

THINK TALK
USE

HOW TO GET THE
MOST OUT OF THE
HEALTH CLINIC

HEALTH CLINIC

THIS BOOK BELONGS TO:



Oslo

WELCOME TO THE SØNDRE NORDSTRAND HEALTH CLINIC

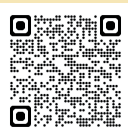
The health clinic is a free service for children and parents. At the health clinic, our approach is based on the needs of the child and the parents.

We are here to help you monitor your child's development, answer questions and follow up on you as a family. The health clinic is a place where you can come with all of your questions.

Having a child is a big life change, and many different emotions, thoughts and questions may come up.

There is no such thing as a stupid question – and asking for help is a strength!

You can use this book before, during and after check-ups at the health clinic.
We look forward to getting to know you!



*We work in accordance with
national healthcare guidelines.
Read more about this on the
Directorate of Health website.*



YOUR PUBLIC HEALTH SERVICE NURSE IS:

REMEMBER THAT YOU CAN
CONTACT US WHEN YOU NEED US!

Telephone:

23 49 64 20

E-mail:

helsestasjon@bsn.oslo.kommune.no

Visiting address:

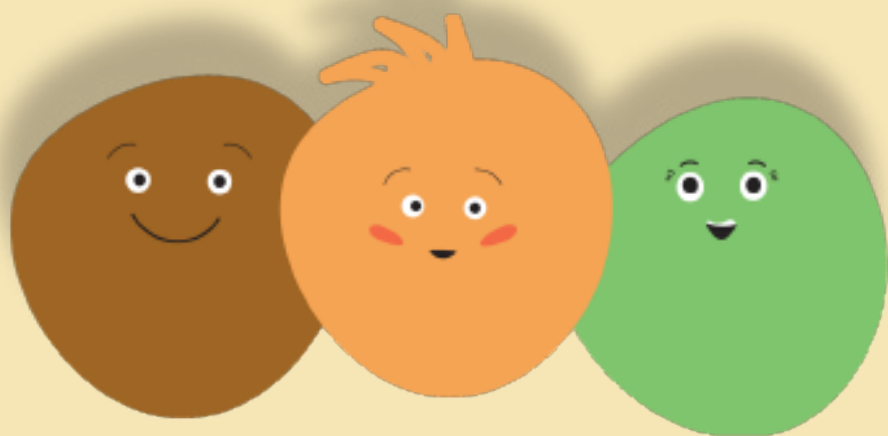
Holmlia senter vei 9, 3rd floor, 1255 Oslo

More information about the district:

www.bsn.oslo.kommune.no

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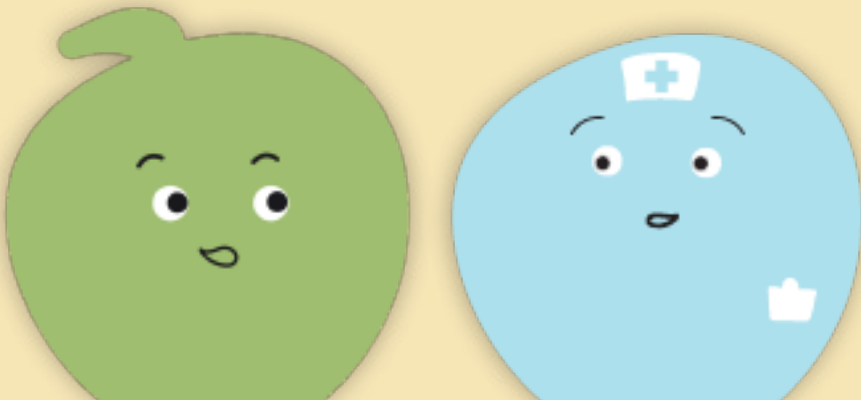
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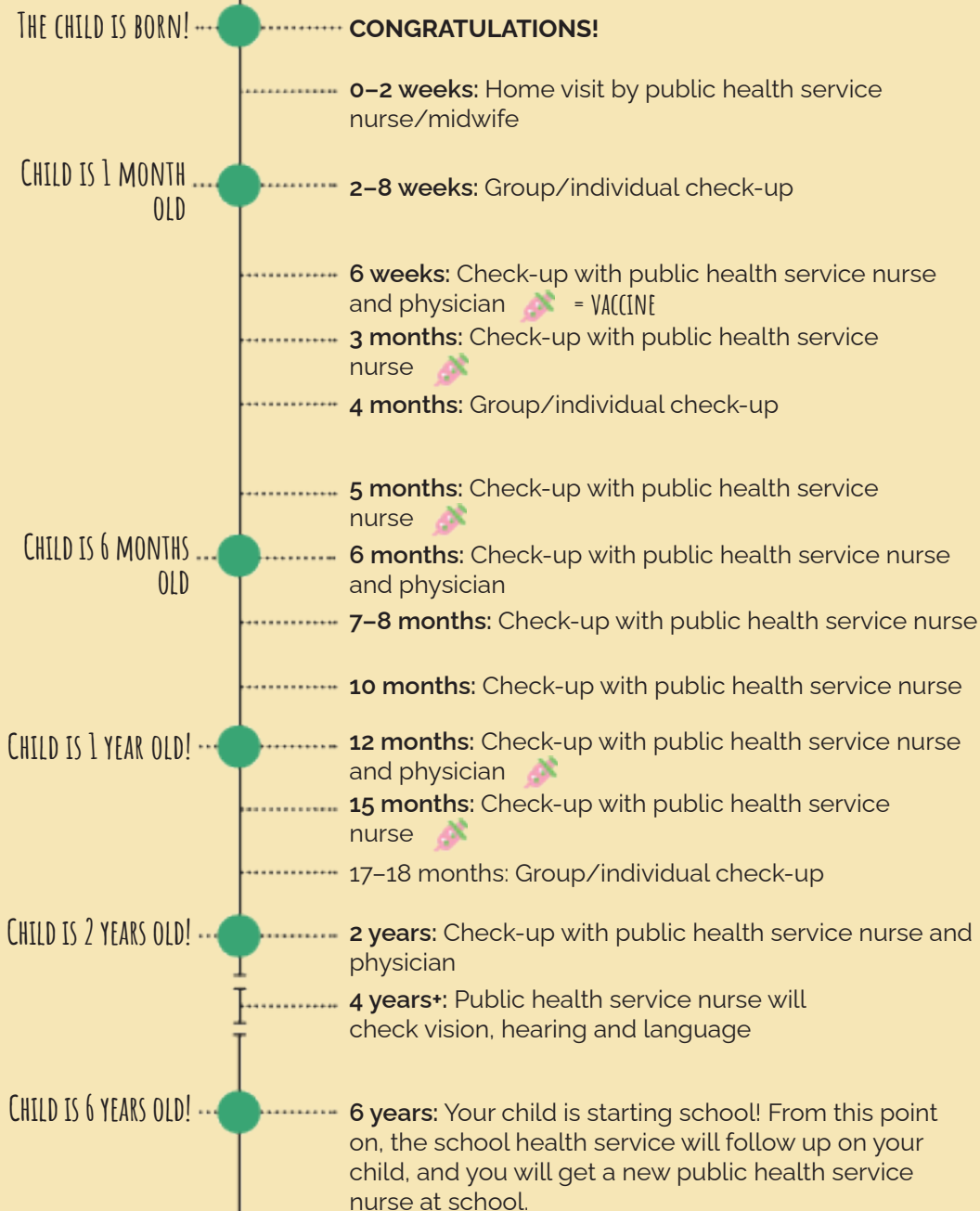


