

Your child is entitled to health check-ups

Your child is entitled to health check-ups by law. As a parent, you are legally obliged to make sure your child gets the health checks. The services provided by the infant healthcare programme help to ensure that children receive the support they are entitled to.

At the health center, information that is relevant and necessary to ensure good quality in the follow-up of the child is written in the child's electronic health record. Employees at the health center have a duty of confidentiality, and all information is treated confidentially. As a general rule, parents have the right to access the child's medical record.

Contact the health center digitally!

Via your user portal at Helsenorge.no, you can see information about your child's appointments, vaccinations given, and you can contact your child's public health nurse. To use health centre services at Helsenorge on behalf of a child, you must log in as yourself first. You then choose who you want to view information for or carry out services on behalf of.

My child is sick, and I have an appointment at the health station. What do I do?

- Please cancel the appointment as we do not want sick children to come to the health center. The reason is to protect your own child and other babies / children from sickness.
- If you are in need of a doctor, call your GP during opening hours.
- emergency room on tel. 116 117 (national emergency number) when the GP office is closed.
- 113 when it is urgent and life-threatening.





Welcome to
the health center



BÆRUM KOMMUNE

Infant healthcare programme, age 0–5 years

The infant healthcare programme for children aged 0–5 years is a free and legally required health service for children and parents, from birth until they start school. The infant healthcare programme at the health centre is a health-promoting and multidisciplinary service, with a public health nurse and a GP. The purpose of the infant healthcare programme is to contribute to increased health literacy and reassure parents in their role as a parent. This means that the public health nurse speaks to all parents about issues such as the importance of interaction between parents and children, sleep, nutrition and the children's general development. Themes can also include drug use, violence and neglect. You can also bring up other topics you need to talk about.

Offers at the health centers in Bærum

- Parental guidance
- Parenting course
- Physical therapist
- Breastfeeding support
- Family welfare service
- Pregnancy consultations with a midwife
- Postpartum consultation with a midwife
- Collaboration with doctors, hospitals, mental health teams, kindergartens, Educational and Psychological Counselling Service and child protection if necessary

Infant healthcare programme, age 0-5 years

When	What	Vaccine	By whom?
Newborn	Early home visit		Midwife
7-10 days	Home visit		Public health nurse
4 weeks	Individual or group consultation		Public health nurse
6 weeks	Individual consultation	<ul style="list-style-type: none"> • Rotavirus (drops) 	Doctor and public health nurse
3 months	Individual consultation	<ul style="list-style-type: none"> • Diphtheria, tetanus, whooping cough, poliomyelitis, Hib infection and hepatitis B, • Pneumococcal disease • Rotavirus (drops) 	Public health nurse
4 months	Individual or group consultation		Public health nurse
5 months	Individual consultation	<ul style="list-style-type: none"> • Diphtheria, tetanus, whooping cough, poliomyelitis, Hib infection and hepatitis B, • Pneumococcal disease 	Public health nurse
6 months	Individual consultation		Doctor and public health nurse
8 months	Individual consultation		Public health nurse
10 months	Individual consultation		Public health nurse
12 months	Individual consultation	<ul style="list-style-type: none"> • Diphtheria, tetanus, whooping cough, poliomyelitis, Hib infection and hepatitis B, • Pneumococcal disease 	Doctor and public health nurse
15 months	Individual consultation	<ul style="list-style-type: none"> • Measles, mumps and rubella 	Public health nurse
18 months	Individual or group consultation		Public health nurse
2 years	Individual consultation		Doctor and public health nurse
4 years	Individual consultation		Public health nurse

