

Bekkestua clinic/prenatal care - phone: 67 50 83 50
bekkestua.helsestasjon@baerum.kommune.no

Eiksmarka clinic - phone: 67 50 89 20
eiksmarka.helsestasjon@baerum.kommune.no

Kolsås clinic - phone: 67 50 89 30
kolsas.helsestasjon@baerum.kommune.no

Marie Plahte clinic/prenatal care - phone: 67 50 89 00
marieplahte.helsestasjon@baerum.kommune.no

Sandvika clinic/prenatal care - phone: 67 50 32 50
sandvika.helsestasjon@baerum.kommune.no

Storøya clinic/prenatal care- phone: 67 50 77 26
storoya.helsestasjon@baerum.kommune.no

Do you have feedback about our services?
Please contact your clinic.



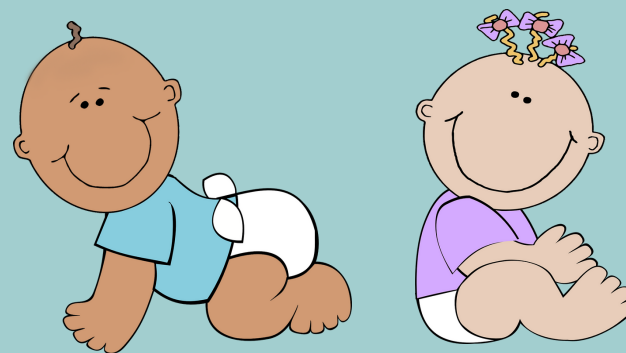
Helsestasjoner i Bærum kommune



More information: www.baerum.kommune.no

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Welcome to health clinics for pregnant and children 0-5 years



BÆRUM KOMMUNE

Congratulations on your new baby!

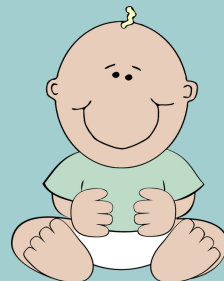
It's easy to feel insecure as new parents. At the health clinics in Bærum, professionals can offer you advice, guidance and answers to any questions you may have.

After you have returned home from the hospital, a midwife and a nurse can visit you at home. Please call us as soon as possible to arrange this.

The midwife can visit the first or second working day after you returned home. The nurse can visit seven to ten days after birth, or by appointment. They can answer questions about bleeding and breastfeeding, and offer advice and information about the child, the child's weight and headsize etc.

If you are worried about illness or fever, you should contact your doctor (newborns will automatically be registered with their mother's GP). We want the child to be healthy when you visit the health clinic.

According to the Health & Rights Act §6-1, children have the right to necessary health care, also in the form of health checks in the municipality the child lives or temporarily resides. Parents are obliged to help the child participate in health checks.



The health clinics are free of charge for those who are pregnant and children 0-5 years.

Our services include:

- Home visits
- Maternity group/postnatal courses
- Health checks and vaccinations
- Parental guidance/parenting courses
- Liaising with doctor, hospital, physiotherapist, mental health team, kindergarten, educational-psychological service and child welfare when needed.

The clinics will see the child at the following ages:

- 0-2 weeks - home visits
- 4 weeks - nurse
- 6 weeks - nurse and doctor, vaccine
- 3 months - nurse, vaccine
- 4 months - nurse
- 5 months - nurse, vaccine
- 6 months - nurse and doctor
- 8 months - nurse
- 10 months - nurse
- 12 months - nurse and doctor, vaccine
- 15 months - nurse, vaccine
- 18 months - nurse
- 2 years - nurse and doctor
- 4-4½ years - nurse and doctor

Please come early for your appointment to weigh and measure the child. Give notice if you need to reschedule your appointment.