



**Dear family,**

We invite you to an extended health examination\*, which includes an examination by a public health nurse and a doctor. Such extended health examinations are provided at the Maternity and Child Health Clinic for expecting families and for children at the age of 4 months, 18 months and 4 years.

During the extended health examination, we will discuss matters important to your family. Please prepare for your visit by familiarising yourself with the themes included in the forms below, including resource and substance use issues. During the appointment, we can concentrate on matters you are concerned about, strengthen your resources and consider your possible support needs together. Please bring with you the pre-completed forms as detailed below and Neuvokas perhe card (which you received from the Maternity and Child Health Clinic).

Welcome to the Maternity and Child Health Clinic!

<b>Forms to be brought to the extended health examination and associated links</b>	<b>Extended health examination appointment</b>
<p><b>Links</b>  <a href="http://www.hel.fi/hki/terke/en/Etusivu/Health%20Centre">http://www.hel.fi/hki/terke/en/Etusivu/Health Centre</a> → Services            → Maternity Guidance</p> <p><a href="http://www.hel.fi/hki/terke/en/Etusivu/Health%20Centre">http://www.hel.fi/hki/terke/en/Etusivu/Health Centre</a> → Services            → Child Health</p>	
<p><b>During mid-pregnancy (pregnancy weeks 13-18)</b>  <a href="#">Everyday resources for families expecting their first child</a></p>	
<p><b>When the child is 4 months old</b>  <a href="#">Everyday resources for families with a newborn baby</a>  <a href="#">Substance use survey</a></p>	
<p><b>When the child is 18 months old</b>  <a href="#">Everyday resources for families with a small child</a>  <a href="#">Substance use survey</a></p>	
<p><b>When the child is 4 years old</b>  <a href="#">Everyday resources for families with a small child</a>  <a href="#">Substance use survey</a></p>	

**Public Health Nurse**

Name	Telephone Maternity and child health appointment and guidance service from Monday to Friday 8.00 to 13.00 (09) 310 555 30
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\* Health examinations at Maternity and Child Health Clinics were modified throughout Finland on 1 January 2011 in accordance with the Council of State Decree (380/2009, 338/2011) regarding maternity and child health services, school and student health services as well as preventive dental care for children and young people.

