

The maternity clinic services are part of Finland's primary healthcare system.

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

Services are voluntary and free of charge.

Some of the parental benefits paid by Kela require a visit to the maternity clinic.



Image: Pixabay, dw-lifestylefotografie

## THE PURPOSE AND ROLE OF MATERNITY CLINIC

Supporting and promoting the health and well-being of the pregnant woman, the baby, and the entire family.

Preventing and identifying pregnancy-related problems and arranging follow-up care if needed.

Supporting the resources and mental well-being of the pregnant woman and her partner.

Supporting parenting and the couple's relationship.

## HEALTH CHECK-UPS DURING PREGNANCY

The maternity clinic offers at least nine health check-ups for first-time mothers and at least eight for mothers who have given birth before.

Contact the maternity clinic as soon as you find out you are pregnant.

During pregnancy, two free ultrasound examinations are offered. You can get more information about them from your own maternity clinic.

## EXAMPLES OF TOPICS DISCUSSED IN MATERNITY CLINIC

Changes in the body and mind during pregnancy

Health habits

Mood and personal resources

Childbirth

Breastfeeding and care of newborn