

**Tom Thumb
Kindergarten
Before and After
School Care Services
Parent Handbook**

GyMEA North Public School – 02 9524 3711

Kareela Public School – 0407 251 801

Kirrawee Public School – 02 9545 5421

Welcome to Before and After School Care

The Management and staff of Tom Thumb Kindergarten would like to welcome you and your child to our centre.

Our aim is to achieve the highest quality care for your child.

The Parent Handbook outlines important information you will need to be aware of while you are part of our Service family. Please take time to read over this booklet and ask questions about matters you may not fully understand.

We strongly recommend you read the provided information and ask questions to confirm your understanding of how the service operates. Signing your enrolment form indicates that you have read and understand the information provided in your enrolment pack, this handbook, and the centres policies, which may be viewed at any time.

Our Service has an open door policy. You and your family are welcome to visit the Service at any time.

We look forward to sharing your child's school years with you and your family.

Centre information :

Approved Provider: Tom Thumb Kindergarten Pty Limited

Gynea North OOSH :

Nominated Supervisor: Carly Glasgow

Educational Leader: Carly Glasgow

Hours of Operation : 7.00 – 9.00 am, 3.00 – 6.00 pm

Kareela OOSH :

Nominated Supervisor: Dane Purcell

Educational Leader: Carly Glasgow

Hours of Operation : 7.00 – 9.00 am, 3.00 – 6.00 pm

Kirrawee OOSH :

Nominated Supervisor: Madeline Southee

Educational Leader: Carly Glasgow

Hours of Operation : 7.00 – 9.00 am, 3.00 – 6.00 pm

Vacation Care – Held at Gynea North OOSH :

Supervisory details as above.

Hours of Operation : 7.00 am – 6.00 pm

Our Philosophy

We would like to acknowledge the traditional owners of this land the Dharawal speaking people and pay respect to elders past and present.

As a provider of care and education for infants and young children, we will employ an approach of sensitivity by understanding each individual child's interests, needs and developmental stages whilst also considering the context of their family and culture.

We will adopt principles that nourish and foster development in all domains, (including physical, social, emotional and cognitive) within an environment that also caters for the health, safety and aesthetic interests of the children, their families, educators and the wider community. We aim to provide a program that encourages each child's learning in accordance with the Principles and Outcomes in the "Early Years Learning Framework: Being, Becoming, Belonging."

Our approach to planning learning experiences will allow for children's individual differences in all areas of development. It will also be guided by the children's interests in order to make their learning and development both meaningful and enjoyable. A wide range of open ended materials will be offered to the children to account for all developmental stages in terms of learning and understanding. The experiences offered to the children will challenge, stimulate and encourage the children to investigate, explore and learn whilst developing a sense of enjoyment and fun. Additionally, the children will be encouraged to interact with and explore materials from the natural environment to foster an interest in the world in which they live and encourage a sense of appreciation and responsibility of the natural world.

We will employ a variety of different teaching styles and techniques in order to cater for each individual child's learning style and temperament. Play is a valued part of our programme as we believe it provides the foundations and is the most effective catalyst for learning. Our educators view themselves as co-constructors alongside the children and view each child as a strong and capable learner. Children's learning and development will be documented in a variety of ways.

In order to plan successful learning experiences and to interact with children in sensitive and meaningful ways, we will make every effort to understand the nature of each child's background and culture. We will get to know who they are as a person (being) and the person

they are developing into (becoming), helping to convey the message that we appreciate and respect who they are as an individual and as a member of our community (belonging). This specifically involves the absence of discrimination against a child or family on the basis of ability, religion, gender, age, race, culture or national origin. Families are encouraged to be involved in our programme and parents and staff endeavour will work together and support each other. Families and educators will develop and maintain close links through open two-way communication. We acknowledge that families can provide invaluable information about their own children and our educators can share their knowledge and experience of child development. The centre will also aim to provide a network of support for families which include knowledge of external agencies, and support services in the wider community.

Guidance of children's behaviour will be approached in a way that is appropriate and meaningful to the individual child. The establishment of mutually agreed expectations will ensure consistency and enable children a sense of security and independence. At all times behaviour guidance will remain a positive learning experience, aiming to encourage a positive sense of self and to develop the children's respect for themselves, their peers, their educators and their environment.

All members of our centre community will work together to create a harmonious, safe, enjoyable and educational setting that makes every individual feel valued and appreciated for who they are. By establishing strong connections between home, the centre and the wider community, we will foster a sense of wonder, appreciation and support for all people and the world around them. This will build the foundations for lifelong learning and development.

