

# Welcome to the Public Health Centre



Trygg og framtidsretta  
[time.kommune.no](http://time.kommune.no)



Time kommune



The Public Health Centre offers free services for all children aged 0 to 5 years old and their families.

The Public Health Centre wishes to be a place where parents can come with problems large and small in everyday life. Both mothers and fathers can contact the Public Health Centre.

If needed, we can assist in cooperating with other public services. Our aim is to promote mental and physical health and to promote good social conditions.

### **Health records at the Public Health Centre**

The Public Health Services is obliged to keep records with health information. Parents and legal guardians have the right to access all information concerning their child.

## Developmental check-ups at the Public Health centre

Approx. age	Public health nurse	Doctor	Vaccine
6 weeks	x	x	x
3 months	x		x
5 months	x		x
6 months	x	x	
9 months	x		
12 months	x	x	x
15 months	x		x
18 months	x		
2 years	x	x	
4 years	x		

## Breastfeeding assistance and measuring of weight

are offered at the Health Centre. Please contact us by phone.

## Postnatal groups

The Public Health offers postnatal groups. You can get to know other parents with children at the same age and in the same local district. You will receive an invitation by mail to postnatal groups.



**Telethone numbers:**

Bryne Public Health Centre: 51 77 62 36

Monday to Friday

Frøyland Public Health Centre: 51 77 83 00 or 900 58 198

Mondays, Tuesdays and Wednesdays

Undheim Public Health Centre: 51 77 65 99 or 917 83 145

Tuesdays



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