



Jeugd en Gezin Utrecht

What does the Department of Youth Health Care do?

Every child has the right to grow up into a healthy adult. This is why children, teenagers and their parents/guardians in the Netherlands can count on free expert health care by our youth health nurses*. This is the essence of the Youth Health Care Department (Jeugdgezondheidszorg, JGZ). How? By means of preventive health checks-ups, vaccinations and information meetings. You can also turn to us if you have any questions about parenting or the growth and development of your child. Call us or send an e-mail to the address noted below. You can find the JGZ at the Youth and Family Centres, but we also visit schools.

The first meeting with a youth nurse | Home visit

Our youth health nurses pay every baby and his or her parent(s) a home visit, two to three weeks after the birth. The purpose of the visit is to inquire about the birth, learn your baby's name, and look at the baby's general condition. How does your baby drink, poop and pee? Does he/she breathe calmly and have a healthy color? How does your baby's skin look, has the navel healed properly and is the diaper area alright? Does your baby seem alert and is he or she growing well? Even if your baby is asleep during the visit, the nurse will have a peek. Besides explaining more about the children's health center and how it works, the nurse can provide information and tips on sleep, feeding, safety, vaccinations and more. It is a good opportunity for parents to ask any question they may have. Before leaving, the nurse will also ask you how you, as parent(s), are feeling in general. How did you experience the pregnancy and the maternity period? Do you have enough support from people in your area? At the end of the visit, the youth nurse will make an appointment for your first visit to the children's health center.

Children 0–4 years old | Health centre

You will receive an invitation to come to the district health centre with your child. At the health centre, a youth health nurse will look at your child's development and do a physical check-up. You can ask any question you may have about care, parenting, health and development. Additionally, your child will be vaccinated in accordance with the National Vaccination Programme. More information can be found on www.rijksvaccinatieprogramma.nl.

** Please note: We do not diagnose and treat childhood illnesses or other health problems. For medical advice, you would have to visit a paediatrician.*



Consultation without an appointment

If you would like to drop in for an extra visit to the health centre, you certainly can, for instance to have your child weighed or because you have a small question in between the regular appointments. For this, you can use the possibility of consultation without an appointment: feel free to walk in. For the opening hours of consultations without appointments, go to www.jeugdengazinutrecht.nl, page 'Addresses and contact'.

Children and teenagers 4–18 years old

A JGZ assistant visits all the schools in Utrecht to measure and weigh the children and test their hearing and eyesight. At a later date, you will receive an invitation from the youth health nurse for a follow-up interview about your child's health.

JGZ at a meeting

It is possible to arrange that a youth health nurse from the JGZ attends a meeting of parents/guardians in the district if they have specific questions or would like information on subjects concerning their children. If you are associated with a group of parents/guardians and you would like to invite a JGZ official, please send an e-mail to jgz.vg@utrecht.nl.

Contact and advice

Advice by phone

If you have a question, you can call the JGZ at 030 – 286 33 00 from Monday through Friday between 08:30 and 17:00 hours. A youth health nurse will call you back within 48 hours.

Advice via the website

You can also pose questions via our website: www.jeugdengazinutrecht.nl. On every page, a window is provided where you can enter the required details. You will receive an answer by e-mail.

For all information about parenting and child development: go to www.jeugdengazinutrecht.nl.