Our vision statement

At Tom Thumb Kindergarten and OOSH Services, we will provide a high quality educational program that assists each child to develop in a holistic way as members of the wider community. We will provide an educational program within a nurturing environment that ensures each child, family and educator feels valued and included. We will utilise the latest developmental theory and guidelines on best practice and implement it into our program with specific emphasis on the important role that play has in facilitating child development and learning

Centre Staff

Our centre personnel are dedicated to providing you and your child/ren with high quality care and education. Key centre personnel have Before and After School Care and First Aid qualifications and all staff participate in ongoing training to further develop their skills and knowledge.

A pool of relief staff are employed, ensuring children receive continuity of care while regular staff are away on holidays, etc.

All staff are required to have a Working with Children Check, as required by the Commission for Children and Young People.

The National Quality Framework

In December 2009, all Australian governments, through the Council of Australian Governments (COAG), agreed to a partnership to establish a National Quality Framework for Early Childhood Education and Care ('National Quality Framework') for most long day care, preschool/kindergarten, family day care and outside school hours care services in Australia.

The National Quality Framework aims to raise quality and drive continuous improvement and consistency in education and care services and school age care through:

- the Education and Care Services National Law and the Education and Care Services National Regulations ('National Law and National Regulations')
- the National Quality Standard for Early Childhood Education and Care and School Age Care ('National Quality Standard')
- a national quality rating and assessment process
- streamlined regulatory arrangements
- a new national body jointly governed by the Australian Government and state and territory governments – the Australian Children's Education and Care Quality Authority (ACECQA) – to oversee the new system

For more information about the National Quality Framework go to www.acecqa.gov.au

Our Educational Program

We follow the My Time Our Place Framework as per our programming policy. The aim of this framework is to extend and enrich children's learning and to develop a sense of Being, Belonging, and Becoming.

We aim to provide an Active Learning environment where children are free to observe, question, experiment and explore. It is important for children to experience being wet, dirty, noisy and messy. Children will be able to develop independence by knowing where to find things and being able to get things for themselves. They will also develop respect for themselves, and respect the needs and feelings of others, by feeling that they are an important part of the group. (Belonging)

By experimenting children can come to their own conclusions. Even if the conclusion or outcome is not what we, as adults, would expect, the process by which they have come to the answer has enormous value to their future learning.

Your child's educator is happy to discuss the activities your child/ren engage in on a daily basis and explain the important learning processes taking place.

Our educators reflect on the curriculum and their teaching practises on a daily basis. These reflections are available for parents to peruse. Our philosophy and policies have a strong influence on our curriculum and have been developed in conjunction with parents.

The children will be provided with opportunities to explore the diversity of culture, heritage, background and tradition and that diversity presents opportunities for choices and new understandings. An understanding of our own heritage and the cultures of the world forms an important part of the curriculum. Photographs, pictures, puzzles, manipulative equipment, books, dolls, music and friends are incorporated to develop awareness of the variety of cultures which exist within our community. We also encourage the children, educators and families to acknowledge and celebrate the values of their own culture and the world in which they live.

We are committed to providing a fun and inclusive program, which caters for each child's individual needs, abilities and interests. Our program will continue to develop as we use the relationships children have with their families and communities, working in partnership with parents, to ensure each child's knowledge, ideas, culture, abilities and interests are the foundation of our programs.

Service Policies and Procedures

You will find a copy of our service policies and procedures in our OOSH room. We expect our staff and families to adhere to our policies and procedures at all times to ensure that we maintain compliance and abide by the National Law and Regulations.

We are constant reviewing our policies and procedures and ask for staff and family participation to ensure our policies and procedures adhere to family's needs and meet required regulations. Your involvement helps us to improve our service and may lead us to change our policies and procedures.

We are committed to protecting your privacy. We support and are bound by privacy laws to ensure strict confidentiality is maintained.

Open door Policy

As providers of Early Childhood Education, we should never underestimate the level of trust a parent gives to us when they place their child into our care. Establishing trust may take time and will rely on open and honest communication between all parties. Therefore, our centre has an **Open door Policy**. You and your family are welcome to visit our centre at any time. We encourage parents/guardians to consult their child's educators if they have any questions or concerns about their children. We want both children and parents to enjoy the time spent with us at Tom Thumb Kindergarten. Your child's happiness, safety and well being are our first priority.

