

## **Youth Health Service**

The Youth Health Service of the Zaanstreek-Waterland Municipal Health Service (GGD) also conducts health examinations of children in elementary school. They are invited for them twice. At any other time parents can make an appointment with the pediatric nurse or pediatrician.

The employees of the Youth Health Service are experts in the development of the child and offer preventive care. They examine the child's physical, mental and social development. And in doing so they also look at the developmental needs of children. If there are problems at school, in the classroom or anywhere else, they are happy to share their views in order to tackle these problems early. So that they do not get out of hand and sometimes even require referral to specialized care.

The pediatric nurse and pediatrician take a broad look at the child's health and environment. Sometimes the cause of the problem is somewhere else than earlier expected. For instance as a result of a hearing problem, sleeping problem, bullying, unstable home situation, pubertal behaviour et cetera. With small adjustments, guidance of the pediatric nurse, pediatrician or a group training course we can together ensure that the problem is mitigated at an early stage.

## **Pediatrician, pediatric nurse, doctor's assistant and speech therapist**

Every school has its own pediatrician, pediatric nurse, doctor's assistant and speech therapist. You can always ask them for advice.

For your school you can go to:

Pediatrician: Mw. Tsjoe Leng Tiah

Pediatric nurse: Mw. Mariël van de Geer

## **Preventive health examination of 5-year-olds**

In the year that they turn five all children with their parents/carers receive an invitation for a preventive health examination. The doctor's assistant visits the school and then examines the children's ears and eyes at school. You need not be present as a parent. She will contact the school for planning this examination. Besides you will receive a questionnaire by email about your child's health. If you have filled it in, you can make an appointment with the pediatrician or pediatric nurse. This appointment is at one of the locations of the Municipal Health Service. On that occasion you and your child will be present. The pediatric nurse or pediatrician will discuss the answers to the questionnaire that you have filled in beforehand

## **Speech language screening for 5-year-olds**

In the year that they turn five all pupils will be given a screening for speech language development. The speech therapist does this at school. The parents/carers are not present on that occasion. You will receive feedback from the speech therapist.

## **Preventive health examination for group 7**

All pupils of group 7 with their parents/carers receive an invitation for a preventive health examination by the pediatric nurse. This is performed at one of the locations of the Municipal Health Service or at the child's school. The pediatric nurse then also gives information about the use of alcohol, puberty, monitor use, social media and the consequences of that.

### **Examination on indication**

Teachers, Internal Counsellors, parents/carers who have concerns or questions may always contact the pediatrician, pediatric nurse, pedagogic adviser or speech therapist for consultation or examination of a child.

### **My Child File**

Parents may examine their child's data at [www.mijnkinddossier.nl](http://www.mijnkinddossier.nl). They can log into this with their DigiD (by sms or the DigiD app). This digital file contains the height and weight of their child. The Municipal Health Service may also place digital folders in it. The parents may also fill in the questionnaires that accompany every examination via My Child File. [Read more about My Child File here.](#)

### **Zaanstreek-Waterland Municipal Health Service**

At the Zaanstreek-Waterland Municipal Health Service everybody - parents (to be), carers, young people and professionals - are welcome to ask questions about growing up and parenting. The Municipal Health Service will ensure that you receive advice if you want it, the right help.

### **Centre of the Young and/or Centre for Youth and Family**

The Zaanstreek-Waterland Municipal Health Service is part of the Centre of the Young or the Centre for Youth and Family. There we work together with different organizations. This cooperation ensures that children, young people and parents get help as quickly and efficiently as possible. Parents are welcome there for instance at the walk-in clinic and may receive advice by telephone and online. Naturally they can always go there for information about everything that has to do with the parenting and development of their child.

### **Making Contact**

E-mail: [jgz@ggdzw.nl](mailto:jgz@ggdzw.nl) (please state the name of your child, date of birth and the name of the school).

Telephone: 0299-74 80 04 (Waterland region) or 075-651 83 40 (Zaanstreek).  
From Monday through Friday from 9:00 to 16:30 hours.

Parents can also chat with a pediatric nurse with questions about parenting at [www.Ouderchat.nl](http://www.Ouderchat.nl)

(Monday through Friday from 8:30 through 17:00 hours. Monday, Tuesday and Thursday to 20:30 hours). They can also direct their questions by email to [opvoedvragen@ggdzw.nl](mailto:opvoedvragen@ggdzw.nl).

### **More information**

[On the website of the Municipal Health Service](#) you can find more information about all kinds of subjects that have to do with growing up and parenting. For information about training courses and theme meetings you can visit [the website of the Cursusbureau](#).