

Offer regarding health-promoting services

- for children and their parents

All children have the right to the best possible health. To promote healthy children and parents and offer the support you may need in this respect, all families are offered support from various services during the child's first year. Health-promoting services and parental support are offered by the child health centre, the preschool, the dental care services and social services.

▶ CHILD HEALTH CENTRE



When your child has been born, the Child Health Centre (*Barnavårdscentralen, BVC*) will contact you to schedule your first visit. You may also contact the centre yourself. The Child Health Centre is a free service offered to all children. At the centre, they will monitor your child's health and development and offer parental advice and support based on your specific needs. You will have regular appointments at the centre until your child starts preschool class (*förskoleklass*). The Child Healthcare Centre offers vaccinations and medical check-ups for your child. The medical check-ups ensure that your child is healthy and developing properly. You will always meet a nurse at the centre, and a doctor will sometimes be present, as well. All Child Healthcare Centre staff have a duty of confidentiality.

▶ PRESCHOOL



Your child has the right to attend preschool from the age of one if its parents are working, studying or looking for work. All children have the right to attend preschool (*förskolan*) free of charge from the age of three. The preschool education should be fun, safe and instructive for all children. The preschool teachers and childminders who work in the preschool will support and care for your child to help it develop, play and learn in the company of other children.

Many municipalities also have open preschools (*öppna förskolan*) that you are welcome to attend with your child.

▶ DENTAL CARE SERVICES



When your child is between one and three years old, it will be offered its first appointment with the dental care services (*tandvården*). You child will then be called to appointments regularly, based on the status of its oral health. Children who develop tooth disease early on in life risk poor health and a poor quality of life. All dental care is free up to the age of 23.

▶ SOCIAL SERVICES

Your municipality's social services (*socialtjänsten*) are there to help you and your child.

You may contact social services if:

- You need someone to talk to about your parenthood.
- You are worried about your child or need support
- You find it difficult to set boundaries, or you get into frequent conflicts with your child
- Your situation is difficult, with addiction or violence in the family
- You need financial support to care for your family
- You don't agree with the other parent on issues involving the children
- Your child needs extra support due to a disability

Social services also strive to protect and help children who are having a hard time.

Contact details

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