



## What can Kind en Gezin (Child and Family) do for you and your family?

Discover our broad range of **free** services

Engelse vertaling van 'Kennismakingsfolder ouders'

Kind & Gezin

## **You are pregnant Je bent zwanger**

This is the dawning of a unique and exciting time. It is often best to go with how you feel. Trust yourself to act on the tips and the information you receive. And draw on the range of free services we offer. Together, we will help you and your partner through this extraordinary period.



## What do we do for you during your pregnancy? Wat doen we tijdens je zwangerschap voor jou?

1. Work out your likely **due date** at [www.kindengezin.be](http://www.kindengezin.be).
2. Subscribe to our weekly **newsletter**, 'Zwanger' ('Pregnant'), which provides relevant information every week as your pregnancy progresses.
3. The gynaecologist will give you a copy of the '**Zwangerschapsboekje**' (**Pregnancy Booklet**). This booklet guides you through your pregnancy with practical information, handy tips and simple checklists.
4. Your search for childcare will be a great deal easier through our **website**. Simply enter your criteria and you will get a list of all the accredited childcare addresses in your neighbourhood. It is probably best to start looking as soon as you know you are pregnant.
5. Download the brochure entitled '**Baby- en peuteruitzet**' ('**Baby's and Toddler's Layette**') from [www.kindengezin.be](http://www.kindengezin.be). This tells you what to buy to prepare for your baby's arrival.
6. You can also come to our pregnancy and childbirth **information sessions**. We and the maternity clinics organise these sessions together. The dates and locations can be found on our website.
7. Questions? Visit **[www.kindengezin.be](http://www.kindengezin.be)** or call the Kind en Gezin Line. The line is open between 8am and 8pm on work days at the number 078 150 100 (national rate).



**And then the time arrives:  
you are about to give birth  
En dan is het moment daar, je gaat  
bevallen**

The birth of your baby is nothing short of overwhelming. All of a sudden there it is in front of you, and there are a thousand and one things you want to ask. This is when it is good to know that you are surrounded by people who are ready to listen and give you advice.

## What can we do for you in the first few days after the birth of your baby? Wat doen we in de eerste dagen na de geboorte voor jou en je kind?

1. In the first few days after the birth the district nurse will come to visit you and your baby in the maternity clinic or at home. She will tell you what Kind en Gezin does, listen to any questions or any experiences you have had, and advise you about your particular situation. She will keep a record of all the details relating to your baby. And she will also give you the '**Kindboekje**' (**Baby Booklet**).
2. Subscribe to our **newsletter** 'Van baby tot kleuter' ('From baby to toddler'). This newsletter provides you over three years with information and tips at key points in time. These always relate to the age of your child.
3. If you gave birth in hospital or at home, or we still haven't contacted you following the preliminary interview, please don't hesitate to call the Kind en Gezin Line (078 150 100) to arrange an appointment.





