

The child health clinic services are part of Finland's primary healthcare services.

Services are required by law and organized by the wellbeing services counties.

Services are voluntary and free of charge.

Services are available to all families with children.



THE PURPOSE AND ROLE OF CHILD HEALTH CLINIC SERVICES

Promoting the health and well-being of the child and their family.

Promoting the child's physical, psychological, and social growth and development.

Support for parents in child-rearing and providing good care for their child.

Support for parents' resources and mental well-being.

Support for relationship.

Cooperation with other services for families with children.

HEALTH CHECK UPS

Home visit for family with new born baby

Regular health check ups for preschool-aged children

At health check up, the family meets a public health nurse and / or a doctor.

Appointments for child health clinic are made by the family themselves.

If the child or the parent is sick, the scheduled appointment should be canceled or rescheduled.

TOPIC DISCUSSED IN CHILD HEALTH CLINIC

Child's basic care

Nutrition and eating

Daily routines, physical activity and sleep

Screen time

Oral health

Child-rearing at different ages