

## Would you like the youth nurse to visit you at home?

If you would like a home visit, check the website below.

You can register on the website.

If you feel more comfortable registering together 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. The home visit is free.

## Questions about the home visit

If you have any questions about the home visit, 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:



# Home visit when pregnant

## Look at the possibilities together

Information leaflet

# Concerns during pregnancy

Being pregnant is a wonderful experience. You can ask the midwife what is healthy and what is not. Sometimes you have other questions. Maybe you have concerns about money, about how to raise your child or about arguments with your partner or family.

It is good to be able to discuss these questions or concerns while you are pregnant. And get help. In a way that suits you. Someone who can answer your questions, someone to talk to. So you can feel better. Because the baby feels that too.

In the Netherlands, we want the best for all children. And that starts during pregnancy. The midwife and maternity care provider check with you that everything is going well. They look for ways to help you.

Sometimes the midwife and the maternity care cannot help you.

Then perhaps the youth nurse can help. You can then arrange for a home visit from a youth nurse. This is up to you, it's not mandatory. The care provided by the midwife and maternity care will continue as usual.

## How does this home visit work during pregnancy?



### Contact

Where would you like to meet? The youth nurse can come to your home; but you can also meet elsewhere. Home is often preferable, you don't have to travel and are in your own environment.

- Would you prefer to meet elsewhere? Let the youth nurse know.
- You can ask your partner, your mother or someone else you trust to come to the appointment with you.



### Consultation

You will talk to the youth nurse about how you and your family are doing. You can explain the situation. And tell them your questions and concerns.



### Plan

Sometimes the consultation helps so much that you are ready to solve the problem yourself. If you have any questions later, you can call or e-mail the youth nurse.

**Sometimes you need more than one appointment:**

- Together you and the youth nurse make a plan on how to proceed.
- Sometimes more help is needed. The youth nurse will help you to find good help. And to register for it.



### The follow-up appointment

The youth nurse and you will make a follow-up appointment. This is to check if the plan is working. And to see how you and your family are doing now.