

## Reminder mail for Check-up 9M

**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/book (there are no toys in the waiting room for hygienic reasons)

**What is important at this age?**

- [The meningococcal ACWY vaccine](#) is recommended at the age of 15 months to replace the free meningococcal C vaccine in the basic programme. If you have opted for the paid-for meningococcal ACWY vaccine, ask your doctor for a prescription now.
- You can gradually start feeding courser food. [Teach your child to drink from a beaker](#).
- Does your child already have **teeth**? **Don't forget to brush them!**
- Your child may react with sadness when familiar people leave his/her surroundings. This is called '[separation anxiety](#)'.
- If you would like more information about your child's **development**, please see [our videos](#). You will also find specific 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 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](http://mijn.kindengezin.be).

Best regards,

The logo for Kind & Gezin, featuring the words 'Kind' and 'Gezin' in a blue sans-serif font, with a stylized ampersand symbol between them.

About this email

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