

# Congratulations on your new baby

Tillykke med jeres barn



ENGELSK

## **Welcome to Egedal's Health Visitor Service**

We offer you home visits by a Health Visitor from your child's birth and until it is approx. 8 ½ months old.

The visits are voluntary and free of charge.

At your home, the Health Visitor offers help and advice on your child's and family's health and well-being.

### **The Visits**

The visits will be at the following intervals approximately:

- 1<sup>st</sup> visit: Introduction – within 7 days of your child's birth.
- 2<sup>nd</sup> visit: 1-2 weeks following the 1st visit.
- 3<sup>rd</sup> visit: When your child is approx. 7-9 weeks old.
- 4<sup>th</sup> visit: When your child is approx. 4-4½ months old.
- 5<sup>th</sup> visit: When your child is approx. 8½ months old.

It is a good idea for you to write down any questions you may have, so we can discuss them during the visit.

Additional visits may be arranged, if necessary, as based on the Health Visitor's professional assessment.

After the Health Visitor's last visit, your child has access to the Health Visitor Service until age 16, and you can always contact the service at telephone (+45) 7259 6720 if necessary

## **In case of illness**

Remember to call and cancel the visit of your Health Visitor if someone in the family is ill, in order to avoid spreading contagious illness. This is important because she visits a lot of people and private homes.

### **For more contact or advice**

You can contact your Health Visitor by telephone or by e-mail – see the contact card you received at her first visit.

You can contact the administrative employee of the Health Visitor Service from Monday- Thursday at hours 8 a.m. – 2 p.m. by telephone (+45) 7259 6720 or by email [sundhedstjenesten@egekom.dk](mailto:sundhedstjenesten@egekom.dk).

You can contact the Senior Health Visitor by telephone (+45) 7259 6734 or by email [nina.rasch@egekom.dk](mailto:nina.rasch@egekom.dk).

If you find that you do not connect well with the Health Visitor you can contact the Senior Health Visitor.

## Post-Partum Reactions

When your child is approx. 7-9 weeks old you will be screened for post-partum reactions and your Health Visitor will discuss the result with you.

If necessary you will be given the opportunity to join in group sessions for mothers with post-partum reactions. Fathers will be offered a one-to-one conversation.

## Preparation Course for couples with children

Couples with children, who are living within the district of Egedal, are offered a 2-days training course. This course consists of lectures and couple's discussions, thus aiming to strengthen a constructive communication within the family unit.

You can sign up at [sundhedstjeneste@egekom.dk](mailto:sundhedstjeneste@egekom.dk).



## Profile of a Health Visitor

A Health Visitor is a registered nurse with practical experience in pediatric care and an additional 1.5 years of specific training with focus on health promotion and preventive care measures for children, young people and families.

A Health Visitor mostly works within the area of a School District, working with infants, small children and school children. She/he also works as a consultant in the day care options in the area.

The Health Visitor teams up with other specialists such as the nursery- or preschool teachers, school teachers, general practitioners (doctors), psychologists, social workers, mobility consultants, speech therapists etc. Any consultation of one of these groups is always carried out in agreement with the family.

## Electronic Medical Journal

The Health Visitor is bound by confidentiality, notification and documentation requirements. You can access your child's records, including height- and scales curve, as well as time for the next visit on [www.sundhedsvejen.dk](http://www.sundhedsvejen.dk)

Use your Nem ID to sign in.



## The Health Visitor Service Website

On our website [www.sundhedstjenesten-egedal.dk](http://www.sundhedstjenesten-egedal.dk) you can find all the pamphlets that your Health Visitor has brought to your attention during her visit, as well as a number of useful links.

You will also find a list of contact information for all the Health Visitors.

## Open House Arrangements

The Health Service organizes Open House arrangements every 2 weeks at 6 sites within the district.

Here you can socialize with other new parents and also discuss with the Health Visitor any concerns you may have. The program will also include discussions of relevant health-related issues. At the website you can see which ones and where. If you choose the heading 'Open House' at our website and then 'Follow any changes at this page', you will automatically be updated of any changes to the program.



## Mother's Groups

The Health Visitor will initiate the mother's group, which will then be invited to the first meeting at an Open House arrangement. Afterward, the group arranges among themselves when and where to meet.