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# Child health clinic services in Finland

## Lastenneuvolapalvelut Suomessa (englanti)



## **Services in child health clinic**

The child health clinic services are part of Finland's primary healthcare system. Services are required by law and organised 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 the 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.
  - Supporting parents' resources and mental well-being.
  - Supporting relationship.
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## HEALTH CHECK UPS IN CHILD HEALTH CLINIC

- The child health clinic offers a home visit to the family when a baby is born. The first meeting with the baby can also be arranged at the child health clinic.
- The child health clinic regularly provides health check-ups for children under school age.
- At health check up, the family meets a public health nurse or a doctor. The family can also meet both the public health nurse and the doctor during the same visit.
- Appointments for child health clinic are typically made by the family themselves via phone or electronic booking at their local clinic. An interpreter can be provided during the appointment if necessary.
- Only healthy children and parents should attend the child health clinic. If the child or the parent is sick, the scheduled appointment should be canceled or rescheduled.



## **What health check-ups include**

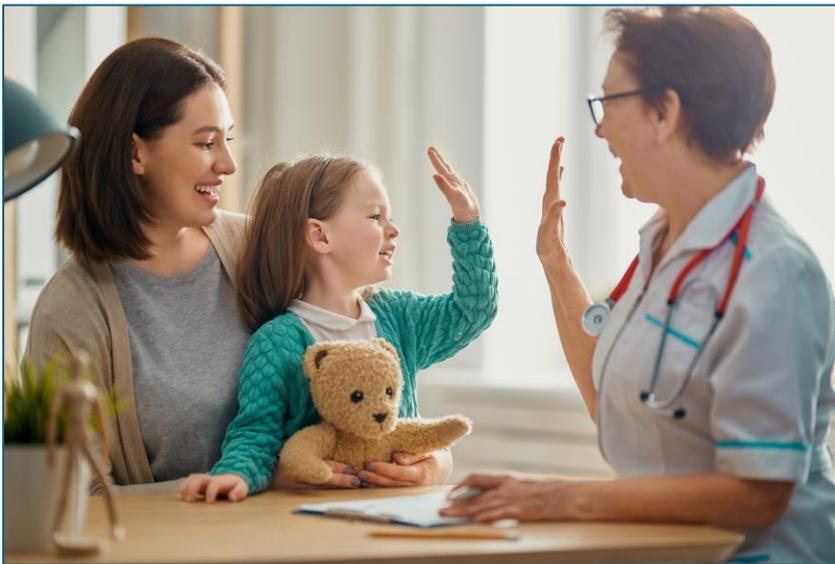
- Monitoring the child's growth and development
- Monitoring the child's motor skills
- Monitoring the child's speech development, social skills, and interaction skills
- Oral health check
- Health counselling
- Vaccinations
- Support for parenting and child-rearing
- Support for mental health
- Arranging additional support and further care when necessary

## **EXAMPLES OF TOPICS DISCUSSED AT THE CHILD HEALTH CLINIC**

- Child's basic care
  - Nutrition and eating
  - Daily routines and sleep
  - Physical activity
  - Screen time
  - Oral health
  - Child-rearing at different ages
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## COOPERATION WITH OTHER SERVICES FOR FAMILIES WITH CHILDREN

- The child health clinic cooperates with other services for families with children. These services include, for example, early childhood education and social services for families.
- If needed, the clinic can refer the child to another professional or to specialized medical care in hospital.





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## **Niitty 2 Project 2023–2026**

Working together with immigrant  
families for a better everyday life

More information about the project:  
<https://projects.tuni.fi/niitty2/>

Family Info Material Portal:  
[tuni.fi/perheinfo](https://tuni.fi/perheinfo)

### **Sources and further information:**

Finnish Institute for Health and Welfare (THL). NEUKO Database.  
<https://thl.fi/aiheet/lapset-nuoret-ja-perheet/sote-palvelut/aitiys-ja-lastenneuvola/neuko-tietokanta>

Finnish Institute for Health and Welfare. Child health clinic.  
<https://thl.fi/aiheet/lapset-nuoret-ja-perheet/sote-palvelut/aitiys-ja-lastenneuvola/lastenneuvola>

### **Images:**

Niitty 2 -project.

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