

Centre for Community Child Health

Before making the appointment:

- **Do you have a referral from a doctor?**

You must have a referral and you must send your referral to us (fax to 03 9345 5034) before you can make an appointment. A referral from your GP is valid for 12 months and a referral from a specialist is valid for three months.

- **Does your child have a UR (Unit Record) number from The Royal Children's Hospital?**

If your child has attended the RCH before, they will have a UR number. If not, your child will be given a UR number at their first visit.

Contact us

Centre for Community Child Health

Reception D, East Building
Level 1 (via the white lifts)

The Royal Children's Hospital Melbourne
50 Flemington Road Parkville
Victoria 3052 Australia

TELEPHONE +61 3 9345 6180

FACSIMILE +61 3 9345 5034

EMAIL deskd@rch.org.au

www.rch.org.au/ccch

SPECIALIST CLINICS RECEPTION D

Unsettled Babies Clinic

Supporting parents and
infants aged six months or
younger with crying and
sleeping difficulties

The Children's

Excellence in
clinical care,
research and
education



Unsettled Babies Clinic

The Unsettled Babies Clinic at The Royal Children's Hospital (RCH) Centre for Community Child Health (CCCH) supports parents and infants aged 6 months or younger with common infant concerns including crying and sleeping difficulties.

The clinic is staffed by paediatricians with experience in helping distressed infants, and provides an outpatient service to parents and infants under the age of six months with the primary problem of persistent crying or colic.

This clinic has links with maternal and child health services, lactation consultants, mental health services, paediatric gastroenterologists and allergy specialists, to facilitate optimal patient management.

You will be bulk billed for your appointment. This means you will need a referral from your doctor.

The clinic provides one-on-one consultations but does not provide day stay or overnight stays.

The Unsettled Babies Clinic is held weekly.

Unsettled babies

Persistent crying or colic with associated settling, sleeping, and feeding problems are common during the first weeks and months of life. This can be distressing for both the infants and their families.

In most cases, distress will lessen with simple interventions that help families to learn settling techniques that are effective for their baby and improve the feed/sleep routine.

In a few cases, distress may be the result of a medical problem such as gastro-oesophageal reflux or food protein intolerance.

At the clinic, we aim to identify and treat medical causes of infant crying, discuss normal infant sleep and crying patterns, offer parents management strategies to encourage infant settling, help parents to better cope with infant crying, mobilise support for parents and screen for postnatal depression.

Unsettled Babies Clinic staff

- consultant paediatricians
- senior paediatric trainees
- clinic coordinators

There might be teaching and research activities in the clinic while you are there.

Appointments

Making an appointment

You can make an appointment by faxing a referral to (03) 9345 5034.

(continued overleaf)