Grievances, Complaints and Feedback

Open communication between the service and families in our care is paramount. If for any reason you are not happy with the Service's level of care or care environment we want to know immediately. You can discuss this with Educators or formally write a letter. When any matter is raised the service will be following our Grievance Procedure Policy. Service Policies are made available to parents. If you feel that your concerns are not adequately addressed please contact:

- **NSW Early Childhood Education and Care Directorate**
Telephone: 1800 619 113 (toll free)
eccecd@det.nsw.edu.au

This is the appropriate and industry wide method of seeking help and dealing with your childcare enquiries. Defamatory statements made on social media will be taken seriously and result in legal prosecution and exclusion from all services beneath the Tom Thumb umbrella.

Enrolment

Our aim is to ensure that your enrolment at the Centre is a positive experience for both you and your child. When you visit the Centre you will be given an enrolment package. A Centre representative will discuss important information including centre policies and daily routine

Please complete all sections of the enrolment form and return it to the centre as soon as possible. The information you provide to us is extremely important and will remain confidential at all

times. Please ensure you notify the service immediately of any updates to your contact details and circumstances.

On your enrolment form you are required to nominate specific days. The centre will do its best to accommodate all enrolment applications, however if places are unavailable at the centre you have chosen we may be able to offer you a position at our other centre. This will depend on availability.

A non-refundable \$50.00 booking fee per family is required to cover administrative costs upon commencement.

Notice of withdrawal of your child from the centre

If you no longer require care for your child, two (2) week's written notice is required otherwise 2 weeks fees (at the full rate) are required in lieu of notice. Please take note that if your child does not attend the centre during the notice period Child Care Subsidy cannot be claimed and full fees will be charged. As our fees are paid in advance, this may result in a resettlement of your account when Child Care Subsidy has been balanced and withdrawn from your account.

Celebrations

We encourage parents to let their children share special celebrations with us at the centre. If you would like us to celebrate any occasion with your child please talk to an educator. One such event could be your child's birthday. To celebrate your child's birthday, you are welcome to bring along a cake. Please be aware that all Tom Thumb Kindergarten premises are "nut free zones" so please do not bring or make any products containing or derived from nuts. Please check with an Educator, prior to bringing in a cake, for any additional food allergies.

Personal Possessions and electronic devices

We respect the right for parents / carers to allow their children to bring a mobile device to school, however we do not permit the use of electronic devices at the centre. Inappropriate use of mobile phones and electronic devices, including photographs of other children, and content and games inappropriate to the various age groups serviced at OOSH will not be tolerated.

Any possessions brought to the Service from home must come entirely at the parent's own risk with regards to breakage or loss and Educators will not be held responsible.

We do encourage children to bring nature items and other items of general interest that may revolve on a current topic of interest.

Clothing

Each service does a range of craft activities and out door play. We will endeavour to keep your children's uniforms and clothing as clean as possible, however if you are concerned about this, we encourage you to pack a change of clothes for your child to wear outside of school hours.

Behaviour Guidance

Educators follow a Behaviour Guidance Policy which extends across the whole Service giving consistency of expectation in all classrooms. This policy allows children to develop self discipline, a respect for others and for property and respect for self.

The policy aims are:-

- To give all children the opportunity to expand their experiences of life in a productive, safe environment that allows individuals the right to safety, tolerance, self-expression, cultural identity, dignity and the worth of the individual, along with honesty in dealing with peers and caregivers.
- To be taught to respect the rights and needs of others by foreseeing the outcome of their behaviour and the consequences of their behaviour
- To encourage the individual social development of each child.

If you require any information on Behaviour Guidance please ask an Educator and also refer to the policy folder.

Food, Nutrition and Beverages

Our service aims to promote healthy lifestyles, good nutrition and the wellbeing of all of children, educators and families using procedures and policies. We also aim to support and provide adequately for children with food allergies, dietary requirements and specific cultural and religious practices.

The meals will provide a variety of breads, dairy products, proteins, fresh fruit and vegetables, fats and oils. The menu will showcase a selection of food from other cultures.

If your child has any specific dietary requirements; e.g. religious, cultural, medical or if you have an infant attending the service, please ensure that you inform Educators so as the appropriate meals can be organised.

We are a “nut free zone” and request that your child does not bring any products containing or deriving from nuts to our service.

