



**You are very
welcome here!**

For questions about child
rearing, growing up and health

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

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 decide together when these appointments will take place. 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 cjpgrijnmond.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. If you are unable to come, please let us know at least 24 hours in advance. You can reschedule your appointment via mijn.cjgrijnmond.nl.

Log in using 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/mijnafspreek.





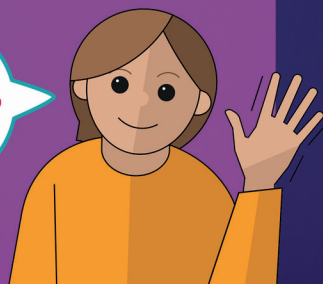
Dutch National Immunisation Programme

In the Netherlands, you can protect your child free of charge against serious infectious diseases, such as whooping cough, measles and meningococcal disease. This is done through the National Immunisation Programme (RVP). Our professionals provide these vaccinations.

You may already have visited us during your pregnancy for a vaccination against whooping cough or flu. After your child is born, we will see each other regularly for your child's free vaccinations.

Do you have questions or doubts? Make sure you are well informed. Ask your questions during an appointment or visit vaccinatiescgrijnmond.nl. There you will find more information and can ask your questions to our digital assistant Juno. You will receive an immediate answer to all your questions about vaccinations

Hi, I'm Juno.
How can I help
you today?



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



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.



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Daniëlle, coördinator Service & Contact



088 - 20 10 000



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