

## MATERNITY CLINIC

- For families expecting a child
- Pregnancy monitoring and promotion of the health and well-being of the expectant mother and baby
- Support for relationship and parenthood.
- Support and guidance for labour, breastfeeding, and infant care.
- Arranging additional support and further care when necessary.

## CHILD HEALTH CLINIC

- For children under school age
- Health check-ups, monitoring the child's growth and development, and vaccinations.
- Promoting the well-being of the child and the family.
- Support for parenthood and relationship.
- Arranging additional support and further care when necessary.
- Cooperation with other services for families with children.

## ORAL HEALTH CARE

- Oral health check-up for families expecting their first child.
- Oral health check-ups for children.
- Promoting oral and dental health.
- Treatment and monitoring of oral and dental diseases.

# THE HEALTH SERVICES FOR FAMILIES WITH CHILDREN IN FINLAND



Primary health services in maternity clinics, child health clinics and school health care are free of charge for families expecting a child and for children under 18 years of age.

Oral health care is free of charge for children under 18 years of age.

## SCHOOL HEALTH CARE

- For children aged 7 to 16.
- Health check-ups, monitoring the child's growth and development.
- Promoting the well-being of child and family.
- Support for parenthood and relationship.
- Arranging additional support and further care when necessary.
- Cooperation with other services for families with children.

## STUDENT HEALTH CARE

- For students in upper secondary schools, vocational schools and higher educational schools.

## ADDITIONAL SUPPORT WHEN NECESSARY:

- speech therapist
- occupational therapist
- physiotherapist
- nutritional therapist
- psychologist
- school social worker



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## WHEN A CHILD GETS SICK

For example: ear pain, long-lasting headache or fever, minor burn, or injury.



Contact your **primary health care centre** by phone or digitally.



## WHEN A CHILD HAS PUT SOMETHING POISONOUS IN THEIR MOUTH, SWALLOWED IT, OR GOT IT ON THEIR SKIN



Call **Poison Information Centre**, tel. 0800 147 111

## THE HEALTH SERVICES FOR FAMILIES WITH CHILDREN IN FINLAND



Visits to the health centre, hospital outpatient clinic, and emergency department are free of charge for children under 18.

Inpatient care at the hospital is subject to fees.



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## WHEN A CHILD NEEDS URGENT HELP

For example: sudden severe stomach pain, large wound, or breathing difficulties.



Call **Medical helpline**, tel. 116 117

## IN CASE OF AN EMERGENCY



Call **Emergency number**, tel. 112