Labelling of Belongings

Please ensure all belongings are clearly labelled with your child’s own name. Lost property will be placed into the central lost property bin. Parent cooperation in labelling assists the Service in keeping your child’s belongings together.

Health & Safety

The Service provides a healthy and safe environment for children, Educators and families to grow and develop in – as such the Service has a health and safety and hygiene policy regarding illnesses and medications. Children with contagious illnesses are required to be kept at home and a doctor's certificate must be presented to show that the infection cannot be passed when the child returns to the Service.

Illness

Our Service is committed to providing and maintaining a healthy environment to safeguard children, and Educators from infection.

If your child is unwell or showing signs of an infectious or contagious disease, we will contact you immediately and you will be required to collect them from the Service. **PLEASE DO NOT SEND YOUR CHILD IF THEY ARE UNWELL.**

It is the policy of the Service not to admit any child who has an infectious disease. We require a doctor's certificate stating that they are no longer infectious before they can be re-admitted to the Service. However, the Service Director may override this if deemed necessary.

Please notify the Service if your child has been exposed to or has an infectious disease. We will advise parents of an infectious disease in the Service by placing a notice on the whiteboards in each classroom and also at the entry way to the Service.

Medication

Educators will be able to administer medication to children who are recovering from illness. A medication form must be completed and signed by parents before any medication will be given. All prescription medication must be prescribed for your child and not another family member. Medication must be in date and in its original container/packaging.

The medication must be handed to an Educator to store in a locked container in fridge. Please DO NOT leave medication or creams in your child's bag.

Any child who has commenced a prescribed medication must not attend the Service for 24 hours from the time of the first initial dose.

Asthma

The Service aims to provide a safe environment for children who have asthma. It is Service policy that an "Asthma Action Plan" be completed by parents/guardians in consultation with the family doctor. It is also a requirement that the Action Plan be reviewed by your family doctor annually. The Action Plan must be completed before enrolment commences.

Anaphylaxis

We are an allergy aware service. Please inform an Educator if your child has any allergy. An Anaphylaxis Management Plan and Epi-pen must be provided for any child whose allergy may result in the use of an Epi-Pen.

Immunisation

It is a requirement of enrolment that you provide your service with your child's most up to date immunisation information. Children who are not immunised against certain infectious diseases will be excluded from care in the case of an outbreak, or if they have had exposure to that disease.

Sun Protection

All of our Services have been recognised by The Cancer Council of NSW as being "***Sun Smart***". Parents are requested to assist us to promote a positive attitude towards skin protection and take effective measures to ensure the children's safety from the sun. Please provide a wide brim hat to wear during outside play and ensure your child wears "sun smart clothing" e.g.: no singlet tops, short skirts, etc. Parents are expected to have put sunscreen on their child in the morning. Educators will ensure that each child has a suitable hat on before going outdoors and will reapply sun cream as required throughout the day.

Accidents

In case of an accident or illness occurring at the Service, an Educator will contact parents if deemed necessary. As a matter of extreme importance parents must ensure that the Service has up to date emergency contact details and telephone numbers. An incident report will be completed, outlining the accident and a copy will be provided for parents to sign.

Emergency Drills

Throughout the year the Service will hold emergency evacuation drills which occur at any given time throughout the day. If you are present during the evacuation drill, you will be required to participate in the procedure. These are carried out in a well-organised and orderly manner. Educators are trained in using the fire equipment at the Service. An emergency evacuation plan will be displayed in every classroom.

Using the Service Safely

For the safety of all children, families, visitors and staff please adhere to the guidelines below.

Never leave children unattended in cars while dropping off or collecting children from the service.

Always hold your child's hand when arriving and departing from the Service.

Never leave a door or gate open.

Never leave your child unattended in a classroom. Always ensure that you have acknowledged your child's presence and departure from the centre to an Educator.

Children and parents are not permitted to enter the Kitchen/Laundry area.

Children may only be collected by those persons who have been nominated on the enrolment form. If a person who has not been nominated is collecting your child, you are required to inform the service and the person will be required to provide suitable photo identification on their arrival at the service.

Custody arrangements/Court orders

Parents must notify the service if there are any Court orders affecting residency of their children and a copy is required for the service. Without a Court Order we cannot stop a parent collecting their child. Parents must notify the service immediately if legal circumstances change.

Keep Them Safe (Child Protection)

As mandatory reporters, Educators are required to notify the Child Protection Hotline when they suspect that a child is at significant risk of harm. The service has a child protection policy that identifies the types of behaviours and offences which result in significant harm to a child or young person.

