

Engelska

WELCOME TO YOUR

**4-year visit!**



## Hello adult!

At your 4-year visit, you will meet a nurse. As previous, we will follow up your child's health, growth and development. Sometimes your child will get to have a look at pictures to make it easier for us to assess your child's language development. Expect the visit to take at least 45 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. Please feel free to have a look at this folder with your child before your visit and talk together about what will happen during your visit and what the child will be able to do.

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



Scan the QR code or visit the website [1177.se/jamtland-harjedalen/barn](http://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 4-year visit at the child health centre. On this visit, you and your parent(s) will meet a nurse.

### 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.



Eye test with board



Draw



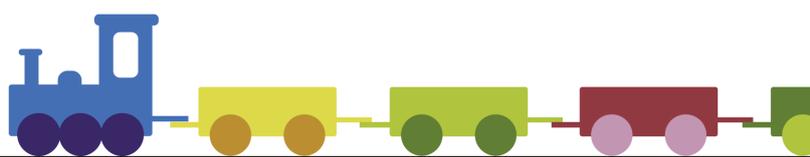
Stringing beads



Count 3 objects and name colors



Balance walk





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