CJG Rijnmond

You are very welcome here!

For questions about child rearing, growing up and health

CJG Rijnmond. Support with the biggest undertaking in our lives.

Dutch National Immunisation Programme

You can protect your child from serious infections free of charge in the Netherlands. These include whooping cough, measles and meningococcal disease This is done through the Dutch National Immunisation Programme. The vaccinations are given by our professionals.

You may have visited us when you were pregnant for a whooping cough vaccination. Or you may have had the flu jab. When your child is born we will see each other regularly for the free vaccinations. You may choose whether or not you want them or not. Do you have any doubts? We would be happy to discuss them with you. You can then choose what suits you best. Visit vaccinatiescjgrijnmond.nl for more information. You can also ask questions during an appointment or contact us in other ways.

Are you pregnant and do you want to make an appointment for a whooping cough and/or flu vaccination? Scan the QR code.

You are very welcome here!

We wish all children to grow up healthily and safely. That is why we see your child regularly. From birth up to 18 years old, we check if your child is developing well free of charge. We also check the health. You can come to us as soon as you are pregnant. Our CJG locations are spread throughout the Rotterdam-Rijnmond region. There is always a CJG close by.

Support for everyone

We offer support with the biggest task in a human life. Our preventive healthcare and support give a strong foundation to parents and children. We stand by you while your child is growing up. We give you advice and listen to you. In this way, we grow with you. We work with you on keeping your child healthy and safe. And we do everything we can to give your child equal opportunities. This helps us increase your self-confidence. We are there for every child and every family!

There is no such thing as a crazy question

Parents, future parents, children and young people can come to us. You can ask any questions about child rearing, growing up and health. Our professionals, including physician in youth healthcare, nurse practitioner, child health clinic and medical assistants, pedagogue and remedial educationalist are ready to give advice and help.

"It is great getting immediate answers to my questions."

Janneke, mother of Demi (8 years old)

> “My work is already valuable if I can make a difference for just one child.”
>
> *Ilona, paediatrician*

Right from pregnancy ...

You are welcome the minute you know that you are expecting a baby. We work with obstetricians, hospitals and maternity care. We also work with municipalities, schools and other partners. The municipality notifies us when your child is born. We then contact you. We will make an appointment for:

- A hearing test and heel prick test (neonatal screening).
- The birth consultation.

You may choose whether or not you wish to use our offer.

... until your child is 18 years old

We will see each other at various points until your child is 18 years old. We will discuss when these will be. The appointment is at your home, at a CJG location, or at the school. We can also phone or video call each other. We will then check the development and health of your child. If you need extra support or help, we will provide it. Or we will help you contact the right people.

You are not alone

We also organise courses and meetings at our CJG locations, in the neighbourhood, and online. These could be about a baby’s first solid foods, talking with your child, the use of social media, and puberty. Do you want to know more? These are not only useful to know, but enjoyable too. Visit **cjgrijnmond.nl/cursus**. You can also drop by during our drop-in sessions at CJG or at school. Parents, children, young people and teachers are welcome to drop by. Our website gives details about when and where. You can also ask your child’s school.

Mijn CJG Rijnmond: your personal environment

We plan appointments together with you as much as we can. You can sometimes make an appointment yourself. Are you unable to come? Change your appointment on **mijn.cjgrijnmond.nl.** You can log in with your DigiD.
In Mijn CJG Rijnmond you can:

- See or change your personal details.
- See your child's growth curve.
- See the list of vaccinations given.
- Fill in online questionnaires.
- Request the medical file.

Every child has their own file in which we register their health and development. Pregnant women get an adult's file for vaccinations during pregnancy.

Do you want to know what you can expect at your appointment? Then visit **cjgrijnmond.nl/mijnafspraak**.

Your information is safe

Our professionals have a confidentiality obligation. We do not discuss anything with others for no reason. We only share information with other organisations if you permit us to do so. The law can make exceptions in special circumstances. More information about privacy is available on **cjgrijnmond.nl/privacy**.

What is your experience with the CJG?

We want to help you in a way that feels good for you. This is why we want to know how satisfied you are. We sometimes send a questionnaire by email after appointments. If you fill it in, we can adapt our support to meet your preferences better. You can also share your experiences on **cjgrijnmond.nl/feedback**.

How to contact us

We are available online and offline, by telephone and WhatsApp. See how you can contact us on **cjgrijnmond.nl/contact**.

"There is no such thing as a crazy question!"

Daniëlle, coördinator Service & Contact

088 - 20 10 000

cjgrijnmond.nl

mijn.cjgrijnmond.nl

Follow us:
@CJG Rijnmond

Scan this QR-code for information in other languages

January 2025