THESE ARE OUR SCHEDULED CHECK-UPS WITH THE HEALTH CLINIC. REMEMBER TO:

- mark your mailbox with the child's name to make sure you receive the reminders.
- sign in with the medical secretary when you arrive.
- arrive in good time, so we have time to weigh and measure the child before the appointment.
- bring a blanket for the child. It can also be a good idea to bring a bike lock to secure your pram or stroller in the sheltered area outside.

If you or your child is sick, please cancel the appointment, especially in case of fever, diarrhea, vomiting and chicken pox. The phone number for urgent care (Legevakten) is 116 117.





APPOINTMENT OVERVIEW

[illegible]

VACCINATION PROGRAMME



Vaccine:	Date:	Date:	Date:
KOM 09 (diphtheria, pertussis, tetanus, polio, Hib, hepatitis B)			
PNE 13 (pneumococcal conjugate)			
MMR (measles, mumps, rubella)			
Rota virus			
HPV (human papillomavirus)			
*BCG			
KOM 02 (diphtheria, pertussis, polio, tetanus)			

* For children in defined risk groups

OTHER VACCINES

Vaccine:	Date:	Date:	Date:



The Norwegian Institute of Public Health has information about vaccines in multiple languages on their website.

10

A CHILD IS BORN!

STICK A PHOTO
OF THE CHILD HERE!

Your name is:

This is your name because:





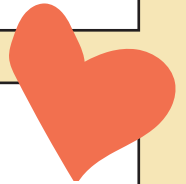
You were born on at

You were cm long and weighed grams

and you had hair and eyes.

Memories from this day:

This makes you a beautiful baby:



The quality of your check-ups at the health clinic will depend on what you bring to them and what you take away with you.

THAT'S WHY IT'S A GOOD IDEA TO...



Think

Think about what you want to address before you come to the health clinic.



Talk

Talk to us about the things that are important to you. The health clinic is a place where you can ask about anything without judgment.



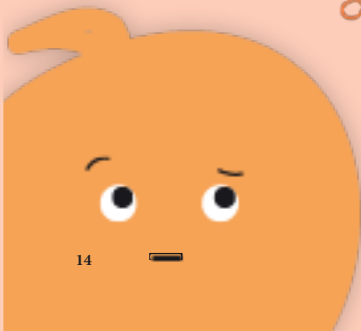
Use

Use advice and recommendations in your everyday life. With us you can rest assured that the advice you get is safe and accurate.

THINK

WHAT IS IMPORTANT TO YOU?

Before the check-up at the health clinic, it's a good idea to think through the things you need to talk about. Do you have questions or feel insecure about something? What is working, and what is difficult?



3 THINGS TO CONSIDER BEFORE VISITING THE HEALTH CLINIC:

WHAT IS IMPORTANT TO YOU?

Our approach is based on the needs of the child and the family.

IS YOUR CHILD READY FOR A VISIT?

If the child is old enough, you should talk a little bit about what is going to happen. If you or the child is sick, you need to rebook your appointment.

WONDERING WHAT WILL HAPPEN?

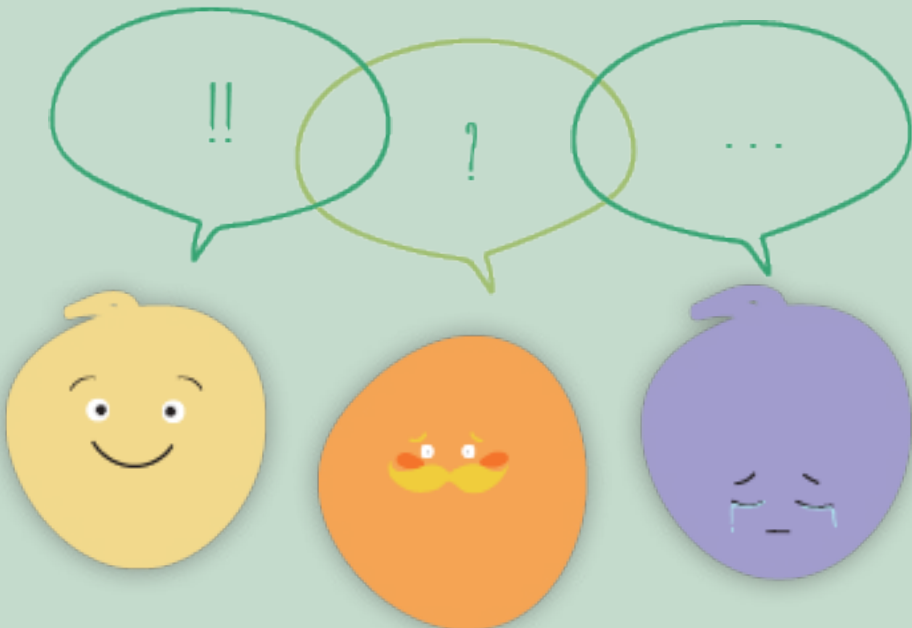
Read more about the check-ups at helsenorge.no. Call us in advance if you have a question.

TALK

TALK TO US!

The health clinic is a place parents can go with anything they need to talk about.

There are no stupid questions! Remember that it shows strength to ask for help.



3 GOOD TIPS FOR TALKING TO THE HEALTH CLINIC:

BE HONEST

Health clinic staff are not looking for flaws and shortcomings. Our goal is to help you excel. Working together in the best interests of the child means we have to be open and honest with each other.

LET US KNOW IF YOU'RE NOT DOING WELL

It can be difficult to be a parent, and it takes strength to ask for help. Talk to us if you're not doing well. Remember that we are bound by a duty of confidentiality.

