

## Child Personal Health Record (Blue Book)

**Summary** This Information Bulletin informs health professionals of key changes within the Child Personal Health Record (Blue Book) published in 2022, including links to further information, additional resources, and practice notes.

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**Applies to** Local Health Districts, Affiliated Health Organisations, Community Health Centres

**Distributed to** Public Health System, Divisions of General Practice

**Audience** All staff in maternal child and family health; Allied Health Staff

## Child Personal Health Record (Blue Book)

### PURPOSE

This Information Bulletin provides information to NSW Health professionals on the key changes within the Child Personal Health Record (Blue Book).

Distribution of the 2022 edition of the Blue Book has commenced and will be available on the NSW Health [website](#).

### KEY INFORMATION

The Blue Book is provided to all parents of children born in NSW. It describes the minimum recommended schedule of health and developmental checks that every child should have from birth to school entry to support their health and development. It provides a personal health record and contains important information for parents and carers.

Regular reviews of the Blue Book are undertaken annually to ensure the contents are current and clinically accurate. There are several changes to the 2022 edition of the Blue Book which includes revised *Learn the Signs. Act Early* (LTSAE) milestone checklists (see Table 1: Summary of key changes).

As stated in the NSW Health Policy Directive *Maternal & Child Health Primary Health Care Policy* ([PD2010\\_017](#)), all Local Health Districts are to ensure staff who are providing maternity, child and family services have adequate skills and training to deliver these services. All staff who provide child health and development checks to children and their families must be made aware of the changes to the Blue Book and the implications for their practice.

### Key Changes

Local Health Districts are responsible for ensuring the implementation of practice changes to ensure appropriate use of the revised *Learn the Signs. Act Early* milestone checklists by February 2023.

NSW Health will update information on the [website](#) with the 2022 version of the Blue Book in August 2022, when the new physical version commences distribution to parents. (Distribution of the 2022 version of the Blue Book in maternity units will vary as all old stock is first exhausted).

Printable copies of the *Learn the Signs. Act Early* milestone checklists are available on the Centres for Disease Control and Prevention [website](#).

**Table 1: Summary of key changes**

Page	Section/Topic	Description of changes
8, 15, 121	Immunisation	<p>Updates to the text which now states: A copy of your child's immunisation details are recorded on the <a href="#">Australian Immunisation Register</a></p> <p>You can obtain a copy of your child's immunisation history statement at any time:</p> <ul style="list-style-type: none"> <li>• via your Medicare online account through <a href="#">myGov</a></li> <li>• via the <a href="#">Medicare Express Plus App</a></li> <li>• by calling the Australian Immunisation Register General Enquiries Line on 1800 653 809.</li> </ul> <p>Additional update to the text to include 'pertussis' after wording 'whooping cough' i.e., whooping cough (pertussis).</p>
67, 73, 84, 95, 104, 111, 118 and 125	Learn the Signs. Act Early checklists	<p>Milestone checklists for the following age groups are updated:</p> <ul style="list-style-type: none"> <li>• 6-8 week check</li> <li>• 6 month check</li> <li>• 12 month check</li> <li>• 18 month check</li> <li>• 2 year check</li> <li>• 3 year check</li> <li>• 4 year check</li> </ul> <p>The milestones now reflect what 75% of children can be expected to achieve. The former milestones in the 2021 Blue Book were based on what 50% of children were expected to achieve.</p>
41,41, 45, 47, 48, 51	WHO Child Growth Standards	<p>Updated website link <a href="https://www.who.int/tools/child-growth-standards/standards">https://www.who.int/tools/child-growth-standards/standards</a></p>
20	Healthy Eating Active Living	<p>Update to the text: Find information about NSW Government programs and services available to support people to eat healthily and be more active.</p>
18	Website and online resources	<p>Updated website link <a href="https://www.health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/learn-the-signs.aspx">https://www.health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/learn-the-signs.aspx</a></p>
19	Breastfeeding support	<p>Updated link <a href="https://www.health.nsw.gov.au/breastfeeding">https://www.health.nsw.gov.au/breastfeeding</a></p>
108	STEPS and SWISH Logos	<p>Logos removed due to the transition of new brand frameworks.</p>
75, 85, 92, 93, 99, 111	Changes to gender references	<p>Updated to reflect gender neutral language (they/them).</p>