



How to book

Complete the form on our website and we'll be in touch to arrange a time that suits you.

You're also welcome to contact us directly if you'd prefer to speak with someone or have questions before booking.



[sonder.net.au/
child-health-checks](https://sonder.net.au/child-health-checks)

Get in touch with us.

 (08) 8209 0700

 childhealthchecks@sonder.net.au

Contact us

 (08) 8209 0700  (08) 8252 9433

 info@sonder.net.au

 PO Box 421, Elizabeth SA 5112

Follow us

 [sonder_southaustralia](https://www.instagram.com/sonder_southaustralia)

 [SonderSA](https://www.facebook.com/SonderSA)  [Sonder-SA](https://www.linkedin.com/company/Sonder-SA)



Sonder acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia. We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

Sonder welcomes people from all cultures, faiths, backgrounds, experiences, and celebrates all identities, genders, sexes, orientations and abilities. We embrace diverse voices in our decision making to ensure we deliver inclusive services.

This initiative is funded by the Office for Early Childhood Development as part of the Flying Start reforms.



Flying Start
for kids



Child health and development checks

Free health checks for children aged 5 months to 5 years



Understand how your child is growing, celebrate milestones, and identify any needs early.

At a time of incredible change, it can be hard to know how best to support your little one through their early years.

Our child health and development checks are designed to create space for your questions, reassurance, and guidance.

We're here to help by identifying any needs early, so the right support can be offered when it matters most.

They're not a test and there's no judgement. It's simply a chance to check in on your child's health and development.

Available in:

- 📍 Yorke Peninsula
- 📍 Gawler
- 📍 Two Wells
- 📍 Barossa

What do we offer?



Easy access

Childcare, medical centre, or home visits for convenience.



Inclusive support

Culturally safe and respectful care for all families, carers, and kin.



Care you can trust

Provided by experienced child health nurses.



No cost

Child health and development checks are completely free.

When are checks recommended?

In South Australia, child health and development checks are recommended at:

- 1 – 4 weeks
- 8 weeks
- **6 – 9 months** → Sonder provides checks from 5 months onwards.
- **12 months**
- **18 – 24 months**
- **3 years**
- **4 – 5 years**

You can book at any stage.

What happens during a check?

Each check takes about an hour. During this time, our team will:

- Check growth, feeding, sleep, hearing, and vision.
- Review immunisations.
- Look at your child's learning, play, movement, and communication.
- Talk about milestones.
- Offer guidance about what to expect next.