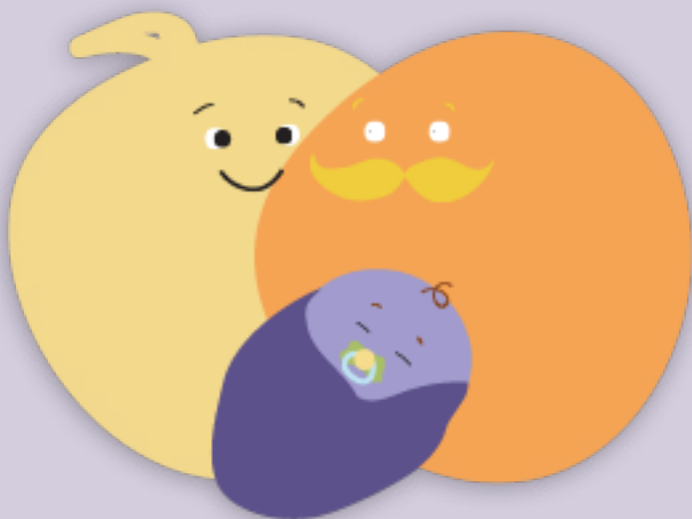
STOP US IF YOU DON'T UNDERSTAND

If we say something you don't understand, let us know. If you don't understand something, we have failed. Remember: there are no stupid questions at the health clinic.

USE

USE WHAT YOU LEARN!

At the health clinic, you can learn new skills and get good tips for how to handle difficult situations. Try out and use what you learn! The health information you get is accurate and quality assured.



3 WAYS TO USE ADVICE FROM THE HEALTH CLINIC:

ADJUST IT

You're the one who knows yourself and your child best. The health clinic provides safe and accurate advice, but it's up to you to customise it to your child and your family's situation.

TALK ABOUT IT TOGETHER

If you are co-parenting, it's a good idea to continue the conversation from the health clinic at home. This prevents one of you from having to take on the role of "expert".

A PAT ON THE SHOULDER

Remember to give yourself credit for what you achieve! This makes it easier to do more of the things that are good and that work for your child.

THE NEXT FEW PAGES HAS CHECK- UP CARDS FOR APPOINTMENTS AT THE HEALTH CLINIC FOR AGES 0–4.

How you use these cards is up to you.
The goal isn't necessarily to fill out all
the boxes, but to "think, talk, use".

HOME VISIT AFTER BIRTH

CHECK-UP WITH PUBLIC HEALTH SERVICE NURSE

This home visit is for many people their first encounter with the health clinic. At this home visit, we play, among other things the video "In safe hands", which is a video produced by the Norwegian Nurses Organisation that includes important information about the brain's development in children.



Watch the video "In safe hands" again in multiple languages on the Norwegian Nurses Organisation website.

Use – *write down the most important information from the check-up here:*



6 WEEKS

CHECK-UP WITH PUBLIC HEALTH SERVICE NURSE AND PHYSICIAN

Date and time: _____

Think – *write down what you want to discuss during the check-up here:*



Use – *write down the most important information from the check-up here:*



3 MONTHS

CHECK-UP WITH PUBLIC HEALTH SERVICE NURSE

Date and time: _____

Think – write down what you want to discuss during the check-up here:



Use – write down the most important information from the check-up here:



5 MONTHS

CHECK-UP WITH PUBLIC HEALTH SERVICE NURSE

Date and time: _____

Think – write down what you want to discuss during the check-up here:



Use – write down the most important information from the check-up here:



6 MONTHS

CHECK-UP WITH PUBLIC HEALTH SERVICE NURSE AND PHYSICIAN

Date and time: _____

Think – write down what you want to discuss during the check-up here:



Use – write down the most important information from the check-up here:



7-8 MONTHS

CHECK-UP WITH PUBLIC HEALTH SERVICE NURSE

Date and time: _____

Think – write down what you want to discuss during the check-up here:



Use – write down the most important information from the check-up here:



10 MONTHS

CHECK-UP WITH PUBLIC HEALTH SERVICE NURSE

Date and time: _____

Think – write down what you want to discuss during the check-up here:



Use – write down the most important information from the check-up here:





HAPPY BIRTHDAY!

I celebrated my first birthday on a day.

This is what we did:

ADD A MEMORY FROM THE DAY
(PHOTO, HAND PRINT OR DRAWING)



1 YEAR

CHECK-UP WITH HEALTH SERVICE NURSE AND PHYSICIAN

Date and time: _____

Think – write down what you want to discuss during the check-up here:



Use – write down the most important information from the check-up here:



15 MONTHS

CHECK-UP WITH PUBLIC HEALTH SERVICE NURSE

Date and time: _____

Think – *write down what you want to discuss during the check-up here:*



Use – *write down the most important information from the check-up here:*



17-18 MONTHS

CHECK-UP WITH PUBLIC HEALTH SERVICE NURSE

Date and time: _____

Think – write down what you want to discuss during the check-up here:



Use – write down the most important information from the check-up here:





HAPPY BIRTHDAY!

I celebrated my second birthday on a day.

This is what we did:

ADD A MEMORY FROM THE DAY
(PHOTO, HAND PRINT OR DRAWING)



2 YEARS

CHECK-UP WITH HEALTH SERVICE NURSE AND PHYSICIAN

Date and time: _____

Think – *write down what you want to discuss during the check-up here:*



Use – *write down the most important information from the check-up here:*



AGE 4+

CHECK-UP WITH PUBLIC HEALTH SERVICE NURSE – VISION, HEARING AND LANGUAGE

Date and time: _____

Think – write down what you want to discuss during the check-up here:



Use – write down the most important information from the check-up here:



SOME GOOD ADVICE FROM THE HEALTH CLINIC

As new parents there is a lot to get used to, and it is easy to feel overwhelmed and uncertain. Many often have questions about the same things. That is why we have collected some information and a selection of frequently asked questions for certain topics:

1. Nutrition and digestion
2. Sleep
3. Understanding your child
4. The child's health
5. The child's language
6. Motor skills and movement
7. Safe environment
8. Children and screens
9. Becoming parents and the parental role





BUT REMEMBER THAT ALL CHILDREN
ARE DIFFERENT AND DEVELOP
DIFFERENTLY AND AT DIFFERENT RATES.

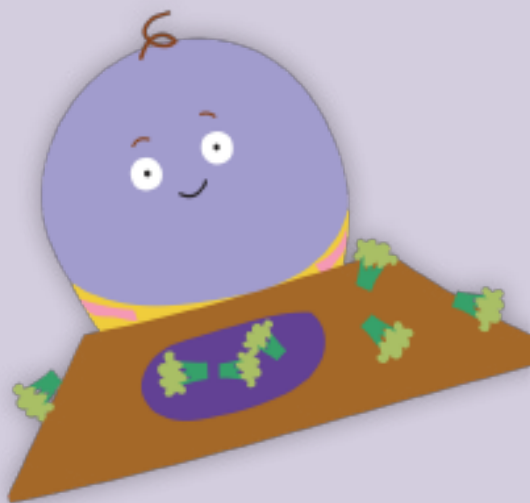
You can always ask us at the health clinic if you have questions about something related to your child and your everyday life as a family.

