

Reminder email for 13-month checkup

Subject: What you need to know for your appointment of .../... with Kind en Gezin (Child and Family)

This is a reminder from Kind en Gezin for your appointment on Thursday xxx at xxx.

Location: clinic

What do we do during the checkup?

Your child was born after a pregnancy of less than 37 weeks and is therefore entitled to an extra checkup at the clinic. During this checkup, your child may receive the vaccines that are normally scheduled to be given at 15 months. This will ensure more timely protection against infections for your premature baby. Together we can also see how your child is developing.

Read more [on our website](#).

Please help us keep everything **smoothly organised**.

- Make sure you are on time.
- Take into account the predetermined consultation time of 15 minutes with the doctor or nurse.

What should you bring with you?

- The Child Health Booklet (Kindboekje)
- A (hand) towel
- A nappy
- A soft toy/book (there are no toys in the waiting room for hygiene reasons)
- ACWY vaccine if applicable

What is important at this age?

- Now you can gradually start feeding **more solid food**. Also teach your child to drink from a [beaker](#).
- Does your child already have **teeth**? **Don't forget [to brush them](#)!**
- Your child is taking important steps in its development and premature babies must receive extra attention for muscle tension and postural transfers, such as going from a lying to a sitting position, pulling themselves up, etc. If you would like more information about your child's **development**, please watch [our videos](#).
- **At this age, your child develops the ability to remember an image without seeing it and begins to imitate simple actions. You can encourage your child by playing fun 'peek-a-boo' games, clapping your hands, turning hands, etc.**
The website also has tips for [language development](#).
- We have lots of [tips](#) about **sleeping**. We can also provide support if [sleeping is difficult](#).

Don't wait for the checkup if you have any questions or concerns. Feel free to contact us immediately. Contact someone from your local team by phone, e-mail, WhatsApp, SMS text message, etc. or call the Kind en Gezin line. An extra checkup can always be organised for you.

What if you or your baby are ill or in quarantine/isolation, or this appointment is not possible for you? Please make a new appointment as soon as possible.

- Call the Kind en Gezin line (078 150 100 - workdays from 8 am to 8 pm).
- You can also rearrange a checkup for your child via mijn.kindengezin.be.

Best regards,



About this email

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