



GROWING TOGETHER

with Youth healthcare services



Brabant-Zuidoost



Being pregnant, your newborn baby, growing toddler, schoolchild, or your adolescent becoming independent.... How fast children and youngsters really grow! And, of course, you as a parent want the best for your child, so that he or she can grow up in a safe environment. But growing up and upbringing also give rise to doubts, questions, or concerns now and then. Every parent certainly recognizes this, and it is also very normal. At these times, youth healthcare services (JGZ) will be able to help.

Youth healthcare services looks after your growing child together with you from the time of your pregnancy, and from birth through the age of 18. We listen, think along, show the way and give advice. We are there for all parents, children, and upbringers.

Our youth healthcare services team is composed of a youth healthcare doctor, youth healthcare nurse, nursing specialist and a doctor's assistant. They often work together with our health educators and behavioral scientists.

WHAT CAN WE DO FOR YOU AND YOUR CHILD?

You are pregnant. This is a unique period in your life. And once your baby is born, he or she grows up quickly into a real toddler. In this period you will be extra able to count on us. The health and well-being of your baby are first and foremost.



Prenatal home visit

Being pregnant is an exciting period, in which a lot changes. Not only your body changes, but you can also have emotional issues. Will I be a good parent? How will my life change? And all kinds of things have to be arranged. For example, arranging maternity assistance and buying baby supplies. Our youth healthcare nurse will then be able to help you and will come to your home to prepare you well for the birth and arrival of the baby. This enables you and your baby to get off to a good start.

Vaccinations during pregnancy

You can get vaccinated during your pregnancy so that you and your baby are protected against certain diseases. Your baby will be protected from day 1.



The 22-week vaccination

The 22-week vaccination is against whooping cough. You can get this shot free of charge at the youth healthcare center. The vaccination protects you and your baby against whooping cough in the initial weeks after birth. In most cases, your child can get one shot less under the national immunization program.

The flu vaccination

From October 16 to March 1, you can get a flu vaccination if you are more than 22 weeks pregnant. If you live in Southeast Brabant, are more than 22 weeks pregnant and have no medical indication, you can contact our youth healthcare team.



WHEN YOUR CHILD GOES TO SCHOOL

Your child goes to school. Then, too, you and your child can come to us. We will see you at regular times for a health checkup or discussion. And also when you so desire yourselves.

Home visit (hearing test and heel prick)



During your postnatal period our youth healthcare staff member comes to your home for a hearing test and a heel prick. In the week after the postnatal period, the youth healthcare nurse from the Youth healthcare center comes to your home. Then you can get acquainted and discuss the care, growth, feeding and development of your baby.

Youth healthcare center



During the first years of his or her life, you and your baby will regularly visit the youth healthcare center. We follow the growth and development of your baby together. This enables us to identify and discuss any problems on time. You can also contact the Youth healthcare center for information and advice. And you can have your child vaccinated there.

Walk-in hours



Do you have questions, concerns, or doubts about the health or behavior of your child? Do not hesitate to come around during our walk-in hours. On our website you will find the current times of the walk-in hours in your vicinity.

At elementary school



During the lower and upper grades, we invite you and your child to a health checkup. We discuss the health and development of your child together. We also do an eye and a hearing test, and your child is weighed and measured. Do you have questions yourself? You can ask them during the checkup.

In High School



During the junior and senior years of high school, we invite your child to a health checkup (2 occasions). We discuss together how things are going: at school, home and during leisure time. The checkup consists of an online questionnaire. Your child receives information and advice, attuned to the answers from the questionnaire. In case of questions or concerns from the questionnaire, the Youth healthcare services nurse invites your child to a discussion at school.

Information and advice in case of doubts or concerns

Is my child growing properly? I have doubts about the behavior or development of my child. My child is so insecure. What can I do? Besides the regular contact times, you can always contact the Youth healthcare services team with these kinds of questions. We give advice and see together with you whether further examination is necessary and by whom.

Tip



During our children's consultation hours in Eindhoven, you can come for Youth healthcare services that approaches the development, health, and illness of your child from a holistic view of humanity. Besides regular insights, we are inspired as well by, for example, anthroposophy.

YOUR CHILD FROM PREGNANCY TO PUBERTY

Vaccinations

All children in the Netherlands are offered vaccinations under the Dutch National Immunization Program (RVP). They limit the chance of contracting several contagious diseases. Youth healthcare services gives these vaccinations at locations in your vicinity. Is it your child's turn? Then you will automatically receive information and an invitation.

Help with questions, concerns and doubts about growing and upbringing

My baby cries frequently. Are my toddler's temper tantrums normal? And how can I deal with them? My daughter in the first grade is not completely potty-trained. A difficult eater at the table. My nine-year-old son finds it difficult to play together with other children. I think my daughter is being bullied. My teenage son is so gloomy.

You can contact the youth healthcare team for all your questions or concerns about growing up and upbringing. Talking with an expert often provides new insights and helps you further. We offer a listening ear, and give help and advice and helpful information. If necessary, we refer you elsewhere.



Also see our Groeigids App. (Growth guide app).

You can find information there on upbringing and growing up. And you can keep track of the development of your child from pregnancy through puberty. Only available in Dutch.