These recommendations are collected from the Directorate of Health, helsenorge.no and the Directorate for Children, Youth and Family Affairs (Bufdir) and are in accordance with national guidelines.

1.

NUTRITION AND DIGESTION

The first year of life is when you lay the foundation for enjoying food. It is safe for babies to eat only breast milk for the first six months of life if mother and baby are happy with this. If the child is not breastfed, or if a supplement to breastfeeding is necessary, the baby needs to eat formula. Solid foods should not be introduced until the child is at least 4 months old.



*If you want to read more,
see the Directorate of
Health's web pages on
nutrition and meals.*



*Ammehjelpen.no
provides guidance
on breastfeeding and
breast milk.*

Breastfeeding Breast milk is the best food for infants. Breast milk contains all the nutrients the child needs, with the exception of vitamin D.

Formula

When breastfeeding is not working, formula is a very good alternative. Hold the baby close during feeding. Skin-to-skin contact is recommended.

Vitamin supplements

Vitamin D is the only supplement needed beyond breast milk/formula. The child needs vitamin D in order to develop strong bones, teeth, and a good immune system.

Honey

Do not feed honey to children under 1 year old!

Stool:

The bowel movements of infants vary a lot. For the first couple of weeks after birth, newborn infants have bowel movements multiple times per day. After a while, anywhere from once a day to once per week is normal. Nursing babies often have a yellow/green-ish stool, and the consistency may vary. Children who eat formula often have a firmer and more brown-ish stool.

FREQUENTLY ASKED QUESTIONS

How often should the child eat?

Some children need frequent feeding in the beginning. It is common for the child to feed 8–12 times in 24 hours in the first few weeks.

Has my child put on enough weight?

Most children lose some weight in the first few days after birth – their bodies have reserves to handle this. After a few days, they will start to put on weight again. A good indication that the child is eating enough is normally 4 wet and full nappies per day.

My nipples are sore, what do I do?

It is normal to feel some tenderness when you start breastfeeding. This normally eases after a few suckles. It is also common to feel a general tenderness or soreness in the beginning of the breastfeeding period, but open wounds and/or serious pain is not normal. Contact the health clinic if you need guidance on breastfeeding.

How often should my child poop?

Children usually do not get constipated and do not need any sort of treatment, even if there are multiple days between bowel movements. Nursing babies can sometimes have bowel movements multiple times per day in the beginning.

My child spits up, is this dangerous?

Spitting up is very common in infants. If the child

is growing, happy and putting on weight as normal, you don't have to worry about them spitting up.

Which types of food can the child eat?

Below are some suggestions from us for a healthy and good diet:

- 6–4 months: porridge, vegetables and fruit.
 - 6 months: porridge, vegetables, fruit, fish, chicken, beef, rice and pasta.
 - 6–8 months: bread with various toppings.
 - 10 months: yoghurt and fermented dairy products.
 - 1 year: ordinary cow's milk. NOTE: No more than 5 dl.
- Water is the best drink when the child is thirsty, and it is a good idea to introduce water at the same time as solid foods.

Can my child eat salt? And what about sugar?

The child should not eat foods with added salt until they are at least 1 year old, and it is a good idea to limit salt even after this age. They should not have sugar (jams, Nugatti, sweets, chocolate, ice cream, biscuits, etc.)

My child has teeth, do I need to brush them?

Teeth should be brushed, morning and evening, as soon as the first tooth emerges. Use a tiny bit of fluoride toothpaste. Children need help brushing their teeth until they are 10 years old.

Some good advice from the health clinic:

- Feed the child a healthy and varied diet.
- Water is the best drink when the child is thirsty.
- Good eating habits form in infancy. Let the child participate in the meal to get to know the food – some mess is to be expected.
- Offer various foods when the child has been introduced to solid food. Children who are introduced to foods with different tastes and textures early normally become less picky when they get older. Remember that it takes time to get used to new textures and tastes – don't force your child to eat.
- Most children are perfectly capable of deciding how much they eat.



2. SLEEP



In the beginning, most infants sleep between 16 and 20 hours across an entire 24-hour period. They have not yet developed a sleep routine. Many children prefer to sleep close to their parents – it calms them down. If you want to co-sleep with the child, it is important to follow the recommendations for safe co-sleeping. It is not recommended to share a bed with the child if you smoke or use *snus*.

From 3 months old, the child is better able to distinguish between night and day, and this is a good time to establish a sleep routine. This can take some time, and most children will still need to feed at night for a while, still. Remember that the child should sleep on their back – it is dangerous for babies to sleep on their stomachs. Avoid having toys in the bed.



Go to helsenorge.no to read more about sleep in infants.

FREQUENTLY ASKED QUESTIONS

How do we establish a sleep routine?

Avoid letting the child fall asleep at the breast or with a bottle. Your routine when putting the child to sleep at night or if the child wakes up during the night, should consistently be the same. This will enable the child to fall back asleep unassisted. Put the child to bed awake, but sleepy. Some children are restless and will whimper or cry a little before falling asleep. This is completely normal.

Is it normal for my child to snore when it sleeps?

The child may make nose sounds even if they do not have a cold.

If the child makes nose sounds or snoring sounds from their nose, but this does not seem to bother the child, you don't have to do anything. Try to drip some breast milk or saline solution into the nose to see if the noise disappears.



3.

UNDERSTANDING YOUR CHILD

Your child needs you to feel safe and to develop. The child is a tiny person with thoughts, emotions and their own unique personality. It takes time to get to know your child and find out what they want, what they want from you, and how they react.

In the first weeks of life, your child will connect with you through body language, sounds and facial expressions. Your eyes and your voice are your main tools of communication. The child needs a lot of physical contact to feel cared for. Skin contact, touch and gentle handling make the child feel safe.

