

Engelska

PARENTAL AND CHILD HEALTH/CHILD
HEALTH CENTRE

WELCOME TO YOUR
3-year visit!



Hello adult!

At the 3-year visit, you will meet a nurse and a physician. As previous, we will follow up your child's health, growth and development. Sometimes the physician also looks at the penis and the vagina and will feel it. We will also take the opportunity to ask a few more questions about your child's language and how it has developed. Expect the visit to take at least 30 minutes.

We will send a questionnaire with you to be answered. Bring the form with you when you visit us. It is you as a parent who knows the most about your child and during your visit you can of course ask all the questions you want. For example, questions about parenting, the child's health and development, sleep, food, toilet habits and your own well-being as a parent.

Children like to know what is going to happen, just as we as adults. With the help of this folder, you can prepare your child by telling them about the visit and what the child will be going through.

You will also be offered a visit to the child health centre when your child turns 4 and 5 years old.



Scan the QR code or visit the website 1177.se/jamtland-harjedalen/barn. There are facts and advice about children's health, development, rights, illnesses and care. Information on parenting can also be read.



Hi kids!

It is now time for your 3-year visit" at the child health centre. At this visit, you and your parent(s) will meet both a nurse and physician.

This is what you are going to do during your visit:

You will be measured and weight taken to see how much you've grown since your last visit.



Jump on the entire sole of the foot and jump up and down



Draw



Kick ball



Look at pictures



Play



Get a toy to play with



The physician examines you

Listens to the heart and lungs



Have a look in your mouth at your teeth



Will take a look in your ears



Gently feels your stomach



Sometimes the physician also looks at the penis and the vagina and will feel the scrotum.

Should you have any questions before your visit, please contact your child health centre.