



GGD
Amsterdam



Information for **parents**

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





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.

The first 14 days

A representative from youth health care visits you twice in 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 discuss your pregnancy, the birth, your home situation and you and your child's general condition. During this visit, you can ask any questions you might already have.

Growth Guide 0-4 and GroeiApp

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

Appointments at the health centre

For the first four years after your child is born, the youth health care invites you for an appointment several times. 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 appointments 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 can always call us or make an extra appointment with a youth doctor or youth nurse, via 020 555 5964. You can reach us on workdays from 8.00 till 17.00. Want to chat with a youth nurse? This can be done at ouderchat.nl.

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

Walk-in times

There are also walk-in times for questions about parenting, nutrition and growth. You can also weigh your child. Below is an overview of the locations where you can go.

Location	Day	Time
Kamillelaan, Amstelveen	Monday	13.00-14.00
Bourgondische laan, Amstelveen	Wednesday	13.00-14.00
Maximalaan, Uithoorn	Wednesday	13.00-14.00
Driekolommenplein, Aalsmeer	Friday	13.00-14.00
Koningin Julianalaan, Ouderkerk aan de Amstel	Friday	13.00-13.30
D.J. den Hartoglaan, Diemen	Wednesday	13.30-15.15

Medical examinations, vaccinations and information

Your child is invited several times for a medical examination and for vaccinations. A summary of these appointments is at the end of this brochure. Kindly ensure you arrive ten minutes before your appointment at the clinic, as this gives you the time to undress your child and for the (doctor's) assistant to weigh and measure him or her. Additional information about the vaccinations will be sent to you by post by the National Institute for Public Health and the Environment (RIVM). You can find more information in the Growth Guide 0-4 and at rivm.nl (search for National Immunisation Programme).

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 to 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 youth health care 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. For more information in Dutch go to ggd.amsterdam.nl/jeugd.

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. 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 at government.nl (search for domestic violence and child abuse protocol).

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, (breast)feeding, counselling
9 months	growth, development
11 months	physical examination, growth, (breast)feeding, 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

Suggestions and complaints

All employees of the youth health care 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 youth health care team in your neighbourhood. The staff there will help you. The complaints procedure can be found in Dutch at ggd.amsterdam.nl.

Youth health care and the municipality's social teams

In the Amstelland region all youth health care employees (youth doctors, youth nurses and doctor's assistants) work as independent teams. They cooperate with the various municipal social teams,

for example, the Brede Hoed team in Diemen, the core team in Ouder-Amstel and the social teams in Amstelveen, Aalsmeer and Uithoorn. Youth health care teams also work with family doctors and other medical professionals.

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).

More information

Do you want to know more about the youth health care provided by GGD Amsterdam? Additional information is available in Dutch at: groeigids.nl or ggd.amsterdam.nl/jeugd.

We wish you and your child
a great beginning!