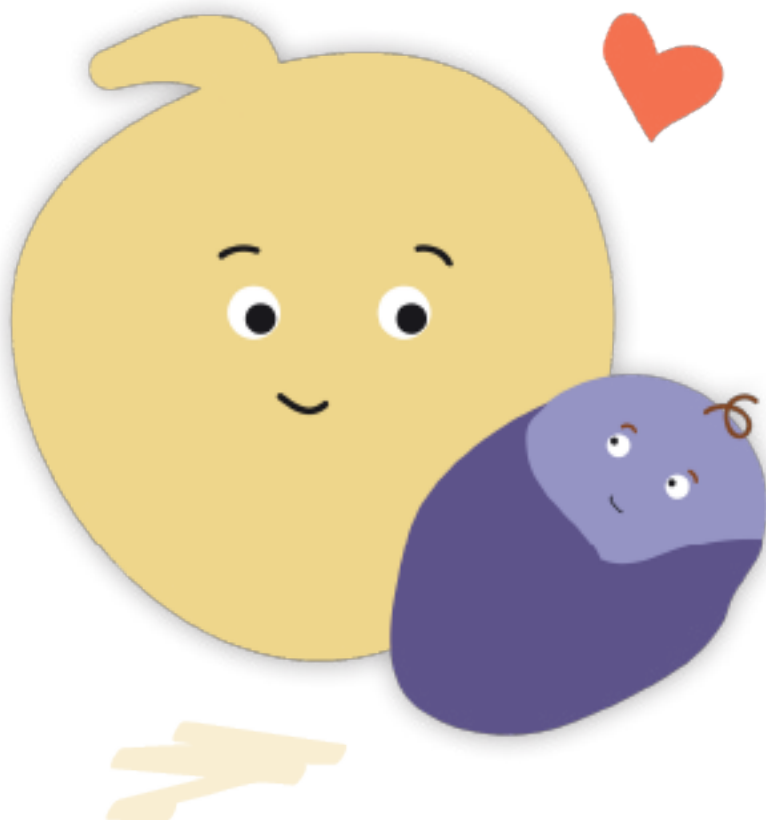
When the child is a few months old, they will still be very interested in faces, but they will start to also become curious about their surroundings. At this time, it can be a good idea to introduce toys, such as a rattle or a mirror. After the first few weeks, the floor is a safe play area for the child and you.



The website of Stine Sofie Stiftelsen had good advice for all expecting and new parents.



Read more about screens and young children at the Norwegian Media Authority.



FREQUENTLY ASKED QUESTIONS

How can I connect with my child?

The child's vision is not fully developed, and for the first few weeks of life, the child's range of vision is only 20–30 cm. The child is mostly focused on faces and can recognise their parents' voices. Social contact can be demanding, and the child needs a break to recover. This could take the form of the child turning their head. Remember that your child needs time to respond to you – be patient.

How do I distinguish between normal and abnormal crying?

Crying is the baby's language. A crying child is communicating that they need you. By responding to the child's crying, you create a sense of safety and predictability for the child. It is common for the amount of crying in infants to increase from birth, reaching a peak around 6–8 weeks, especially in the afternoon and evening. Many parents associate this with stomach pain, but your child could also be tired after a long day with many new impressions.

How can I be present for my child, and what about TVs and smart devices?

In order to be properly present for your child, you have to adjust to and empathise with your child's interests, thoughts and emotions. Frequent smartphone use disrupts the connection between parent and child. Put away your phone and be conscious of the fact that TV screens can be over-stimulating for the child.

WHO
recommends
no screen time
for children
aged 0–2
(smartphone,
TV, tablet).

Go to helsedirektoratet.no to read more about screen recommendations for parents.



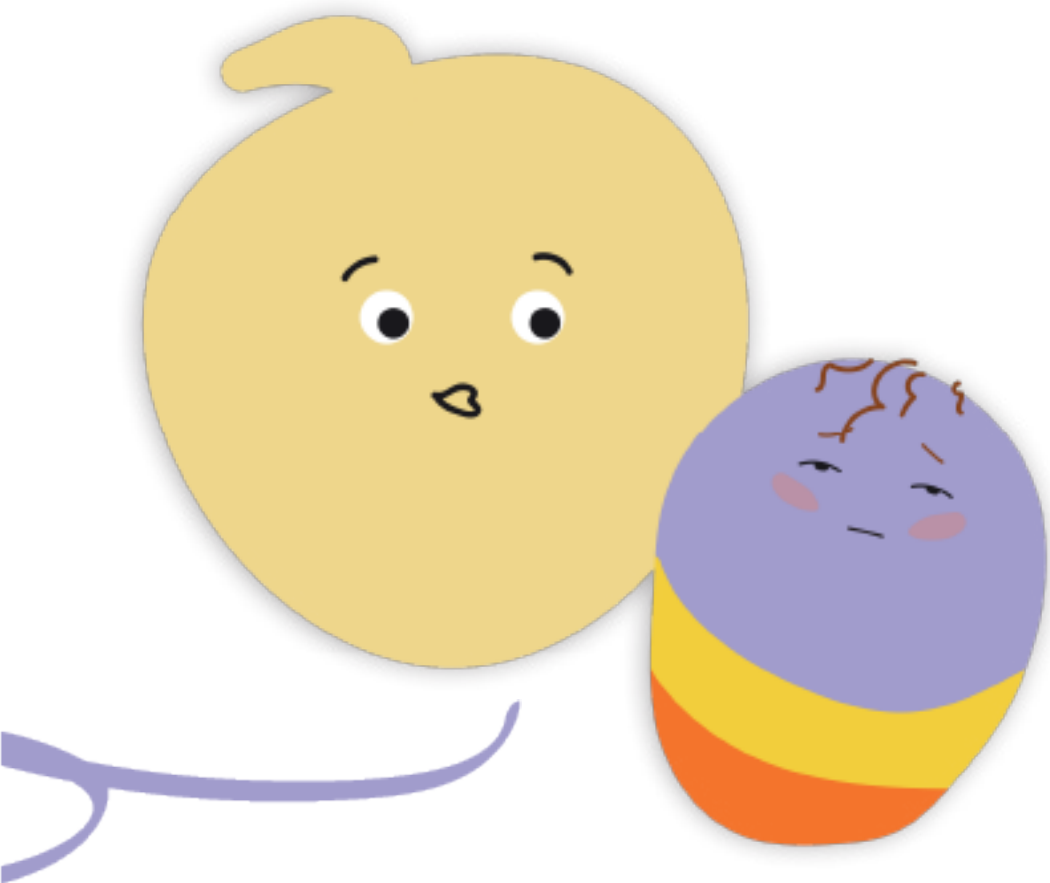
Remember that
you must never
shake the baby!
This can injure
the child for life.

My child is fussing a lot, what do I do?

- Speak to your child using a calm voice.
- Put your hand over the child's chest and abdomen. The heat and physical touch from your body can be soothing.
- The need to suckle can be strong, even when the child has been fed and is full. A dummy/pacifier can be an option.
- Your child is used to being held tightly inside your womb. You can swaddle the baby in a blanket to recreate the same sensation.
- Pick the child up and hold them close while walking around.
- Cross the baby's arms across the chest and support the legs. This can create a sense of calm and safety.

