



Pregnant

Talking about your questions
and concerns with the
youth nurse

Information leaflet

You are pregnant. Or your partner is pregnant. A lot happens during this period. You can ask the midwife lots of questions about pregnancy and childbirth.

Sometimes you may have other questions. For example, about your health, your life or the baby's arrival. It can be reassuring to have someone to talk with during your pregnancy. If you like, you can talk to the youth nurse at the clinic during your pregnancy. During this consultation, you can ask your questions and share your concerns. The youth nurse is there to listen and help you.



The centre for youth and family is part of youth health care services. Together with you, the youth health care services monitor your child's growth and development until the age of 18. You can ask them all your questions about parenting, growing up and health.

Do you want an appointment with the youth nurse during your pregnancy? This does not affect the care provided by the midwife or maternity care, which will continue.



The consultation

The youth nurse can come to your home, but you can also meet somewhere else. The consultation is **free** and **voluntary**, and everything you discuss is **confidential**. You can ask someone you trust to come to the appointment with you.



Follow-up

Sometimes one conversation with the youth nurse is all you need. But you might like to have another conversation, or perhaps you need other help. The youth nurse will help think about what she or another party (such as the municipality) can do for you and your family. The youth nurse can also help you sign up for other help. All of your consultations with the youth nurse are free.

Register

If you would like a consultation, check the website below. You can register on the website. If you feel more comfortable registering with your midwife or someone else, ask them to help you. The youth nurse will then call or e-mail you to make an appointment.

Questions about the consultation

If you have any questions about the appointment, please call or e-mail the address below. For more information about youth health care, have a look at the organisation's website.

Contact details

JGZ organisation:

Website:

Availability

E-mail:

Telephone: