

Reminder mail for check-up 30m

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.
- Respect as much as possible the social distance of 1.5 metres.

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 hygienic reasons)

What is important at this age?

- Going to the potty is an important step for a child! Help your toddler in a positive way with [potty training](#).
- Your child can [start going to school](#) after a school holiday from the age of 2 years and 6 months. It will start in the 'toddler class'.
- If you would like more information about your child's **development**, please see [our videos](#). You will also find specific tips for [language development](#).
- The nurse **tests** your child's **eyes** again by taking a picture of your child's eyes with a smartphone. Are you worried about your child's sight? Tell your nurse about this.
- This check-up **completes** the **assistance** you receive from Kind en Gezin. We explain how your child will be monitored in the future and by whom, and which organisations you can turn to for more help. Once your child starts to attend nursery school, the medical, pedagogical and psycho-social development is further monitored by the Pupil Guidance Centre (CLB) and through contacts at school.

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,



About this email

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