Some good advice from the health clinic:

- Your child is a unique little human. Spend the first time getting to know your child well.
- Put your phone away when you are with the child.
- The child enjoys it when you speak to them. The child will respond with a smile, a grimace or a sound. This is how they learn language.
- Children like routine – routines make the world predictable.
- Anger and frustration are normal feelings, and all parents experience them. Ask for help if you feel that you are losing control over yourself. Remember that you must never shake the baby. This could injure the child for life.



4.

THE CHILD'S HEALTH

Most newborn babies are healthy. A baby who urinates normally (multiple wet nappies a day) is normally not seriously ill.

The child should not be irritable, listless or unconsolably crying for any extended period of time. If the child's temperature is 38.0 degrees or higher, measured rectally, it has a fever. If a child develops a fever in the first three months after birth, you must contact a doctor.

If you suspect that your child is ill, contact your primary care physician or urgent medical help (*legevakt*).

All children in Norway are offered vaccination in the vaccination programme. The recommended programme includes vaccines against eleven different diseases.



The Norwegian Institute of Public Health has information about vaccines in multiple languages on their website.



Helsenorge.no has useful information about children's health.

FREQUENTLY ASKED QUESTIONS

What if my child has a fever?

Assess your child's condition: how alert are they, what is their breathing like, are they thirsty? Vomiting or diarrhea? If your child has a fever, they should be given plenty to drink. Let the child wear light layers.

My child has dry skin, should I moisturise?

During the first few weeks after birth, the child's skin is often dry, and the outer layer of skin may flake off. You normally do not need to moisturise the child's skin during these first few weeks.

My child has yellow discharge in their eye – what is this?

A little bit of discharge in the eyes is common, especially in infants.

You can remove this with a clean cloth moistened with some water. Wipe from the outside of the eye and in to prevent spreading the discharge around. You can also drip breastmilk or saline solution into the eyes.

My child is congested, what do I do?

The child may make nose sounds even if they do not have a cold.

By "cold", we mean a runny or clogged nose, sneezing and minor coughing. If the child struggles to breastfeed due to a stuffy nose, you can drip breast milk or saline solution into the child's nostrils before meals. Elevating the child's head for sleeping can also improve congestion.

What vaccines should my child get?

All children in Norway are offered vaccinations in the vaccination programme. The recommended programme includes vaccines against eleven different diseases. These are:

- **At 6 weeks (0 (1) jabs):** Rotavirus (by mouth), tuberculosis (only for children in risk groups).
- **At 3 months (2 jabs):** Rotavirus, diphtheria, tetanus, pertussis, poliomyelitis, HIB, hepatitis B, pneumococcal disease
- **At 5 months (2 jabs):** diphtheria, tetanus, pertussis, poliomyelitis, HIB, hepatitis B, pneumococcal disease
- **At 12 months (2 jabs):** diphtheria, tetanus, pertussis, poliomyelitis, HIB, hepatitis B, pneumococcal disease
- **At 15 months (1 jab):** measles, mumps, rubella

Is it common to experience side effects after vaccination?

No, most experience no side effects after vaccination. Some children get extra tired, develop a fever or pain at the injection site. If the fever spikes above 39 degrees, you should contact your primary care physician.

We are travelling abroad, what do we do?

If you are travelling with your child, we recommend contacting your primary care physician or a vaccination office to see if you need any additional vaccinations beyond the children's vaccination programme. Contact your primary care physician or Oslo Syd Lokalmedisinske senter (telephone 21 53 35 50).



5.

THE CHILD'S LANGUAGE

A child needs to hear language and participate in conversations in order to learn to speak. Your child will learn the language you and others around you speak, and most children are able to learn multiple languages at the same time. As parents, you play a major role in your child's linguistic development.

Good linguistic development is important to learn, thrive and socialise with others. When you talk, sing or read to your child, use the language you know best. In some families, it is common to use multiple languages in everyday life.

Children sometimes mix up the languages. This is not a problem.

Your child communicates with you using their voice, facial expressions, body language and pointing. They already understand many words. Your child learns words when you speak to them. Give the child time to respond to you. Babbling and making other sounds is how the child speaks to you.

It is a good idea to talk, play, read, sing and repeating things over and over multiple times. This way, the child gets many experiences with the words you use.



*Foreldrehverdag:
parenting advice from
Bufdir*



RECOMMENDATIONS FOR ACTIVITIES TO PROMOTE LANGUAGE AND ATTACHMENT

Age 0–4 months

- Talk to the child while bathing and cuddling.
- Use your eyes, smiles and sounds to establish a connection.
- Sing simple songs and rhymes.

Age 4–8 months

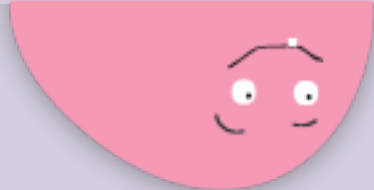
- Describe to the child things you are seeing and using in your everyday life.
- Repeat sounds and words the child makes.
- Read simple picture books together.

Age 8–16 months

- Point to and talk about pictures in books.
- Use short sentences and repeat often.
- Sing songs with movements and rhythm.

General tips

- Use the language you are most comfortable speaking, it gives you confidence.
- Make language a natural part of your day.
- Show interest in the child's sounds and when your child tries to speak.



6.

MOTOR SKILLS AND MOVEMENT

The toddler period is important for learning basic movements. Development is rapid in the first year of life, and the child learns to crawl, sit, stand and walk. The child needs to learn how to move. To help strengthen the child's neck and back, tummy time is recommended when the child is awake and satisfied. You can do this from birth. It is important that the child be given the opportunity to move around on the floor and explore their surroundings, practising basic movements.



Go to helsenorge.no to read more about motor development in children.

FREQUENTLY ASKED QUESTIONS

Remember that children should not sit until they sit up on their own.

How long can the child lie on their stomach while awake?

It is recommended that babies sleep on their back, as this reduces the risk of sudden infant death. It is therefore extra important for children to lie on their stomach while awake, to train their body. The child can lie on their stomach as long as they are awake and content.

My child only wants to lie on one side, what should I do?

Babies often develop a preference for which side they like to lie on. Over time, this could lead to an irregularly shaped skull and uneven musculature. That is why it's a good idea to make sure your child is using both sides of their body. Keep in mind that the child will turn toward light, sounds, smells and people. Vary where you put the child down during the day when the child is awake.

My child only wants to sit, is that okay?

All children develop at different rates. We therefore don't recommend that you sit the child up before the child is able to sit up on their own. Variations in how you lie the child down and carry the child will promote a positive development.

How long can the child sit in a bouncy chair?

Most tools, like a bouncy chair and a car seat, will limit the child's ability to move freely. Limit the use of these and have your child lie flat as much as possible.



7.

