**Patient information**

**Dear parents**

Welcome to your child's follow-up at your municipal public health center (helsestasjon). The clinic services are free and are the right of every child. The aim is to promote optimal children's health, and early contact is therefore important.

Call your well child clinic on the first normal working day after you go home with your baby to plan follow-up for any breastfeeding challenges, weight checks, home visits, and regular check-ups. Bring a copy of your birth report along to your first visit. The maternity department sends the electronic birth report to the public health center, but this may take some time.

Doctors, health nurse (helsesykepleier), midwives, and medical secretaries all work at the clinic. The services and follow-up adhere to a set programme.

**The well child clinic offers:**

**Breast feeding guidance and advice**

If you have any concerns about breastfeeding please contact the public health center. Follow-up for breastfeeding/bottle feeding is individually tailored to the needs of each mother and child.

**Weight checks**

The public health center recommends a weight check between the 7th and 10th day after birth. If the baby has been discharged from hospital before the second day after birth, a weight check is recommended between the 2nd and 4th day.

**Consultation/guidance**

At the clinic you will talk to the health nurse and the doctor. It is possible to arrange to talk to a midwife or other professional by prior agreement.

**In case of illness**

If your child is ill, contact the mother's regular general practitioner, who automatically becomes the child's regular GP too. In cases of acute illness outside of the doctor’s office hours, contact the municipal emergency medical centre (legevakt), telephone 116 117.

**Find your home municipality’s Internet address in the list below. From here you can click on the well child clinic's own website and find useful information such as telephone numbers, opening hours etc.**

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| **Bjerkreim kommune** | Tlf. 51 20 11 00 | [www.bjerkreim.kommune.no](http://www.bjerkreim.kommune.no) |
| **Eigersund kommune** | Tlf. 51 46 80 00 | [www.eigersund.kommune.no](http://www.eigersund.kommune.no) |
| **Finnøy helsestasjon,**  **Stavanger kommune** | Tlf. 51 71 47 47  51 912677 | [www.stavanger.kommune.no](http://www.stavanger.kommune.no) |
| **Forsand helsestasjon,**  **Sandnes kommune** | Tlf. 51 337230 | [www.sandnaes.kommune.no](http://www.sandnaes.kommune.no) |
| **Gjesdal kommune** | Tlf. 51 61 44 90 | [www.gjesdal.kommune.no](http://www.gjesdal.kommune.no) |
| **Hjelmeland kommune** | Tlf. 51 75 70 00 | [www.hjelmeland.kommune.no](http://www.hjelmeland.kommune.no) |
| **Hå kommune** | Tlf. 51 79 99 00 | [www.ha.kommune.no](http://www.ha.kommune.no) |
| **Klepp kommune** | Tlf. 51 42 99 60 | [www.klepp.kommune.no](http://www.klepp.kommune.no) |
| **Kvitsøy kommune** | Tlf. 51 73 63 00 | [www.kvitsoy.kommune.no](http://www.kvitsoy.kommune.no) |
| **Lund kommune** | Tlf. 51 40 47 00 | www.lund.kommune.no |
| **Randaberg kommune** | Tlf. 51 41 41 00 | www.randaberg.kommune.no |
| **Rennesøy helsestasjon**  **Stavanger kommune** | Tlf. 51 72 02 88 | www.stavanger.kommune.no |
| **Sandnes kommune** | Tlf. 51335897/51337870 | www.sandnes.kommune.no |
| **Sokndal kommune** | Tlf. 51 47 06 85 | www.sokndal.kommune.no |
| **Sola kommune** | Tlf. 51 65 33 00 | www.sola.kommune.no |
| **Stavanger kommune** | Tlf. 51 50 70 90 | www.stavanger.kommune.no |
| **Strand kommune** | Tlf. 51 74 21 80 | www.strand.kommune.no |
| **Time kommune** | Tlf. 51 77 60 00 | [www.time.kommune.no](http://www.time.kommune.no) |

Kvinneklinikken, SUS, oktober -22  
[www.sus.no/kvinneklinikken](http://www.sus.no/kvinneklinikken)