



NSW Digital Baby Book



The Challenge

When a child is born in NSW, parents receive a My Personal Health Record book (often called the [Blue Book](#)), which becomes a record of their child's health and development information.

This paper-based book is used by parents, carers, early childhood nurses, doctors and other health professionals to record the child's health and development information during early childhood. This is a record of health checks, vaccinations, developmental milestones, and questions for parents to consider before each health check.

Recording information in the paper-based book takes time for both clinicians and parents. Some parents report finding it difficult to sort through what they need to do and when or forget to take their Blue Book to appointments. This contributes to missed health appointments and lower vaccination uptake.

With the majority of a child's brain development occurring in the first 2000 days of a child's life, it is important that parents and clinicians have the information and tools they need to support children during this time.

The Solution

The NSW Digital Baby Book is part of Brighter Beginnings, a NSW whole-of-government initiative, to give all children in NSW the best start in life. It aims to improve the lives and experiences of parents and families in the first 2000 days of their child's life and forms part of the [First 2000 Days Implementation Strategy 2020-2025](#).

The NSW Digital Baby Book will provide a digital option for the existing paper-based My Personal Health Record (Blue Book). This will provide parents and clinicians with consistent and accessible information they can rely on, instead of incomplete or mislaid paper records.

Core features will include:

- an easily accessible digital record of a child's vaccinations and health and development information
- schedules and reminders of a child's health and development checks and vaccinations
- questionnaires for parents in the milestone monitoring tool (Learn the Signs, Act Early), to help clinicians in the early identification of developmental delays
- information and resources for parents, including growth charts
- real-time integration and information-sharing across care settings.

Creating a digital health record from birth will help clinicians predict and understand long-term health outcomes of children as they progress throughout their lifetime.

eHealth NSW is partnering with NSW Health, parents and carers to develop the NSW Digital Baby Book. The first release is due in 2024, with the full digital solution delivered in phases over 3 years.



For more information:

Search for 'Digital Baby Book' at ehealth.nsw.gov.au