

Ouder- en Kindteams  
*Amsterdam*

# Helping you grow up healthy

Information for parents about the health  
check for children aged 5 and 10



Youth Health



# Child and Youth Health in the Parent and Child Teams



Your child's health and development are important. Child and Youth Health is there to help you. We would like to invite you and your child for a health check. This leaflet tells you what the health check involves. You can also read about what we do with the results of the check-up.

## Health research

The paediatric nurse or paediatrician checks the health and development of primary school children. There are two health checks: one when the children are 5 years old and another when they are 10 years old. This means that you and your child can be given help and support quickly if you need it. Taking part in the health check is voluntary.

### **The health check consists of:**

- A digital questionnaire
- Measurements
- In some cases, an appointment

## Digital questionnaire

You can complete the digital questionnaire at home. You can find the questionnaire on the website: [www.jijengezondheid.nl/po](http://www.jijengezondheid.nl/po). Log in using the log-in code and your child's date of birth. You can find the log-in code in the invitation letter. After completing the questionnaire, you will be given more information and personalized advice straight away.

## Measurements

The doctor's assistant will measure your child's height and weight at school. Your child will remain fully clothed. If your child is aged 5, the doctor's assistant will also do an eye test and an ear test. As a parent, you do not need to be there during the check-up. But you can be there if you want. If you would like to attend the check-up with your child, or if you do not want your child to take part in the check-up, please call + 31 (0)20 555 5961. Your child will be given a letter with the results of the examination to take home with them.

## Appointment

Sometimes the paediatrician or paediatric nurse will make an appointment to see you and your child. The appointment will be about your child's health and development. You can also ask any questions you may have. The invitation letter will tell you what to expect at your child's school.

## Privacy

Sometimes the paediatric nurse or paediatrician will talk to the internal counsellor or a teacher at school about your child. But this will only happen with your consent. Your answers to the questionnaires are kept securely. Only the doctor's assistant, paediatrician and paediatric nurse can see the completed questionnaire. You can find more information at: [oktamsterdam.nl](http://oktamsterdam.nl) > parents > privacy.

## Scientific research

At the end of each school year, Child and Youth Health removes all names from the questionnaire. Scientists can then use the anonymous data for research. You can opt out of this for your child if you want. If you wish to opt out, please indicate this in the digital questionnaire.

## More information and contact

For more information about Child and Youth Health and the Parent and Child Teams in Amsterdam, please visit [oktamsterdam.nl](http://oktamsterdam.nl). You can also drop in or make an appointment on +31 (0)20 555 5961.

You can find more information about your child's health at [oktamsterdam.nl](http://oktamsterdam.nl) and [groeigids.nl](http://groeigids.nl). Or download the free GroeiGids app in the App Store or Play Store.

We hope your child has a happy and healthy time at school!