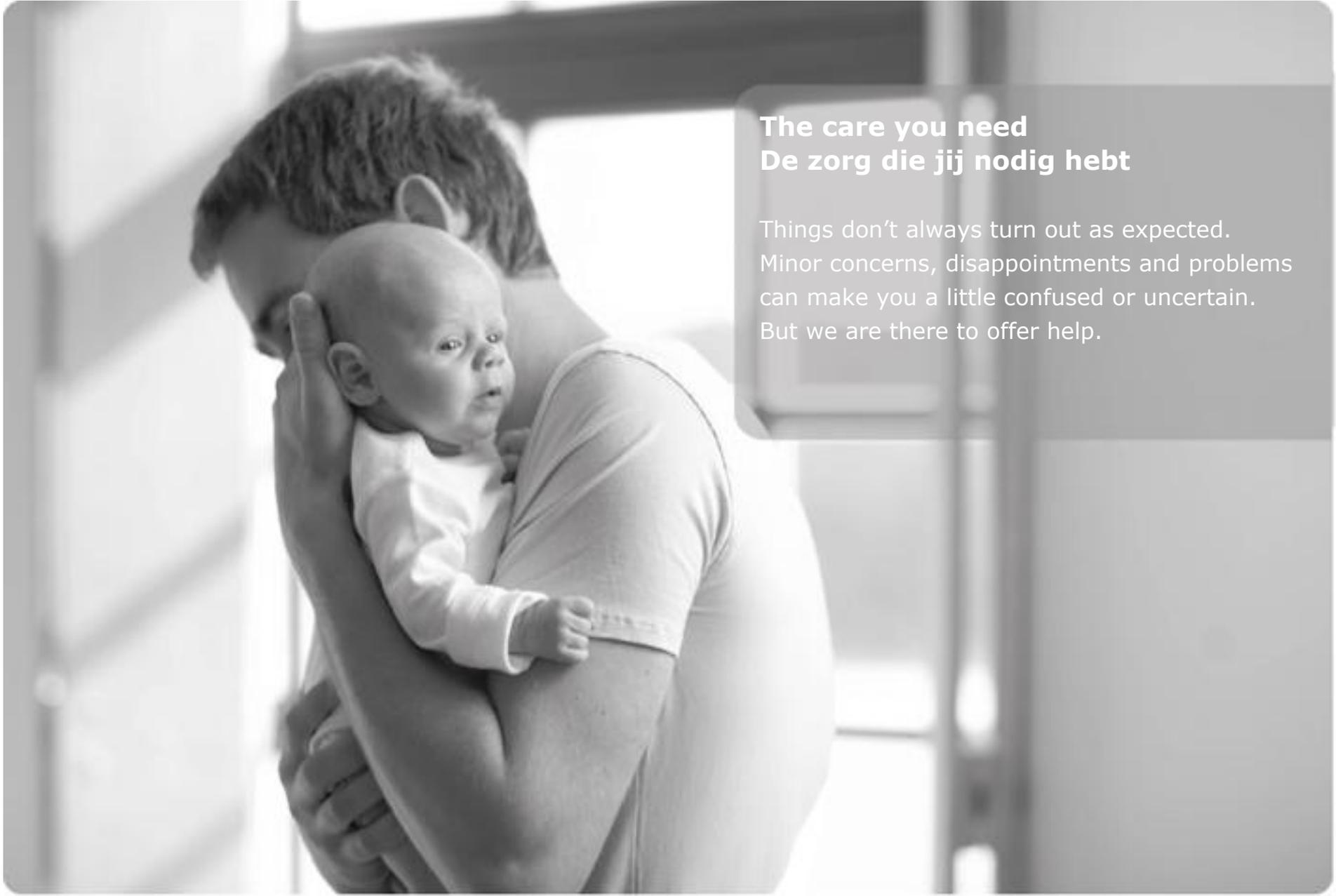
## Discovery Ontdek

Little by little you get to know your baby. Along with all the advice you get, you begin to discover for yourself what works for you and your baby.

## What do we do for you and your child in the first few years of your baby's life?

### Wat doen we tijdens de eerste levensjaren voor jou en je kind?

1. In the first few months after the birth the district nurse will visit you at home to see how things are going for you, which is the perfect opportunity to ask any questions you might have.
  2. We monitor your baby's growth and development during these consultations. What typically happens at one of these consultations?
    - A volunteer will measure and weigh your baby.
    - A doctor or nurse will examine your baby. He/she checks the things your baby can do and how he/she does them. This is known as the **Van Wiechen developmental test**.
    - In the first weeks after birth the nurse gives the baby a hearing test. This can either be done at home or in the examination room.
    - When your baby is 12 and 24 months old, we give him or her an eye test.
  - Your baby gets all the recommended vaccinations.
  - And you? You get all the time you need to say what you want to say and ask any questions. You also get tips on **feeding** (when should my baby have a sandwich for the first time?), **parenting** (what do I do if my baby often wakes up at night?), **safety** (when and how do I install a stair gate?) and **health** (is it normal for my baby to have a temperature when s/he is teething?).
3. Do you have a question at another time? Or several? Visit **[www.kindengezin.be](http://www.kindengezin.be)** or call the **Kind en Gezin- Line** on any work day between 8am and 8pm at the number 078 150 100 (national rate).



**The care you need  
De zorg die jij nodig hebt**

Things don't always turn out as expected. Minor concerns, disappointments and problems can make you a little confused or uncertain. But we are there to offer help.

## **What can we do for you when you need extra support or information?**

## **Wat doen we voor jou als je extra ondersteuning of informatie nodig hebt?**

1. If you are worried about your baby's health and development you can make an extra appointment with us at home or at the clinic. We will also set time aside to discuss parenting problems with you, such as crying, sleeping and tantrums.
2. You might have questions or problems that we are unable to help you with alone. In such a case, we will tell you who can help and point you to another service or organisation. If necessary, we will help you get in touch with that service or organisation and ask for a joint appointment.



## **What comes after Kind en Gezin? Wat na Kind en Gezin?**

We won't leave you high and dry when you baby goes to nursery school. When that happens, the staff at the CLB (*Centrum voor leerlingenbegeleiding* - Pupil Guidance Centre) will take over. You will be in good hands.

## **What does the CLB do for you and your child?**

## **Wat doet het CLB voor jou en je kindje?**

The CLB (*Centrum voor leerlingenbegeleiding* - Pupil Guidance Centre) has a strong team of doctors, nurses, social workers, psychologists and educationalists.

1. The Kind en Gezin consultant is replaced by the school medical examination.
  - Your child is weighed and measured.
  - The staff at the CLB continues monitor your child's development. They give the child an examination, which includes an eye test and hearing test.
  - Your child is given all the recommended vaccinations.
2. Would you like to know more about the CLB? Visit [www.ond.vlaanderen.be/clb](http://www.ond.vlaanderen.be/clb).

## **You are not alone to raise your child**

### **Een kind opvoeden doe je niet alleen maar samen**

Kind en Gezin is here to help you, from the moment you discover you are pregnant until your child reaches the age of three.

While you are receiving our services we take good care of your personal information. Read more about professional confidentiality and your records on our website.

### **Any other questions?**

#### **Nog vragen?**

- **Visit our website**  
**Kijk op onze website**

At [www.kindengezin.be](http://www.kindengezin.be) you will find all the information you need on your pregnancy and the first few years of your baby's life. You can also subscribe to our newsletters there.

- **Call the Kind en Gezin Line**  
**Bel naar de Kind en Gezin-Lijn**

The line is open on work days from 8am to 8pm at the number 078 150 100 (national rate).



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