

Engelska

WELCOME TO YOUR
5-year visit!



Hello adult!

Fëmija Your child will start school in a year or so. At your visit, the nurse will together with you, summarize the child's health and development from birth until today.

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.

Vaksinimi Vaccination against diphtheria, tetanus, whooping cough and polio is also offered at your visit (it is only one needle stick and it is usually given in the muscle of the upper arm).

If you feel the need to also consult a physician during your visit, you will need to contact the children's care centre well in advance of your visit.

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 5-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.



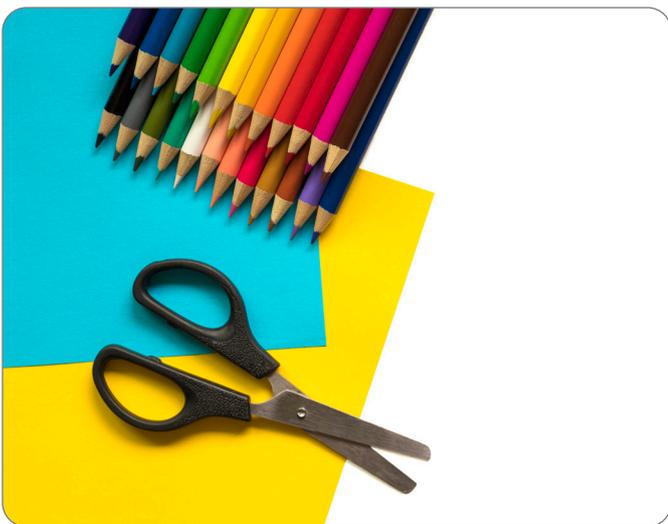
Stand on one leg



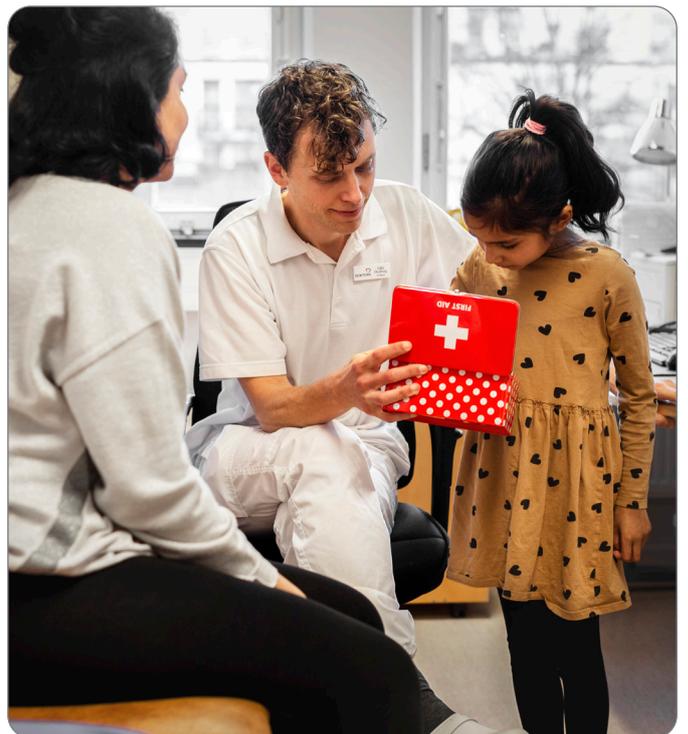
Get a vaccination



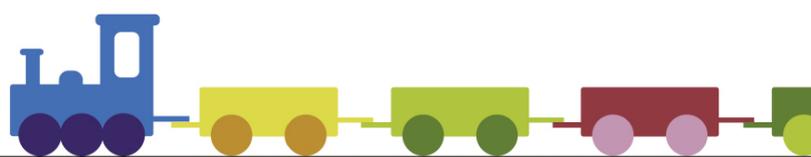
Draw and cut



Get a toy play with



Count





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