SAFE ENVIRONMENT

Children are constantly developing and may suddenly do something you are not prepared for. Accidents are the biggest threats against the child's life and well-being. Some accidents and injuries cannot be prevented, but parents can do a lot to give the child a safe environment. All homes and communities are different and come with different challenges. It is a good idea to consider what is special about your child's environment.



If you want to read more, visit the Directorate of Health's website and the section on child environments and safety.



Go to lub.no to read more about how to prevent sudden infant death.

FREQUENTLY ASKED QUESTIONS

How can I keep my child as safe as possible?

Build good habits from the beginning. Remember:

- Never leave your child unattended on the changing table. Your child could suddenly move more than you anticipated. Keep what you need within reach and bring the baby with you if you have to step away.
- Don't let the child sit on your lap when you are drinking or eating something hot.
- Never cover the opening of the pram/stroller with a blanket. A mosquito net is fine.
- All children have the right to a smoke-free indoor environment to reduce the risk of respiratory infection and asthma.
- If your child is riding in a car, it is important that you install the car seat correctly and make sure the straps are correctly fastened.

What about alcohol?

Breastfeeding parents should limit their alcohol intake. Do not co-sleep if you have consumed alcohol.



*Go to helsenorge.no
to read more about
first aid for children.*

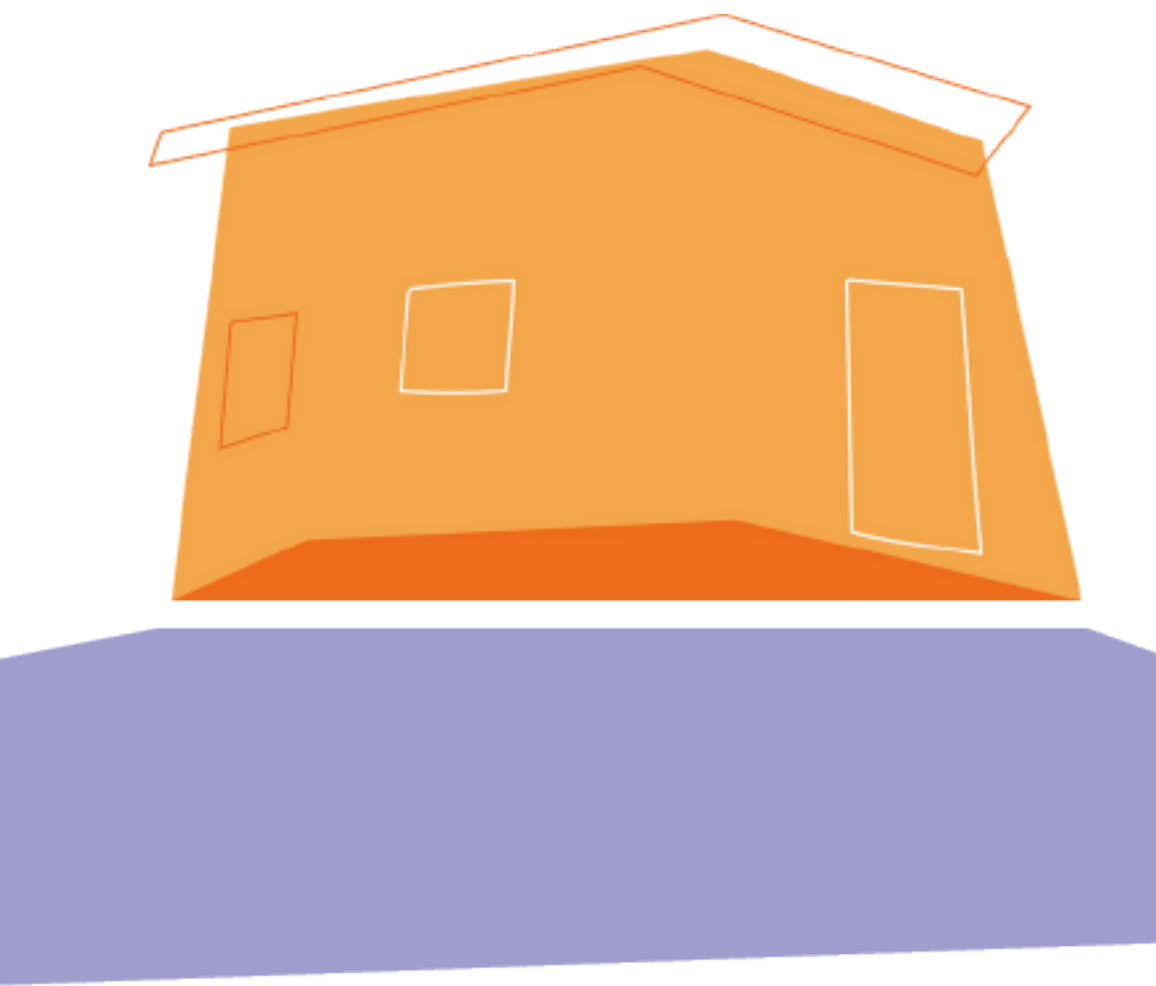
What is the right temperature for baths?

The water temperature should not exceed 37 degrees. The child's skin is sensitive, and burn injuries could occur with temperatures as low as 40 degrees. You can always check the temperature with a thermometer or with your elbow.

Is my child's bed safe?

The child should have a firm and wide mattress, their own duvet, and should sleep on their back. The child should not be too hot. Feel the child's neck to assess their temperature. Fingers, toes and nose often feel colder than the rest of the body. Remember to never put the baby to sleep on their stomach!





8.

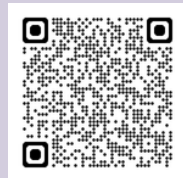
CHILDREN AND SCREENS

When life gets busy it can be tempting to let the child watch a phone, tablet, computer or TV so you have time to do other things. For older children, screen time can be educational and a nice activity, especially when adults actively participate. Show interest in the things your child likes – this promotes a sense of security and strengthens your relationship with your child. Children can get scared by what they see on the screen – as adults you have to help the child process these impressions.

- The World Health Organization recommends no screen time for children aged 0–2 (smartphone, TV, tablet).
- It is important to remember that your child should not have so much screen time that it affects their play time, contact with other people and development.
- Screen time before bed can disrupt the child's sleep.

Remember that you, as parents, are important role models! The screen time habits of children often mirror that of their parents – and their parents' attitudes.

*If you want to read more,
see the Directorate
of Health's advice on
screens*



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BECOMING PARENTS AND THE PARENTAL ROLE

For many people, becoming a parent is the biggest transition of their lives. Your own childhood will shape both your outlook on life and the way you raise your own child. All parents have thoughts on what they believe is important for being a good parent. This affects how you perceive and treat your child. Perhaps it also affects how you and your child interact?



