



What can Kind en Gezin do for you?

You can **count on our support and advice from the moment you decide to have children, during your pregnancy and in the first important years of your child's life (from 0 to 3 years)**. We are here to help you with **any questions or concerns**.

Your family and your child are our main focus.

Each local Kind en Gezin team consists of professionals with a different expertise (nurses, doctors, family support workers, social worker and psychopedagogue) to offer you the best support in **all aspects of parenthood**.

We offer a sympathetic ear and evidence-based support on:



Pregnancy



Parenting and child-rearing



Health and vaccination



Development, growth, nutrition and safety



Childcare



Opgroeien

Kind & Gezin

When can you turn to Kind en Gezin?

- We would like to get to know you from early on in your pregnancy.
- We will pay you a visit at home soon after birth.
- We will invite you at set times for your child's check-ups and vaccination. We will also perform a hearing and eye test. You can visit your local consultation office for this.
- Want to have a more in-depth talk? Ask about an extra home visit, a parenting and child-rearing consultation (spreekuur ouderschap en opvoeding) or an extra (digital) contact ... for tailored advice.

The Kind en Gezin's services are free of charge.



You can find more information at kindengezin.be



Discover translated information on our topics on our website.



Do you have a question?

Contact the Kind en Gezin's helpline:



Call 078 150 100 Monday through Friday
from 8 am to 8 pm



Chat or email via our website with a nurse
Monday to Friday between 9 am and 4.30 pm



Opgroeien

Kind & Gezin