Our service is committed to the Keep Them Safe Goal that “all children in NSW are healthy, happy and safe, and grow up belonging in families and communities where they have opportunities to reach their full potential”.

Confidentiality Guidelines

Our service acknowledges and follows confidentiality guidelines as outlined by the Australian Children’s Education and Care Authority National Regulations and the Australian Childhood Association Code of Ethics. These guidelines are abided by in every policy, procedure and practice.

Arrival and Departure

All children must be signed in on arrival, and signed out on departure, using the iPad kiosk. All casual bookings can be added to the casual attendance page. An educator will be available at all times during the morning and afternoon sessions to aid you in signing your child in / out of the service.

No child will be permitted to leave the service with any person who is not stated on the enrolment form, unless prior arrangements have been made with the nominated supervisor.

Information regarding hours of operation, fees and holidays

Fee schedule

Please refer to your enrolment information.

Booked Days

On enrolment you are required to inform the service of permanent days required. Please speak with your Service Director if you need to change these days. Two weeks notice will be required to alter days and whilst we will do our best to accommodate, this may not always be possible.

Fee structure and payment

Fees are payable 1 week in advance. If your fees are not paid, your child's enrolment may be terminated.

Payments are made using "EziDebit" – an external direct debiting system. Please refer to the Ezi Debit information in your enrolment pack.

Child Care Subsidy (CCS)

Child Care Subsidy is a means-tested subsidy paid directly to the service as a fee reduction. There are 3 factors which determine a family's level of Child Care Subsidy, which include:

1. Combined family income
2. Activity test for both parents
3. Service type

The use of Child Care Subsidy requires families to provide information and confirm current details by using your Centrelink online account through MyGov. Here you will be asked to provide your combined family income estimate for the financial year, hours of recognised activity including work, training, study and volunteering, and the types of childcare your family uses.

Allowable Absences

Child Care Subsidy can be paid for any absence from approved care your child attends for up to 42 days per financial year. Additional absences beyond 42 days for certain reasons may be approved and paid. Please talk to us about additional absences.

Public holidays will be counted as an absence. Your child's absences (per financial year) are shown on their fortnightly statement. If you have transferred over from another eligible service, the absences will transfer with you, and will reset at the beginning of the next financial year.

Sick days, public holidays and family holidays

Please notify the service if your child is sick or unable to attend. If your child has been absent for more than two (2) weeks without notification, we are unable to hold your child's position.

Public holidays and absences due to illness or family holidays must be paid for and there are no make-up days.

Late Fee

A late fee of \$10.00 for the first 10 minutes or part thereof and \$1.00 per minute after 6:10 pm will be charged to any family who has not collected their child from the centre prior to 6:00 pm.

School Holidays

During school holidays, we operate Vacation Care at our Gymea North OOSH service. Vacation care information will be distributed to parents around week 5 each term, and requires a new enrolment each holidays.

Annual Closure

All Tom Thumb services will close for two (2) weeks at the end of each year. Specific dates will be notified in the centre newsletter. During this annual closure fees are not payable.

Important Contacts and Information for families

The service provides families with current information on child and family resources and services accessible in the local community.

Our service has a parent library with resources you may find helpful

ACECQA is the new national body ensuring early childhood education and care across Australia is high quality.

Email: enquiries@acecqa.gov.au

Telephone: 1800 181 088

NSW Early Childhood Education and Care Nominated Supervisorate

Telephone: 1800 619 113 (toll free)

Email: ececd@det.nsw.edu.au

Informative Website for parents

Raising Children Network

The Australian parenting website: comprehensive, practical, child health and parenting information and activities covering children aged 0-8 years.