Go to zanzu.no for more information about bodies and health. The information is available in multiple languages.



*Foreldrehverdag:
parenting advice from
Bufdir*

Mum's health after birth

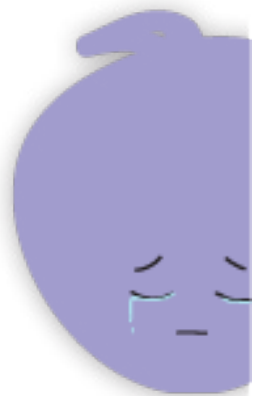
Your body may not be entirely the same after birth. It is normal to experience afterpains. These often feel like painful spasms in the uterus, perhaps especially during breastfeeding. Afterpains are not dangerous. It is common to bleed after birth, and this postpartum bleeding is like a strong period that gradually decreases in intensity. For most people, postpartum bleeding has stopped within 6 weeks. If you have questions, please contact your midwife or primary care physician.

Baby blues

Almost all parents experience mood swings during pregnancy, as well as after birth, especially during the first 6–8 weeks. You may find that you burst into tears from nothing. This is a normal condition most people experience – even your partner. It is caused by hormonal fluctuations, lack of sleep and a lot of new things to consider. If you feel like the baby blues don't improve, it is important that you speak to someone! You can talk to your partner, your parents, a friend or the health clinic. Your child needs you to feel as good as possible!

Do not shake the baby

Infants are very vulnerable, especially when it comes to their brain development. You must never shake the baby to wake them up or to make them stop crying. This could injure your child for life. You don't have to struggle through how to handle problems with your child on your own. Contact your primary care physician or the health clinic – help is available.



FREQUENTLY ASKED QUESTIONS

I often feel angry and frustrated when my child cries, what do I do?

Anger and frustration are normal feelings, and all parents experience them. Crying is how your child communicates with you. If their crying makes you so frustrated that you cannot think straight, put the child down somewhere safe. In order to take back control, it is recommended that you walk away from the child and take a short break.

What if we're struggling with our relationship?

Having a child can put a strain on your relationship. Talk about how you can support each other. It is especially important to be conscious of whether your relationship problems are affecting your care for the child. If you feel your mood prevents you from being present for the child or those around you, contact someone and ask for help! Helping yourself is helping the child. Remember that it shows strength to ask for help. Health personnel can offer help and guidance.

What do I do if I or the child experience violence?

Psychological or physical violence between parents or against the child is harmful for the child's development. If you need someone to talk to, contact the health clinic, your primary care physician or someone else you trust. If it is an emergency, call the police at 112 or an ambulance at 113.



OTHER TYPES OF HELP IS ALSO AVAILABLE: GET HELP HERE.

Having a child is a great joy, but it is also difficult. Support each other, lean on family or friends – asking for and accepting help is important!

Stine Sofie Stiftelsen

Stine Sofie Stiftelsen is a foundation, and their website has good advice for all expecting and new parents.



***Rask psykisk helsehjelp* (Quick mental health care)**

Rask psykisk helsehjelp is a free service for those who struggle with mild forms of anxiety, depression or disordered sleep. Contact them at 918 57 837 (Tuesdays 09:00–11:00 and Thursdays 12:30–14:30).



Oslohjelpa

Oslohjelpa is a preventative and free service for families with children under 18 years old. They offer individual therapy, couple's therapy, family therapy or group activities/courses.



Oslo Krisesenter A service for those who have experienced violence/abuse from their partner, family member or others. They have a 24/7 hotline: 22 48 03 80.



Child welfare services Child welfare services help children and families who are having a difficult time and make sure children live in a safe environment. If a child is not receiving the care they need, child welfare services will support and help the family.



SUGGESTIONS FOR ACTIVITIES WITH CHILDREN

1. NEW PARENT GROUPS

Also called network groups.
See postings at the health clinic.

2. BABY CAFÉ

Bjørndal volunteer centre
Wednesdays
11:00–14:00

3. BABY SONG

Holmlia Library.
Fridays
12:00–14:00

4. OPEN KINDERGARTEN

Fjeldlund Kindergarten.
Mondays/Tuesdays
09:00–15:00.
Slime Gård Kindergarten
Thursdays/Fridays
09:00–15:00

5. PRAM/STROLLER WALKS

Norwegian Trekking Association.
Search “Trilleturer med DNT
Oslo og Omegn” on Facebook.

6. WOMEN'S CAFÉ

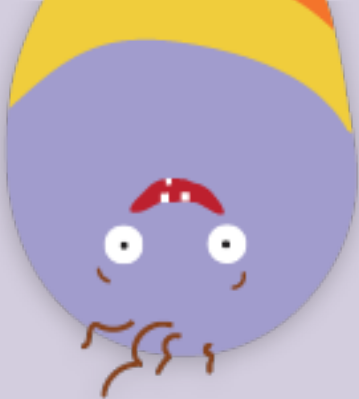
Røde Cross Mortensrud
Wednesdays
10:00–14:00

7. BABY SONG

District churches.
See postings at the health clinic.

8. LIBRARY

Holmlia senter vei 16.
Monday–Thursday
10:00–19:00.
Friday–Saturday
10:00–16:00.



MORE SUGGESTIONS HERE:



deichman.no
– Library in Søndre
Nordstrand



homestart.no
– support for families
with young children



oslokommune.no
– City of Oslo
website



sammenpåvei.no
– for women
with complex
challenges who
are expecting their
first child



detskjerioslo.no
– city guide for Oslo



visitoslo.com
– Oslo's official
travel guide



friskus.com
– overview of
volunteer initiatives

Medical Secretary

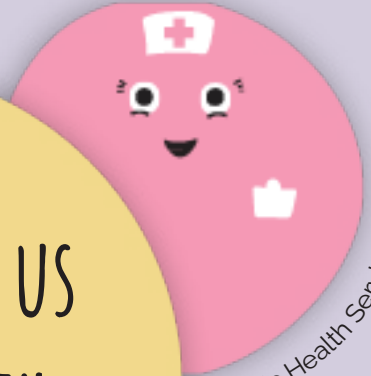


Midwife

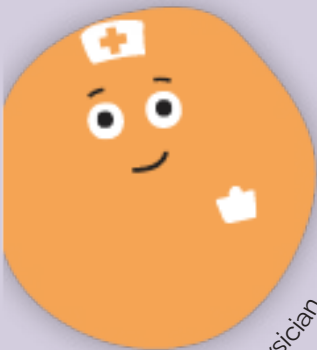


FROM ALL OF US AT THE HEALTH CLINIC

Public Health Service Nurse



Health Clinic Physician



Physical Therapist/Occupational Therapist

