

## 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 as 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.



## ALL THE BEST FOR YOUR CHILD!

Early detection screening –  
the best type of preventative health

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Diese Druckschrift wird im Rahmen der Öffentlichkeitsarbeit der Landesregierung Rheinland-Pfalz herausgegeben. Sie darf weder von Parteien noch von Wahlwerberinnen/Wahlwerbern oder Wahlhelferinnen/Wahlhelfern zum Zwecke der Wahlwerbung verwendet werden. Auch ohne zeitlichen Bezug zu einer bevorstehenden Wahl darf die Druckschrift nicht in einer Weise verwendet werden, die als Parteinahme der Landesregierung zugunsten einer politischen Gruppe verstanden werden könnte.



## DEAR PARENTS,

We would like to extend our warmest congratulations on the birth of your child. It will enrich your life in many respects, as children are the most valuable thing that we have in life. For this reason, we are sure that you will do everything to allow your child to grow up healthily.

The responsibility for your child's upbringing also lies within politics and our health service. Medical check-ups are not only important for us adults, they are important for our children too. In particular in a child's first six years, regular check-ups are a must in order to facilitate a healthy development. It allows us to identify illnesses or developmental delays in good time.

Rheinland-Pfalz has acted and has laid the foundations for an improved early detection, using state law to safeguard a child's well-being and health. All mothers and fathers are invited to the following U-examinations. Take advantage of this chance for your child. We all have a common aim: for our children to grow up healthily.

All the best for you and your child!

### **Sabine Bätzing-Lichtenthäler**

Minister for Social, Work, Health and Demographic Issues from the Rheinland-Pfalz region

### **Anne Spiegel**

Minister for Family, Women, Youth, Integration and Consumer Protection from the Rheinland-Pfalz region



## 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, body length and head circumference
- 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 motor skills 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

- Check-up of hip joint, nerve system and hearing/visual capabilities
- 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 roll over from his/her back onto his/her belly
- 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 their 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.
- Test for allergies, 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.