

FROM THE U4, YOU WILL BE INVITED TO THE EXAMINATION

It is set out in the Child Protection Act that you shall be invited to the examinations early on in the process. That way, you will not miss any events. The appointed Central Office at the Regional Authority for Social, Youth and Care Matters in Rheinland-Pfalz has transferred this responsibility to the Centre for Childcare at the Homburg University Clinic. The doctor is obligated to send the examination confirmation, which is enclosed with the invitation letter, to the Centre for Childcare after the examination. Please take the printed form with you when you go to the surgery.

What happens if you miss the check-up?

You will receive an automatic reminder. Then, if you should miss your child's examination, the health office will get in contact with you, in order to offer another opportunity to reschedule the examination. If you decide not to reschedule, the Child Protection Act sets out that the health office or any applicable youth welfare office reports this. The youth welfare office is there to support you.

FOR YOUR CHILD'S BENEFIT

Your child's upbringing and health requires you to give a lot of love, affection and attention. Whilst you take on this responsibility, you will have complete support from the Rheinland-Pfalz government. As per the Child Protection Act of 21 March 2008, a central invitation system for early detection screenings was created. This is a huge step forward for the healthy upbringing of your child. In the check-ups, any possible illnesses can be identified and treated as early as the initial stage. The costs for the 10 examinations are covered by health insurance, as per the respective insurance cover. For children who are not covered by health insurance, costs for U4-U9 and vaccinations can be covered by the Region of Rheinland-Pfalz.

Early detection screenings are important

The initial 2 examinations are normally carried out in the maternity clinic. The remaining 8 examinations will be carried out at given intervals until the child turns 6. This way, the physical and mental development of your child can be continually observed. At every examination, the doctor of your choice will provide you with extensive information, remind you about vaccination appointments and give you tips that you should bear in mind after the examination.



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Diese Druckschrift wird im Rahmen der Öffentlichkeitsarbeit der Landesregierung Rheinland-Pfalz herausgegeben. Sie darf weder von Parteien noch Wahlbewerberinnen und -bewerbern oder Wahlhelferinnen und -helfern im Zeitraum von sechs Monaten vor einer Wahl zum Zweck der Wahlwerbung verwendet werden. Dies gilt für Kommunal-, Landtags-, Bundestags- und Europawahlen. Missbräuchlich ist während dieser Zeit insbesondere die Verteilung auf Wahlveranstaltungen, an Informationsständen der Parteien sowie das Einlegen, Aufdrucken und Aufkleben parteipolitischer Informationen oder Werbemittel. Untersagt ist gleichfalls die Weitergabe an Dritte zum Zwecke der Wahlwerbung. Auch ohne zeitlichen Bezug zu einer bevorstehenden Wahl darf die Druckschrift nicht in einer Weise verwendet werden, die als Parteinahme der Landesregierung zugunsten einzelner politischer Gruppen verstanden werden könnte. Den Parteien ist es gestattet, die Druckschrift zur Unterrichtung ihrer eigenen Mitglieder zu verwenden.

ALL THE BEST FOR YOUR CHILD!

Early detection screening –
the best type of preventative health



fröhlich dran ...
... gesund drauf!

DEAR PARENTS,

We would like to extend our warmest congratulations on the birth of your child. We are delighted for you and wish you all the best as a family. Ensuring that your child grows up healthy is most certainly your greatest concern. Children enrich our lives in many respects, as they are the most valuable thing we have. Public health policy and the healthcare system are also responsible for the healthy development of our children. Regular medical check-ups are a critical tool for maintaining health. This is especially true during the first six years of life, as the developmental steps are quite significant in this period. Early detection screenings can identify diseases or delays in development at an early stage, and appropriate measures can be taken to treat or support your child.

To support the healthy development of all children, we passed a state law in 2008 to safeguard a child's health and well-being. In connection with this, Rheinland-Pfalz introduced a binding invitation and reminder system for early detection screenings. All mothers and fathers are invited to each of their child's upcoming check-ups. Please attend these screenings with your child because the healthy development of our children is our common goal.

All the best for you and your child!

Clemens Hoch
Minister for Science
and Health

Katharina Binz
Minister for Family,
Women, Culture
and Integration

THE 10 CHECK-UPS FOR CHILDREN

Each check-up will examine all of the symptoms that are crucial for your child's physical, mental and social development. This will reassure you that everything imaginable has been done for your child's well-being.

U1: New-borns – first check-up:

- Review of breathing and heartbeat
- Measurement of the child's body weight and body length
- Review of the new-born's skin colour, muscle tension and reflexes
- Blood sample two or three days after birth and examination of congenital illnesses

U2: Carried out when 3-10 days old:

- Examination of the musculoskeletal system and organs, e.g. heart, lungs, stomach and bowels
- Review of metabolism and hormone production
- Information about regional support programmes, for example "early support" ("frühe Hilfen")

U3: Carried out when 4-5 weeks old:

- Check-up of the baby's posture
- Ultrasound examination to check if there is a deformity in the hip joint
- Measurement of the child's body weight, body length and head circumference
- Information regarding vaccinations and advice/recommendation of a vaccination appointment
- Advice on accident protection

U4: Carried out when 3-4 months old:

- Review of movement behaviour and motoric development
- Thorough physical examination

- Observation of interaction
- Advice on nutrition and oral health

U5: Carried out when 6-7 months old:

- Thorough physical examination
- age-appropriate development: For example, a child should at this stage be able to produce his/her first sounds and use both hands to play with a toy.
- Referral to a dental practice for clarification of tooth and oral mucosa growth

U6: Carried out when 10-12 months old:

- Check-up of mobility/flexibility and language: The child should be able to sit up, crawl and stand up. Also, they tend to take their first steps with a hand at this age. The child can react to familiar noises and say his/her first words, like "mommy" or "daddy".

U7: Carried out when 21-24 months old:

- Review of sensory organs and motoric development: The child should be able to walk comfortably and be capable of matching and naming familiar objects.
- Examination of the development of their social behaviour

U7a: Carried out when 34-36 months old:

- Review of your child's stage of development.
- Examination for social, behavioural or speech development disorders, obesity or dental and jaw peculiarities
- Information about dental detection screening

U8: Carried out when 46-48 months old:

- Examination of physical dexterity (e.g. standing on one leg)
- As well as monitoring visual/hearing capabilities and linguistic development, the doctor will also focus particularly on the child's social behaviour,

the degree of autonomy and ability to establish contact

- Advice regarding media consumption

U9: Carried out when 60-64 months old:

further to the examinations in U8:

- Examination for potential orthopaedic abnormalities
- Review of social behaviour, mental and physical development
- Assessment as to whether your child needs further specific support as he/she starts school
- Advice on movement and prevention of obesity

At every detection screening, your doctor will also inform you about pending vaccinations during the examination and could carry out necessary vaccinations. He/she will also advise you on any further age-appropriate matters.

Vaccinations

Vaccinations are some of the most important and most effective medical precautionary measures and represent a highly effective protective measure against infections and their complications. A vaccination is particularly important when it can prevent diseases with serious or fatal consequences. But vaccinations can only do this if they are administered and boosted at the right time.

A vaccination protects individuals from illness. If a high majority of the population had vaccinations, pathogenic germs would no longer be passed from one person to another (e.g. measles or rubella). People who cannot be vaccinated for medical reason could still be protected if others were vaccinated.