

Ouder- en Kindteams  
*Amsterdam*

# For your healthy growth

Youth health care for children  
in the age of 0 to 4 years



Youth health care



# Congratulations on the birth of your child!

To ensure that your child grows up and develops as healthily as possible, Youth Health Care providers are here to offer help and support. This care is free. Since January 2015 youth health care provision in Amsterdam, including youth doctors, youth nurses and (doctor's) assistants, has been part of the Amsterdam Parent and Child Teams.

## The Parent and Child Team

The Parent and Child Teams and Youth Health Care providers work closely with other parent and child advisors and youth psychologists. In addition, the Parent and Child Team works with midwives, maternity carers and general practitioners. This is to ensure that, if needed, you and your child receive the proper help and support rapidly and close to home. Everything happens in consultation with you, as parent(s) / guardian(s). If you have questions or concerns about the health, development or upbringing of your child, then you can always contact the Parent and Child Team in your area.

## The first 14 days

A member of the Parent and Child Team visits you twice during the first 14 days after delivery.

- After 4 to 7 days, your child will undergo the neonatal heel prick test and a hearing test.
- After 10 to 14 days, you will be visited by the Youth Health Care providers. They discuss your pregnancy, the birth, your home situation and you and your child's general condition. During this visit, you can ask all your questions.

## Growth Guide 0-4 and GroeiApp

You will receive the Growth Guide 0-4 from us. It contains important information about the health and development of your child. You can easily track the growth and development of your child in a fun way with the free GroeiApp (available in different languages).

## Appointments with the Parent and Child Team

For the first four years after your child is born, the Parent and Child Team invites you several times for an appointment. We discuss your child's general development:

- overall health, growth and development;
- speech, hearing, sight and movement;
- nutrition;
- upbringing and the home situation;

During these meetings you can ask questions or share your concerns, e.g., about (breast) feeding, care, sleep patterns and crying, colic, toilet training, temper tantrums and parenthood.

# Always welcome

If you have questions or concerns about your child, do not wait for the next appointment. You are always welcome at the Parent and Child Team in your area. Included with this brochure is an overview of the locations where you can go. There are also walk-in times for questions about parenting, nutrition and growth. Want to chat with a youth nurse? This can be done at [www.jgzouderchat.nl](http://www.jgzouderchat.nl).

**Important:** If your child is ill, please contact your physician.

## Medical examinations, vaccinations and information

Your child is invited several times for a medical examination and to receive vaccinations (see summary below). You will receive more information about the vaccinations by post from the National Institute for Public Health and the Environment (RIVM). You can find more information in the Growth Guide 0-4 and at [www.rijksvaccinatieprogramma.nl](http://www.rijksvaccinatieprogramma.nl).

Age	
4 weeks	physical examination, growth, (breast)feeding, development
8 weeks	growth, development, (breast)feeding, parenting, counselling, first vaccinations
3 months	physical examination, growth, (breast)feeding, development, second vaccination
4 months	growth, (breast)feeding, development, third vaccinations
6 months	physical examination growth, (breast)feeding, development
7- 8 months	growth, nutrition, counselling
9 months	growth, development
11 months	physical examination, growth, nutrition, counselling, development, fourth vaccinations
14 months	growth, development, fifth vaccinations
18 months	growth, development, counselling
2 years	physical examination, growth, development
3 years	growth, eye test, development, counselling
3 years and 9 months	physical examination, growth, eye test, development, sixth vaccination



## Digital file

Some information about your child is stored in a digital file by the Youth Health Care organisation. This is required by law. We keep this information up to date to help us monitor the growth and development of your child. Among others, this file includes information about:

- height and weight;
- speech, hearing and sight;
- development;
- nutrition;
- results of physical examination.

## Privacy

We treat your data with great care. Your child's file is securely protected. Only employees of the Parent and Child Team who are involved with your child can access the file. If you want to consult your child's file, you can make an appointment to do so. Any concerns and/or possible risks to your child are recorded by one of our employees in the Matchpoint reference index. Parents are notified about this. If you want to know more about Matchpoint, go to [amsterdam.nl/matchpoint](http://amsterdam.nl/matchpoint). If the health or safety of a child is in danger, we act according to the reporting code for domestic violence and child abuse. More information is available in Dutch at [www.oktamsterdam.nl](http://www.oktamsterdam.nl).

## Suggestions and complaints

All employees of the Parent and Child Team do their utmost to help and support you and your child. However, if you are not completely satisfied with our service, or if you have suggestions for improvement, please contact the Parent and Child Team in your neighbourhood. The staff there will help you. The complaints procedure can be found in Dutch at [www.oktamsterdam.nl](http://www.oktamsterdam.nl).

## More information

Do you want to know more about youth health care or the Amsterdam Parent and Child Teams? Additional information is available in Dutch at: [www.groeigids.nl](http://www.groeigids.nl) or [www.oktamsterdam.nl](http://www.oktamsterdam.nl).

We wish you and your child  
a great beginning!

