

## My Personal Health Record (Blue Book)

**Summary** This Information Bulletin informs NSW Health on the key changes between the Child Personal Health Record published in 2022 and the My personal health record (Blue Book) published in 2023.

**Document type** Information Bulletin

**Document number** IB2023\_044

**Publication date** 27 October 2023

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**Review date** 27 October 2024

**Policy manual** Not applicable

**File number**

**Status** Active

**Functional group** Clinical/Patient Services - Baby and Child, Governance and Service Delivery

**Applies to** Local Health Districts, Specialty Network Governed Statutory Health Corporations, Affiliated Health Organisations, Community Health Centres, Public Hospitals

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

**Audience** Local Health Districts and Networks;Maternity Services

## **My Personal Health Record (Blue Book)**

### **PURPOSE**

This Information Bulletin provides information to NSW Health on the key changes between the *My Personal Health Record* (Blue Book) published in 2022 and the *My Personal Health Record* (Blue Book) published in 2023.

The Blue Book is available on the NSW Health website [Blue Book](#).

### **KEY INFORMATION**

The Blue Book is provided to all parents of children born in NSW. It provides a personal health record and contains important information for parents and carers. 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.

Regular reviews of the Blue Book are undertaken annually to ensure the contents are current and clinically accurate. There are several changes to the 2023 edition of the Blue Book which includes revised outcome to the *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**

NSW Health will update information on the [Blue Book](#) website with the 2023 version in September 2023.

The new paper version of the 2023 Blue Book will commence distribution to Maternity Units also from September 2023, once all the current Blue Book stock has been distributed.

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

**Table 1. Summary of key changes**

Page	Section/ Topic	Description of changes
Front cover	Design Team	Updated to include the red waratah logo; the whooping cough label has been changed to red and the internal text font is now Public sans.
71 and 99	Immunisation	Updates to the 4-month image and text now states: 'Protect your child from diseases like whooping cough'. In the 2-year check, 'immunisations' have been added to the 'Health and safety' dot points.
67, 77, 87, 95, 101, 107 and 113	'Learn the Signs. Act Early' checklist outcomes have been updated	Milestone checklist outcomes for the following age groups are updated: <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> The outcomes are revised to be in line with the CDC updates.
16, 82, 83 and 84	Centre for Oral health Strategy	Updated wording: incorporating the new NSW Public Dental Services 1800 679 336 number; offering a cup; oral health professional; and e.g., tooth decay, gum problems.
14, 60, 61, 65, 67, 75, 78, 85, 88, 93, 96, 99, 102, 105, 108, 111 and 117	Centre for Population Health - Smoking and Vaping	Update to the text to inform parents and carers about the risks associated with vaping and liquid nicotine.
9 and 101	Health and Social Policy Branch – Child and Family Health	Updated to wording 'Most of your child's brain structure is developed before they turn 5 years old'.
144	Ambulance NSW – CPR Chart	Updated chart.
58 and 116	STEPS and SWISH logos	Logos removed due to the transition of new brand frameworks.
113, 115, 117, 118 and 119	In the 4-year check the titles 'Child and Family Health Nurse, GP/Doctor and Paediatrician' are used interchangeably on these pages	Replace the three different titles with the words 'health professional'.
11, 59, 67, 77, 87, 95, 101, 107 and 113	Removal of the Resourcing Parents website details	Information that Love Talk Sing Read Play and Deadly Tots Apps are available to download on Android and iPhone.