

## 1. Questions or concerns about your child?

A youth health care (JGZ) team is attached to each school.

This team consists of a youth health care doctor, nurse and assistant.

- Around the age of 5 and in group 7, we offer a health check. A moment to reflect on how your child and you as a family are doing.
- If you have questions or concerns about your child, the JGZ team can think along with you, advice, inform and refer you if necessary. JGZ has knowledge of what is normal and what is not and also a lot of knowledge about children's development in all areas.

### Parents come with small and or big questions or concerns about issues such as:

Is my child eating enough?	How can I get my child to play outside?
My child does not want to sleep	My child finds many things scary
My child walks funny is that normal?	Is my child hearing well?
My child doesn't listen	Does my child see well?
Is this normal.....?	My child does not want to go to school
We are having a hard time at home, what help is there?	
My child is sick, can he/ she go to school?	

### Would you like to make an appointment?

You can do so through our front office on weekdays from 8.30-12.30 and from 13.00 -17.00 via 023 7891777 or mail to [frontofficeJGZ@vrk.nl](mailto:frontofficeJGZ@vrk.nl)

## 2. A healthy lunch at school



Schools have started again. With good nutrition, you give your child the perfect basis to perform well at school. And to get through the school year full of energy.

In the leaflet Trunk no mess, you will find tips on how to prepare a well-filled lunch box in all the hustle and bustle or with little money. [Click here for the leaflet](#) and for the [Trommel zonder rommel website](#) (both in Dutch) with tips on breakfast, drinks and break snacks, among other things.

## 3. Experimental behaviour in pre-schoolers.

When a child starts school, a new phase begins for both the child and the parent. Also in terms of children's sexual development. At school, children have to learn the new (social) rules of conduct that prevail at school. Whereas at nursery or kindergarten it was still quite normal to walk around naked or go to the toilet together, this is no longer the case at school. Curiosity about each other's (naked) bodies remains, however, and is put into practice at school with games like playing doctor.



Sometimes this experimental behaviour in class can cause anxiety among teachers and parents while, very often, it is just part of normal development.

But, when does it go too far?

As a parent, you can prepare for this stage in your child's life. You can learn which sexual development stages your child is going through and how to anticipate these in parenting.

The brochure Sexual upbringing of children aged 0-6 gives parents tips on raising your child sexually, but also teaches you how to empower your child. Topics such as 'discovering & exploring' and 'rules of the game' are explained, among others.

- [Sexual development of children from 0 to 18 years](#)
- [Seksuele ontwikkeling van kinderen 0-18 \(Turks\)](#)
- [Seksuele ontwikkeling van kinderen 0-18 jaar](#)
- [Seksuele opvoeding van kinderen met een beperking 0-18 jaar](#)

#### Questions or concerns?

As a parent, do you have questions about this topic? You can contact the school's youth Health Care doctor or nurse.

You can do so via our front office on working days from 8.30-12.30 and from 13.00 -17.00 via 023 7891777 Or email [frontofficeJGZ@vrk.nl](mailto:frontofficeJGZ@vrk.nl).

## 4. Parenting and media: MediaDiamond

Children grow up with all kinds of media; from reading books and movies to online music and games. Media are fun and your child can learn a lot from them. At the same time, there are also risks and it is important that children can handle media safely.

Many parenting questions therefore concern children's media use. You want to guide your child well but do not always know how.



- The MediaDiamond is a handy guide with tips for parents to help children aged 0 to 18 grow up media-literate. MediaDiamant ([mediawijsheid.nl](http://mediawijsheid.nl))
- Read the tips for parents of children below: For example, on avoiding risks, guiding your child, knowing which media is appropriate and balancing moments with and without.

View the tips for parents of children (in Dutch): [0-5 years](#) [6-8 years](#) [9-12 years](#) [13-18 jaar](#)