments are available Monday – Friday
- Home visits may be offered when possible according to available staffing
- Transport is dependent on availability and needs to be arranged in advance.

## Need more information?

If you would like further information on our service or would like to make a referral please:


Call and ask for the Strong Mums Solid Kids Team Manager on 0447 470 201

Or

Complete a referral form which can be found on our website under the resources tab:

[www.nunku.org.au](http://www.nunku.org.au)



 NUNKUWARRIN YUNTI  
of South Australia Inc  
[www.nunku.org.au](http://www.nunku.org.au)

The SMSK image combines healthy pregnancy and healthy kids in one. The hands around the mother represents fathers, partners and other family members supporting the mother and children. The Nunkuwarrin Yunti logo in the middle of the pregnant woman depicts caring for the next generation of our people.

\*Not all services available at all sites, please contact us for more information.

## CONTACT US

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