

The child health 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.

Services are available to all families with children.



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## THE PURPOSE AND ROLE OF CHILD HEALTH CLINIC SERVICES

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

Monitoring the 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

## 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.

## EXAMPLES OF TOPICS DISCUSSED IN CHILD HEALTH CLINIC

Child's basic care

Nutrition and eating

The development of a child's speech and motor skills

Daily routines, physical activity and sleep

Screen time

Oral health

Child-rearing at different ages