

Questions about raising a child or growing up?

Ouder- en Kindteams Amsterdam, always nearby!



Do you have questions or concerns about raising a family, growing up, or the health of your child? Are you worried about the situation at home or at school? You are welcome at the Ouder- en Kindteams in your neighbourhood or at your child's school. You will have access to parent- and child advisors, youth nurses, paediatricians and youth psychologists, who provide parents and children with advice, help and support tailored to their needs.

All children and young adults in Amsterdam between 0 and 23 years of age and their parents can ask us for advice. You can contact us about minor issues, but also if there are major concerns or problems in the family. Every neighbourhood has an Ouder- en Kindteam-location. These teams are connected to the schools. Often the parent and child advisor is the first point of contact. Youth health care is part of Ouder- en Kindteams Amsterdam. There are no costs involved.



For the youngest: the youth health care

To ensure that we can monitor your child's development and health from an early age, you and your child regularly visit the youth nurses and paediatricians at the Ouder- en Kindteam. Your child will be examined and vaccinated and you can ask all kinds of questions you may have regarding the development and upbringing of your child. You can also chat online with a paediatric nurse.



For primary school children

If your child is attending primary school, you may want to talk about dealing with rules, gaming, bullying or insecurity. Or about healthy eating and sufficient exercise. Maybe you face a lot of difficulties at home, concerning grief or continuous tension? Primary schools in Amsterdam are connected to parent and child advisors who are present on a regular basis. Feel free to drop by.



For teenagers

Are you worried because your teenager is depressed, aggressive or insecure? Does your child skip school, drink alcohol or smoke a lot? Or do you, as a parent, want advice on how to improve interaction with your child? All secondary schools are connected to an Ouder- en Kindteam. Parents and teenagers can contact the parent and child advisor at school, independently and without any referral from the school.



MBO Jeugdteam

At Amsterdam's MBO programmes, students (and their parents) can contact the MBO Jeugdteam with questions, concerns and problems. This team – part of the Ouder- en Kindteams Amsterdam – includes youth advisors, paediatricians and youth psychologists who can be contacted directly.

What we offer

Together we look at what is needed and which person in the team can offer the best help. Sometimes, as a parent, child or young adult, the tips and advice we provide enable you to resolve the problems by yourselves. Other times it may be more beneficial to have a few meetings with a professional or follow a training or course. The Ouder- en Kindteams also include youth psychologists who can provide treatment. If more help is necessary, we will refer you to the appropriate youth care specialist.

Ouder- en Kindteams Amsterdam

Parent and Child Team Amsterdam

Confidential and independent

The professionals at the Ouder- en Kindteams Amsterdam are independent of the municipality and the school. Our contact with you is confidential. We only share information with others if parents and/or young adults give us their permission. An exception is if there are serious concerns for a child's safety. Even then, we remain in contact.

Want to know more?

Visit our website www.oktamsterdam.nl for more information. Find our contact details at 'wijklocaties' or 'zoek op school'. You can also call: 020 555 5961.

Appointments take place at a location of your choice.



**Don't get stuck with your problem, we're here to help!
Look at www.oktamsterdam.nl**