



## Dear family living in Helsinki

Maternity and child health clinics offer free of charge services to families living in Helsinki, such as health examinations carried out by public health nurses and physicians. Meetings at child health clinics provide opportunities to talk about matters related to children's growth and development, as well as the family's well-being. Support from, for example, speech therapists, physiotherapists and child health psychologists is also available, if needed. Child health clinics also provide children with vaccinations in accordance with the National Vaccination Programme.

Visits to the child health clinic are frequent right after the birth of the child. After one year, visits become more infrequent, with health examinations performed on children at 1½, 2, 3, 4, 5 and 6 years of age. The whole family's health and well-being is discussed in particular at the extensive 4-month, 1½-year and 4-year health examinations, which both parents are invited to attend.

The below appointment has been made for you child at the child health clinic. If you wish to reschedule the appointment, please call the centralised maternity and child health clinic telephone service. If you use private health care services instead, please let us know by calling the number below so that we do not send you unnecessary invitations.

Welcome to the child health clinic!

### Public Health Nurse

Name	Telephone Maternity and child health appointment and guidance service from Monday to Friday 8.00 to 14.00 (09) 310 555 30
Clinic	
Address	

