



# Health Promotion in Early Childhood Home Visits by Paediatric Nurses for Children up to Three Years of Age

*Frühkindliche Gesundheitsförderung  
Hausbesuche der Kinderkrankenschwestern bei Kindern bis 3 Jahre / Englisch*

The Department of Health and Environment [*Referat für Gesundheit und Umwelt*] intends to provide the best possible support to you as parents of a newborn child, and a good start into life to your children. Therefore, we are offering the possibility of receiving professional advice and guidance free of charge from a paediatric nurse during your child's first three years of life.

The paediatric nurse in your district will be pleased to visit you at home for an individual talk and will answer your questions - once or several times, depending on your needs.

## **Subjects covered by the advice:**

- Breastfeeding and nutrition
- Care
- Preventive healthcare
- Vaccinations
- Prevention of allergies
- Fostering the child's development
- Mother-child relationship, father-child relationship
- Screaming
- Sleep problems
- Accident prevention
- Addiction prevention
- Information on facilities for families with children in your district
- Facilitating further assistance, if required

## **If you have any questions about this offer,**

please give us a call on:

telephone number (089) 2 33 - 4 79 11

from Monday to Friday between 9 a.m. and 12 noon;

calls coming in later are received by an answering machine.

**If you wish a home visit,**

please call us on one of the following numbers:

If you live in the northern / western part of the city: telephone: (089) 2 33 - 4 79 38

If you live in the southern / eastern part of the city: telephone: (089) 2 33 - 4 79 53

If you live in one of our priority regions, the paediatric nurse in your district will contact you on her own initiative.

**This offer is free of charge and voluntary.**

Apart from home visits, you can also receive **advice by telephone.**

Telephone advisory service: (089) 2 33 - 4 73 33  
from Monday to Friday between 9 a.m. and 11 a.m.,  
calls coming in later are received by an answering machine.

Tips for mothers and fathers are available under:  
[www.muenchen.de/kinderkrankenschwester](http://www.muenchen.de/kinderkrankenschwester)