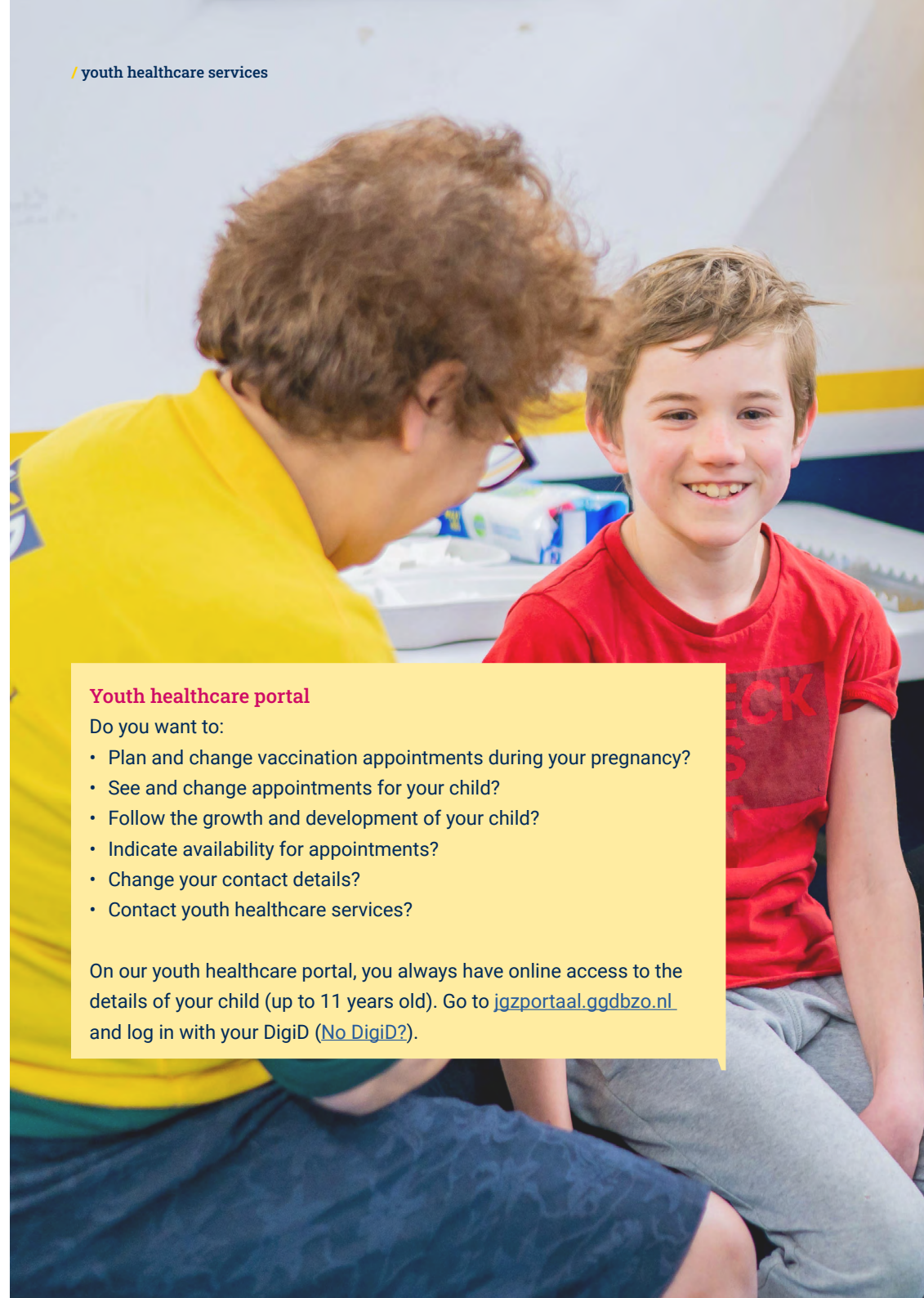
Tip

Courses, webinars en theme meetings



Youth healthcare services regularly offers courses, webinars and theme meetings to support you as a parent with advice and tips. For example on breastfeeding, the first solid food for your baby, going to high school, and teenager temptations. See ggdbzo.nl/cursussen and follow us on social media [@ggdbzo](https://twitter.com/ggdbzo).

/ youth healthcare services



Youth healthcare portal

Do you want to:

- Plan and change vaccination appointments during your pregnancy?
- See and change appointments for your child?
- Follow the growth and development of your child?
- Indicate availability for appointments?
- Change your contact details?
- Contact youth healthcare services?

On our youth healthcare portal, you always have online access to the details of your child (up to 11 years old). Go to jgzportaal.ggdbzo.nl and log in with your DigiD ([No DigiD?](#)).

Always welcome

Do you have questions, or do you want to make or change an appointment for a checkup or discussion?

Do not hesitate to contact us.

- See the website ggdbzo.nl/mijnkind
- Log in with your DigiD on the youth healthcare portal jgzportaal.ggdbzo.nl.
(up to age 11)
- Would you rather call? You can do so via 088 0031 414 on Monday to Friday between 8:30 and 17:00 hrs.

Privacy

We are subject to medical confidentiality. Find out on ggdbzo.nl/privacy how we deal with your privacy.

