

Reminder mail for Check-up 15m

Subject: What you need to know for your appointment of .../... with Kind en Gezin

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

Location:

What do we do during the check-up?

In addition to the age-related themes we also monitor your child's growth and development, and vaccinations. Read more about this check-up [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
- ACWY vaccine if applicable
- **Polio-certificate** that you received with the birth registration

What is important at this age?

- During this check-up your child will receive the latest vaccinations from the basic scheme. These are available in the clinic. At the 9-month check-up, the doctor discussed the possibility of opting for the [meningococcal ACWY vaccine](#). If you chose this option, don't forget to go to the pharmacy with your prescription. Place the vaccine in the refrigerator and bring it to the clinic.
- **Breastfeeding** remains an excellent choice of milk at this age. If your child is receiving **formula**, you can switch to [growth or whole milk](#) from the age of 12 to 18 months. If your child already has a healthy and balanced diet, you can choose to give whole milk (products) or calcium-enriched soy products. If a healthy diet is difficult and/or if you do not give extra vitamin D, growth milk or drink is advisable. **Vitamin D-supplementation** is necessary up to and including the age of 6.
- Does your child already have **teeth**? Don't forget [to brush](#) them! You can take your child with you from the age of 6 months if you go for a **check-up** at the dentist or dental hygienist yourself. The earlier, the better, but certainly before your child turns 2 years old.
- Your baby is gradually becoming [a toddler](#).
- We have lots of [tips](#) about **sleeping**. We can also provide support if [sleeping is difficult](#).
- Are you thinking about [potty training](#) your toddler? You will receive the brochure 'Zindelijkheid, hoe pak je het aan?' during this consultation.
- If you would like more information about your child's **development**, please see [our videos](#). You will also find specific tips for [language development](#).
- Inquire whether you should already be looking for a [kindergarten](#) for your child.

Don't wait for the check-up 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 appointment can always be organised for you. **Feel free to ask about the extra offer on education**, such as the parenting support consultation service.

What if you or your child are ill, 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 8am to 8pm).
- You can also rearrange a check-up for your child via mijn.kindengezin.be.

Best regards,

Kind & Gezin

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