



centrum voor jeugd en gezin

capelle aan den ijssel

Youth Health Care



THE CJG THINKS ALONG



Centrum voor Jeugd en Gezin (CJG)

Children develop rapidly. This is fascinating and fun for you as a parent, but it also raises questions. Why is my baby crying so much? What should I do if my toddler does not want to eat vegetables? What if my kids argue every day? At the CJG we like to think along with you.

Youth health care

As a parent, you want to make sure that your child develops well. That is why growth, health, development, behaviour, upbringing and care are central to our conversations. Our paediatricians and pediatric nurses monitor your child's growth and development from birth until he or she is 18 years old. You will have appointments for this at the consultation office and, when your child is older, with the school's pediatric nurse or doctor. Sometimes we visit you at home. For example when your baby has just been born or if you have additional questions. Your child will also receive the vaccinations according to the National Vaccination Programme. *In this brochure you will find more information about youth health care.*

Youth services

Sometimes you need tips and support when parenting. For example; if going to bed is a struggle every night, if you are worried about your adolescent who is often sad or if you are getting a divorce. When you need it, our youth and family coaches will be there for you. Together with you, they look at what you and your child need. What can you do yourself? Who in your area might be able to help with that? *For more information about youth care, please visit our website: www.cjgcapelle.nl*

Professionals from youth health care and youth services work together in four district teams. You can go to three locations in Capelle aan den IJssel for youth health care. You will find an overview on the next page.

AN ANSWER TO EVERY QUESTION



Main location CJG - Oostgaard en Middelwatering

De Linie 8, 2905 AX Capelle aan den IJssel

E-mail address: cblinie@cjgcapelle.nl

Walk-in consultation hours: every Tuesday morning
from 8:30 - 9:30h and every Thursday afternoon from 16:00 - 17:00h.

Wijklocatie CJG - Schollevaar

Stationsplein 20, 2907 MJ Capelle aan den IJssel

E-mail address: cbschol@cjgcapelle.nl

Walk-in consultation hours: every Friday morning from 8:30 - 9:30h.

Wijklocatie CJG - West-Capelle

's Gravenweg 25, 2901 LA Capelle aan den IJssel

E-mail address: cbwest@cjgcapelle.nl

Walk-in consultation hours: every Monday afternoon from 16:00 - 17:00h
and every Wednesday morning from 8:30 - 9:30h.

Changing or canceling an appointment

You can cancel and/or change your appointment via e-mail address afsprakenlijnjcg@cjgcapelle.nl or by calling **010 24 23 200**. Please inform us timely.

Help line

Do you have questions about your child's growth, development or education? You can reach the pediatric nurse through the help line, by calling telephone number **010 24 23 200**. Take a look at www.cjgcapelle.nl/contact to see when the help line is available.

Contact moments

Youth health care is aimed at supporting you in raising your child, informing you about the development and identifying any abnormalities at an early stage. You will be invited for an appointment several times. We call that a contact moment. On www.cjgcapelle.nl you will find an overview of all contact moments and you can see when your child will receive vaccinations.

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Each contact moment, it will be discussed when the next contact moment will be. In consultation with you as a parent/carer, you can choose to skip a contact moment or to arrange an extra contact moment.

We try to go through all the questions you have with you during the appointment. If you still have questions or if you want to continue talking about a certain topic, you can let us know.

Extra support

Sometimes you need a helping hand. For example with:

- Breastfeeding
- Future parenthood
- Raising and growing up

We like to think along with you. You can always contact us if you need additional support. Youth health care is also present at all schools in Capelle.

More information about the additional support can be found at www.cjgcapelle.nl.

Training courses

It can be nice to exchange experiences with other parents/carers. You will notice that you are not the only one who sometimes has questions. At our free courses you can get tips and information about certain topics together with other parents. For example, about everyday parenting situations, the tough young years, first aid for accidents at home, the development of toddlers or dealing with adolescent behavior.

There are also training courses for children and young people. For example, the Rots & Water training, where children learn to stand up for themselves better. Or the KIES group, for children of divorced parents. An overview of all training courses can be found on our website: www.cjgcapelle.nl/trainin-gen



Your file and your privacy

Youth health care works with the digital Youth Health Care file. We use this file to record all important data regarding your child's health for now and later. It contains data about growth and development, but also about your housing and living conditions. The vaccinations are also included in this, which will be sent digitally to RIVM with your permission. In addition, medical data are included that are important for the pediatric doctor and nurse to assess the health of your child. After the last moment of contact, the file is kept for 15 years (this is a legal obligation).

When it is necessary to request information from third parties or to transfer data to a third party, for example the doctor or teacher, we will ask for your permission. Exceptions to this are described in the privacy regulations. Sometimes we cooperate with research and provide anonymous data for this purpose.

When moving to, or when a child goes to school in another municipality, it is necessary to transfer the file. This is done with your permission. If you do not give permission for transfer to another JGZ/CJG organisation, we note this in the file and the file is kept in the digital archive until 15 years after the last contact, and then deleted.

You can always ask to see your child's file. In addition, you have the right to have a correction made to the file, as far as this is legally possible. Want to know more about this? You can find the privacy regulations on our website: www.cjgcapelle.nl/privacy-klachten.





Parent Portal

You can view part of your child's file via the parent portal. When you first contact youth health care, you will receive information about the parent portal and how to log in.

SISA

The CJG is affiliated with the City Regional Instrument for a Comprehensive Approach (SISA). The SISA is a digital signaling system that ensures that the organizations involved can coordinate the help and guidance together in a timely manner if several care providers are involved with your family. You will always be informed about a signal.

Complaints?

Do you have a complaint? Discuss it first with the professional concerned. Are you unable to work it out together? Our website describes which steps you can take next: www.cjgcapelle.nl/privacy-klachten

More information

At www.cjgcapelle.nl you will find more information about our offer, useful parenting information, current news and online brochures.





GROWING UP TOGETHER

HAVE YOU EVER LOOKED AT THE PARENT PORTAL?



Go to www.ouderportaal.cjgcapelle.nl/



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Capelle aan den IJssel
De Linie 8
2905 AX Capelle aan den IJssel
T 010 - 24 23 200

info@cjgcapelle.nl
www.cjgcapelle.nl | follow us on  

opening hours:
monday to friday 8:15 - 17:00 h