

Reminder mail for Check-up 24m

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 Thursday xxx at xxx.

Location: clinic

What do we do during the check-up?

In addition to the age-related themes, we also monitor your child's growth and development. 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/doll to do a few development tests

What is important at this age?

- Breastfeeding remains an excellent choice of milk at this age. If your child is not being breastfed, you can choose to give it [growth milk, whole milk \(products\) or calcium-enriched soy products](#) at this age. Growth milk makes it 'easier' to give your child a balanced diet, but it is not essential if your child already has a healthy and balanced diet. If your child is given growth milk, you can, between the ages of 2 and 3, gradually start combining it with whole milk (products) or calcium-enriched soy products. This will help your child get used to the taste. Always stay within the recommended quantity of 350 - 500 ml. Use whole milk (products) until the age of 3. After that, semi-skimmed milk and semi-skimmed milk products are sufficient. Vitamin D supplementation is necessary up to and including the age of 6.
- It's time to take your child **to the dentist!** Good [milk teeth](#) are the basis for healthy, lasting teeth.
- Do you have a toddler going through the [terrible twos](#) too? It is very normal at this age but not always easy. Take a look at our website at [positive parenting](#).
- **Potty training time!** You can help your toddler with [potty training](#).
- If you would like more information about your child's **development**, please see [our videos](#). You will also find specific tips for [language development](#).
- It'll soon be time for [kindergarten](#). Maybe you've already chosen a school or your child's already enrolled? Great!

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 check-up can always be organised for you.

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

Best regards,



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