

# The health of young children

This pamphlet is for those who have recently moved to Denmark and who have children under 6 years old. Here we have gathered the healthcare services that are relevant to you, and the most important advice for children's health

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### Your doctor

Your child will be offered an examination with a doctor when the child is 5 weeks, 5 months and 12 months, as well as when it is 2, 3, 4 and 5 years old. You must book an appointment for the examination yourself with your doctor.

If your child is ill and needs to see a doctor, contact your child's own doctor. It is the doctor who refers your child to a specialist doctor or hospital examination if the doctor thinks it is appropriate.

### Vaccination of children

In Denmark, all children are offered free vaccinations against 10 different diseases. The childhood immunisation programme protects your child against diseases that can be serious and cause lasting damage. Diseases that could, in the worst case, be fatal. The vaccinations are free of charge. It is voluntary to have your child vaccinated, but it is our recommendation that you do.

It is your doctor who will give your child free vaccinations against various diseases. You can read more about which vaccines your child will have and when he or she will receive them below.

### Was your child vaccinated in Ukraine?

If your child started on a childhood immunisation programme in Ukraine, you will often be able to continue with vaccinations in Denmark. The Danish childhood immunisation programme includes many of the same vaccinations as the Ukrainian one. Contact your doctor for more information about your options.

### Which vaccinations will my child be offered?

You can see below which vaccinations are recommended for your child and when he or she will receive them. It is a good idea for your child to receive vaccinations that he or she has missed. This applies even if your child is older than the recommended age for vaccination. You can talk with your doctor about this.

Age	Vaccination against
3 months	Diphtheria, tetanus, whooping cough, polio, Haemophilus influenzae type b (Hib) infection and pneumococcal disease
5 months	Diphtheria, tetanus, whooping cough, polio, Haemophilus influenzae type b (Hib) infection and pneumococcal disease
12 months	Diphtheria, tetanus, whooping cough, polio, Haemophilus influenzae type b (Hib) infection and pneumococcal disease
15 months	MMR: measles, mumps and rubella
4 years	MMR: measles, mumps and rubella
5 years	Booster vaccination against diphtheria, tetanus, whooping cough and polio
12 years	Human papillomavirus (HPV), cervical cancer, anal cancer and genital warts (twice)

### **Health visitors**

A health visitor is a nurse with further training within children's health. They can give advice on the things you may be concerned about. They will visit you at home 4–5 days after the birth, and then regularly in your baby's first year. Health visitors also see children in school.

### **Dentists**

Before your child is 3 years old, he or she will be offered a dental examination. It is free to go to the dentist until your child turns 18 years old.

As soon as the first tooth appears, you must brush your child's teeth twice a day with a small amount of toothpaste containing fluoride.

## **Infant nutrition**

### **Breastfeeding and infant formula**

Breast milk is the healthiest food for babies. Breastfeeding usually needs to be learnt by both mother and baby. It may hurt in the first few days. Your midwife and health visitor will help you get off to a good start and can offer help if it continues to hurt.

If you cannot or do not want to breastfeed, your baby will need infant formula, which can be purchased in all Danish supermarkets. Always be sure to follow the instructions on the packet when preparing the milk.

### **Milk after the first year**

It is recommended that your baby is only given breast milk or infant formula during the first year. It is only once your baby has turned 1 year old that you can give him or her cow's milk.

From 1 to 2 years, it is best to give them low-fat milk. Once your child has turned 2 years old, you can start to give him or her fat-free or skimmed milk. Your baby will get the amount of milk needed if he or she has 350–500 ml of milk per day.

### **Once your child starts eating solids**

In the first 4–6 months, your baby should only be given breast milk or infant formula. After that, your child can start to be offered solid food. Your health visitor will give you advice on which food your child needs once he or she starts to eat solids. It is often suggested to start with porridge or mashed vegetables.

As your child learns to eat food and chew food, you can give him or her food that has been mashed with a fork or, for example, bread cut into small pieces. Give your child meat or fish every day, preferably several times, as well as fruit. Ask your health visitor for advice if you have any concerns. Once your child is around 9–10 months, he or she can eat the same food as the rest of the family.

### **Vitamin D**

In Denmark, it is recommended that all children under the age of 4 receive a daily supplement of 10 micrograms of vitamin D. Children over the age of 4 are recommended to take vitamin D supplements over the winter (October to April).

Until your child is 2 years old, vitamin D is given daily as drops via a spoon. Read the bottle for how many drops correspond to 10 micrograms. Do not put the drops into a bottle filled with milk, because if the child doesn't finish the bottle, he or she will not get all of the vitamins.

Once your child gets bigger, vitamin D can be given as a tablet that is chewed or crushed.

### **Iron supplements**

Your doctor or health visitor will tell you if your child needs iron supplements.

### **Other useful tips**

#### **Avoid smoking indoors**

The healthiest thing for your child is to grow up in a home free from tobacco smoke. If you smoke, it is recommended that you try to stop. If this is difficult, it is best for your child that you only smoke outside.

#### **Children's sleep**

It is recommended that infants always sleep on their backs until they can begin to roll over. This prevents cot death. Once your baby is awake, it is a good for him or her to lie on their stomach as much as possible. This helps your child develop strong arm and back muscles.