



INVITATION TO FAMILIES EXPECTING A CHILD AND PARENTS OF 0–6-YEAR-OLD CHILDREN TO COMPREHENSIVE HEALTH ASSESSMENTS AT THE CHILD HEALTH CLINIC (NEUVOLA)

We wish to particularly invite both parents to attend the comprehensive health assessments at the Child Health Clinic. These assessments take place

- in early pregnancy (pregnancy week 14–18)
- when the child is 3–4 months old
- when the child is 1.5 years old
- when the child is 4 years old

The purpose of a comprehensive health assessment is to work in cooperation with the parents to enhance factors that promote the health and wellbeing of families, such as good health habits, resources and parenthood, as well as identify a family's or family members' need for support as early on as possible.

Please prepare for the assessments in advance by thinking about your personal resources and health habits as well as those of the whole family

- Please use the forms for identifying everyday resources
 - For parents expecting a child (pregnancy week 14-18)
 - For parents with a newborn baby (3–4 months old)
 - For parents with a small child (1,5 years old)

and, for instance,

- you may use the material on the Espoo self-care site: www.espoo.fi/omahoito.
- you may use the material on the Espoo website for family coaching (for families expecting a child) https://www.espoo.fi/en-US/Families/Pregnancy_Childbirth_Baby_in_Family/Family_Coaching
- you may use the material on the parents' site of the Mannerheim League for Child Welfare: <https://www.mll.fi/tietoa-mllsta/welcome-mannerheim-league-child-welfare/>.

If you wish, you can address any issues that have come up during your discussion at home, when you visit the Child Health Clinic.

For children in daycare: if problems/concerns have come up, a description of the child that has been prepared together by the parents and the daycare may be brought to the health assessment at the Child Health Clinic. For 4-year-old children, a form prepared together with the parents is always sent from the daycare to the Child Health Clinic and vice versa, with the permission of the parents.

Welcome to the comprehensive health assessment!

Phone service of the Child Health Clinic for appointments and advice, tel. (09) 816 22800