

Welcome!

For questions on parenting, growing up and health



Our wish for all children is that they grow up safe and healthy! That's why the Centre for Children and Families sees them regularly. From birth to 18 years, we see to it that your child develops healthily, examining their physical, psychological and socio-emotional development. At the centre, you can ask us anything about your child's education, growth and health, from pregnancy onwards. In addition, we know that parenting can be a challenge, one that brings questions with it. If necessary, we can help you or give you advice. Our services are free of charge.

What is the Centre for Children and Families (CJG)?

The Centre for Children and Families in your area is the place where parents/guardians, children, young people and childcare professionals can ask questions about health, parenting, growing up and a child's development. If needed, we can also offer you and your child personal advice and support. In this folder, you can read what the Centre for Children and Families can offer you.

To make or move an appointment

Together with you, we will make the next appointment. If you are unable to make it, please let us know at least 24 hours in advance and we will make a new appointment. Appointments can be moved using the parent portal. Log in with your DigiD.

Together under one roof!

The great thing about the Centre for Children and Families is that you can find all the childcare experts under one roof. You can find paediatricians, school nurses, educators and other childcare professionals can help you ensure that your child grows up safe and healthy. If you have a question about baby food or an issue with your teenager, then the Centre for Children and Families is the right place to be! Together we can search for an answer to your question and if necessary we can advise you on the right childcare expert for you.

A warm welcome

You will be welcomed from the moment that you know you're pregnant. The Centre for Children and Families works together with doctors, midwives, hospitals, maternity care settings and schools. We will receive a message from the local council after your child is born. After which we will contact you for an introduction at home. You may decide for yourself whether you wish to make use of this service.

Between 4 and 12 days:

neonatal hearing test (and heel prick)

Between the ages of 4 and 12 days, we will pay a visit to your home (Zuid-Hollandse Eilanden and Nieuwe Waterweg Noord) or invite you to the Centre for Children and Families (in the rest of the Rotterdam-Rijnmond region) for a hearing test. This is a screening to detect hearing problems, which can interfere with the speech and language development of your child. On the South Holland islands (Zuid-Hollandse Eilanden) and in the region of Nieuwe Waterweg Noord, the heel prick will be done as well. In other municipalities, this is performed by the midwife. You will receive a government brochure about these at home.

Between 10 and 14 days: house call

Between the age of 10 and 14 days, the nurse of the centre will pay you and your child a house call. During this visit the nurse will introduce herself and the centre to you, she will answer any questions you may have and will invite you to visit the Centre. You will receive what we call a 'growth book' in which you can read about and record the development of your child.

Up to 4 years: health centre

Up to the age of 4 years, you and your child will regularly visit the Centre for Children and Families at different ages. During these appointments, the doctor or nurse will check the development of your child by, for example, measuring his or her weight, length and head circumference and test your child's eyesight. Your child can also receive vaccinations. You may ask any questions you have during your visit.

'It's nice to exchange experiences about parenting with other parents'

- parent during a course at the Centre for Children and Families

At 2, 3, 4, 11 and 14 months: vaccinations

On these occasions, your child will receive vaccinations in accordance with the national immunisation programme. For this, the childcare specialist will organise consulting sessions at the Centre for Children and Families. Letting your child be vaccinated can protect them against a number of (child) illnesses. During the consulting session, you can also ask questions about the vaccination or illnesses. The appointments will be planned on the previous consultation.

Around 4 years: vaccination and eye test

All children of around 4 years will receive a vaccination and an eye test. This way, we can detect problems with your child's vision and if necessary refer you to an eye specialist. A few weeks before the eye test, you will receive an invitation where we explain how we take the eye test for your child.



'Your questions are the main subject during the meeting'

- a childcare specialist at the Centre for Children and Families (CJG)

At school: Group 2

When your child is in the second group of primary school, you will receive an invitation together with your child to come in for an appointment. During this, your child will be weighed and we will examine his/her motor skills. We will also conduct an eye and hearing test, after which the doctor will explain the findings and answer any questions you may have. These questions can be about education, the home situation or your child's health. Along with the invitation, you will receive two questionnaires to be filled in. These will be used during the appointment. With your permission, the results of this consultation will be discussed with the teacher. We work closely with the school and teachers, because they see the children every day. This way, all children can grow up safe and healthy.

Open consultations

At the Centre for Children and Families and at a number of primary and secondary education schools, the childcare specialist will organise open consultations for parents/guardians, children, young people and teachers or educators. At these consultations, you can ask questions about health, education and the care of your child. Check the website of your local Centre for Children and Families or ask your child's teacher for more information about these open consultations.

9 years: vaccination

In the year your child turns 9, he or she will get two vaccinations: the DTP jab against Diphtheria, Tetanus and Polio, and the MMR vaccination against Measles, Mumps and Rubella. You will receive an invitation in advance.

At school: Group 7

When your child is in Group 7, you will be invited together with him or her to a meeting with the childcare specialist at the school or at the Centre for Children and Families. Besides being able to ask questions, your child will also be measured and weighed. The appointment will last twenty minutes. Are you curious about the psychosocial development of your child? Then you can do an anonymous test through our website. You answer questions on the behaviour of your child and, after filling them in, you can see what the result is.

12/13 years girls: HPV vaccination

In the year girls turn 13, they will get the HPV vaccination against cervical cancer. This vaccination consists of two inoculations, which gives them the best possible protection against HPV. (For girls older than 15, there are three inoculations.) Girls eligible for an HPV vaccination will receive an invitation sent to their home.

Secondary school: Class 1

All students in the first year of secondary school will be invited for an appointment with the childcare specialist at the school, which will be arranged only with your permission. Your child will be asked to fill in a questionnaire beforehand and the answers will be discussed during the appointment. We monitor the psychosocial development of your child and, in order to do that, we will ask your child questions about his or her health and the situation at home and/or school. We also monitor their physical growth and will measure them. We work closely with the school and mentor who see the students regularly, so that all teenagers can develop in a safe and healthy way. You and your child will receive the invitation to this consultation in advance.

Secondary school: Class 3

All students in the third year of secondary school will receive an invitation to fill in a digital questionnaire ('You and Your Health') during school hours. It is in Dutch and the questions are about health and the healthy behaviour of your child. After completing the questionnaire, your child can see his or her personal health-care profile. Based on the outcome of that profile, or if your child has questions about it, he or she can have a consultation with the school nurse. During that consultation, their height and weight can be measured on request. You and your child will receive advanced notice of this.

Your personal details are safe

Staff at the Centre for Children and Families have a duty of confidentiality. This means we will not discuss your situation with others. We pass on information only after we have consulted you and received your permission. In special cases, the law allows us to make an exception. For information about your right to privacy, please look at our website.

For more information

Check out our website! Here you will find more information about the Centre for Children and Families, but also answers to your (parenting) questions. You can also find more information about group sessions with other parents/guardians. We have group sessions about the following, for example: playing with your baby, healthy eating, exercise, parenting, bullying and stimulants. On our website, you can find a comprehensive overview of courses and training programmes.

You can call us between 08.30 and 17.00 or send us the contact form via our website.

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