www.raisingchildren.net.au/

National Immunisation Program Schedule

From 1 April 2019

Australian Government Department of Health

National Immunisation Program

A joint Australian, State and Territory Government Initiative

Age	Disease	Vaccine Brand
Childhood vaccination (also see influenza vaccine)		
Birth	Hepatitis B (usually offered in hospital) ^a	H-B-Vax® II Paediatric or Engerix B® Paediatric
2 months Can be given from 6 weeks of age	Diphtheria, tetanus, pertussis (whooping cough), hepatitis B, polio, <i>Haemophilus influenzae</i> type b (Hib) Pneumococcal Rotavirus ^b	Infanrix® hexa Prevenar 13® Rotarix®
4 months	Diphtheria, tetanus, pertussis (whooping cough), hepatitis B, polio, <i>Haemophilus influenzae</i> type b (Hib) Pneumococcal Rotavirus ^b	Infanrix® hexa Prevenar 13® Rotarix®
6 months	Diphtheria, tetanus, pertussis (whooping cough), hepatitis B, polio, <i>Haemophilus influenzae</i> type b (Hib)	Infanrix® hexa
Additional vaccines for Aboriginal and Torres Strait Islander children (QLD, NT, WA and SA) and medically at-risk children ^c	Pneumococcal	Prevenar 13®
12 months	Meningococcal ACWY Measles, mumps, rubella Pneumococcal	Nimenrix® M-M-R® II or Priorix® Prevenar 13®
Additional vaccines for Aboriginal and Torres Strait Islander children (QLD, NT, WA and SA)	Hepatitis A	Vaqta® Paediatric

Age	Disease	Vaccine Brand
18 months	<i>Haemophilus influenzae</i> type b (Hib)	ActHIB®
	Measles, mumps, rubella, varicella (chickenpox)	Priorix-Tetra® or ProQuad® Infanrix® or Tripacel®
	Diphtheria, tetanus, pertussis (whooping cough)	
Additional vaccines for Aboriginal and Torres Strait Islander children (QLD, NT, WA and SA)	Hepatitis A	Vaqta® Paediatric
4 years	Diphtheria, tetanus, pertussis (whooping cough), polio	Infanrix® IPV or Quadracel®
Additional vaccines for medically at-risk children ^C	Pneumococcal	Pneumovax 23®

National Immunisation Program Schedule

From 1 April 2019

Australian Government Department of Health

National Immunisation Program

A joint Australian, State and Territory Government Initiative

Age	Disease	Vaccine brand
Adolescent vaccination (also see influenza vaccine)		
12-13 years (School programs ^d)	Human papillomavirus (HPV) ^e Diphtheria, tetanus, pertussis (whooping cough)	Gardasil®9 Boostrix®
14-16 years (School programs ^d)	Meningococcal ACWY	Nimenrix®
Adult vaccination (also see influenza vaccine)		
15 – 49 years Aboriginal and Torres Strait Islander people with medical risk factors ^C	Pneumococcal	Pneumovax 23®

Age	Disease	Vaccine brand
50 years and over Aboriginal and Torres Strait Islander people	Pneumococcal	Pneumovax 23®
65 years and over	Pneumococcal	Pneumovax 23®
70–79 years ^f	Shingles (herpes zoster)	Zostavax®
Pregnant women	Pertussis (whooping cough) ^g Influenza ^h	Boostrix® or Adacel®

Funded annual influenza vaccination^h

6 months and over with certain medical risk factors^c

All Aboriginal and Torres Strait Islander people 6 months and over

65 years and over

Pregnant women

a Hepatitis B vaccine: Should be given to all infants as soon as practicable after birth. The greatest benefit is if given within 24 hours, and must be given within 7 days.

b Rotavirus vaccine: First dose must be given by 14 weeks of age, the second dose by 24 weeks of age.

c Refer to the current edition of *The Australian Immunisation Handbook* for all medical risk factors.

d Contact your state or territory health service for school grades eligible for vaccination.

e Observe Gardasil®9 dosing schedules by age and at-risk conditions. 2 doses: 9 to <15 years - 6 months minimum interval. 3 doses: ≥15 years and/or have certain medical conditions - 0, 2 and 6 month schedule. Only 2 doses funded on the NIP unless 12-13 year old has certain medical risk factors.

f All people aged 70 years old, with a five year catch-up program for people aged 71-79 years old until 31 October 2021.

g Single dose recommended each pregnancy, ideally between 20-32 weeks, but may be given up until delivery.

h Refer to annual influenza information for recommended vaccine brand for age.

- Contact your State and Territory Health Department for further information on any additional immunisation programs specific to your State or Territory.
- All people aged less than 20 years are eligible for free catch up vaccines.
- Adult refugees and humanitarian entrants are eligible for free catch up vaccines.

For more information visit [health.gov.au/immunisation](https://www.health.gov.au/immunisation)

State/Territory Contact Number

Australian Capital Territory (02) 6205 2300

New South Wales 1300 066 055

Northern Territory (08) 8922 8044

Queensland 13 HEALTH (13 4325 84)

South Australia 1300 232 272

Tasmania 1800 671 738

Victoria 1300 882 008

Western Australia (08) 9321 1312