



Health consultations for children up to 3 years of age; in individual cases, including up to 6 years of age

Gesundheitliche Beratung für Kinder bis 3 Jahre, in Einzelfällen auch bis 6 Jahre

The Health Department (Gesundheitsreferat) would like to offer you as parents the best possible support, and ensure that your children enjoy a good start in life.

That is why we offer the opportunity to receive expert advice and guidance from qualified health and paediatric nurses during the first three years of your child's life.

A consultation is also possible up to the age of 6 if your child does not attend a day care centre, or if your child has a chronic illness.

This offer is free of charge, and can be used on a voluntary basis by you.

The health and paediatric nurses will be happy to visit you at home for an individual consultation and answer any questions you may have – once or several times, and according to your needs.

We offer our consultation services on the following topics, for example:

- Breastfeeding and nutrition
- Care of the baby: For example, skin care, navel care
- Health care: For example, vaccinations, preventive check-ups, dental health
- Promoting child development, as well as tips for encouragement and play
- Parent-child relationship
- Behavioural pattern disorders: For example, frequent crying, sleeping problems
- Safety in everyday life: For example, accident prevention
- Media consumption
- Information about facilities for families with children in your district
- If necessary, referral for further help or referral to “early help” (Frühen Hilfen) up to the age of 3

There is also the option of a telephone consultation:

Telephone consultation (089) 2 33 - 4 73 33

We will be happy to advise and visit you at home by way of prior appointment by telephone. Of course, the topic of health protection is a key concern for us all.

Contact:

Phone: (089) 2 33 - 4 79 11

E-mail: gvo12.gsr@muenchen.de

Monday - Thursday 9.00 - 15.00, Friday 9.00 - 12.00

An answering machine is available to take messages outside of our normal telephone hours.