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Do you have any feedback about our services? Please contact your health center or department manager at phone: 67 50 40 50

App:  **Helseoversikt** for pregnant women and parents of young children

More information:



www.baerum.kommune.no/helsestasjonene

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Welcome to The Maternity and Child Health Care Centre



BÆRUM KOMMUNE

Congratulations on a new family member!

As new parents, there is a lot to relate to, and it is easy to feel insecure. At the Health Care Centre in Bærum, professionals can offer you advice, guidance and answers to any questions you may have.

When you arrive home after giving birth, the Health Care Centre will then contact you. We will make an appointment when to visit you, both of a midwife and a public health nurse. If you have any questions or need advice and guidance before this, you can contact the Health Care Centre yourself.

If you are worried about illness or fever, you should contact your doctor (newborns will automatically be registered with their mother's GP).



According to the Health & Rights Act §6-1, children have the right to necessary health care, also in the form of health checks in the municipality the child lives or temporarily resides. Parents are obliged to help the child participate in health checks.

The Health Care Centre are free of charge for pregnant women and children 0-5 years.

Our services include:

- Check-ups during pregnancy
- Home visits
- Maternity group/postnatal courses
- Health checks and vaccinations
- Parental guidance/parenting courses
- Liaising with doctor, hospital, physiotherapist, mental health team, kindergarten, educational- psychological service and child welfare when needed.

All children 0-5 years are offered regular consultations according to a standardized program:

- 0-2 weeks - home visits
- 4 weeks – public health nurse
- 6 weeks - public health nurse and doctor, vaccine
- 3 months - public health nurse, vaccine
- 4 months - public health nurse
- 5 months - public health nurse, vaccine
- 6 months - public health nurse and doctor
- 8 months - public health nurse
- 10 months - public health nurse
- 12 months - public health nurse and doctor, vaccine
- 15 months - public health nurse, vaccine
- 18 months - public health nurse
- 2 years - public health nurse and doctor
- 4-4½ years - public health nurse and doctor

Please arrive early, so we can weigh and measure your child before your appointment. We want the child to be healthy when you visit the Health Care Centre.