

NEUVOLA

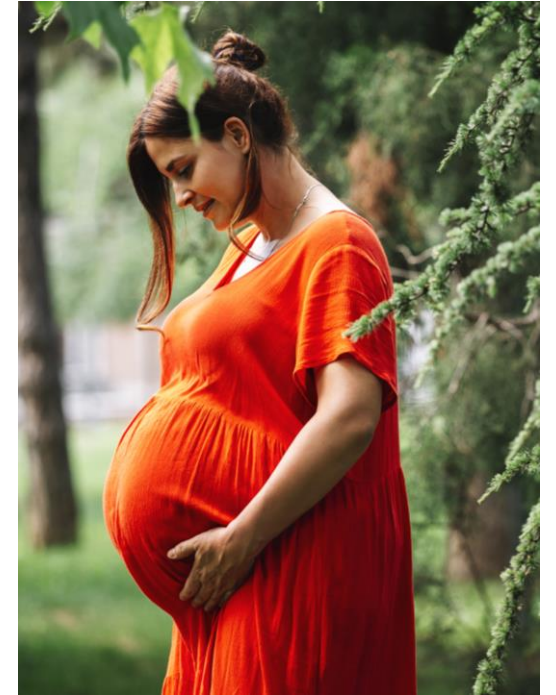
The finnish Maternity and child care services

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Who are our costumers?



Current Maternity and child care services

- Maternity and child care services task is to promote health and prevent social problems and illnesses.
- The service is free and voluntary. It is offered to all families, regardless of income level or health status.
- Operation is regulated by law. The law defines periodic health checks and guides professionals.
- The wellbeing services counties are responsible for organizing the service. Various organizations such as Valvira and Finnish Institute for Health and Welfare (THL) supervise, monitor and develop the service.
- The clinic is mainly run by a public health nurse. A public health nurse is a specialized nurse or midwife. The training focuses on health promotion, child development, and knowledge about childbirth and pregnancy. Public health nurse training also includes WHO breastfeeding instructor training.



- There are approx. 9,000 Maternity and child care clinics in Finland. In Pirha there is 43.
- Some of the Maternity and child care clinics are sector clinics. In Pirha, over time, the aim is to transfer all clinics to a combination clinics.
- Regular monitoring of age groups has accelerated the identification of diseases at an early stage.
- The clinic offers advice on contraception. Clients can range in age from teenagers to middle-aged people. Pirha offers free contraception to those under 21 who are starting contraception and for 6 months after pregnancy.
- If the family does not want to use the clinic's services, The public health nurse contacts the parents to discuss how they plan to ensure the monitoring of the child's growth and development.



History of Neuvola

- The first children's counseling clinic started in 1922 in Helsinki by Arvo Ylppö and Sofia Mannerheim.
- The counseling clinic was free and open to all families with children under the age of seven. Examinations were done by a public health nurse, who referred sick children to a doctor.
- The services included motherhood courses, guidance on breastfeeding and baby care, as well as child check-ups and development monitoring.
- Thanks to the advice, child mortality dropped from 15% to 3% in three years.
- During the following years, counseling clinics were established all over Finland.
- In 1944, the service became statutory. By 1949, a maternity and child care clinic had to be established in each county.
- Counseling for mothers during pregnancy started in 1925 and it became statutory in 1938. At the Maternity clinic, they also started giving out baby clothes as loans to needy families. It was the predecessor of the maternity pack.



This image displays a variety of baby apparel and accessories. The items include several long-sleeved onesies in different colors and patterns (polka dots, floral, penguins), pairs of pants (black, light blue, yellow), socks (yellow and white striped), black shoes, a brown bib with a cat design, a grey hooded raincoat, a black shirt, white mittens, a large beige blanket with polar bear prints, a green blanket with polar bear prints, a white envelope-style bag, a small book titled "Kiss Kiss", a pair of scissors, a brush, a tube of cream, and a box of tissues.

Satumetsä

Kuvitellaan tulevaa

Lämpö

Lämpö

Kuvitellaan tulevaa

Maternity clinic

- The maternity clinic includes about five visits with public health nurse and two with general practitioner. A pregnant woman does not see a gynecologist, unless it is a high-risk pregnancy. A midwife takes care of the delivery and postpartum period in the hospital.
- The service includes fetal screening, which includes two ultrasounds.
- Maternity clinics cooperate with psychologist, physiotherapist social services or/and special health care, which means University Hospital Tays in the Pirha's area.
- Maternity clinic gives counseling during pregnancy which aims to reduce physical and psychological risks of mother and fetus.
- The clinic aims to promote gender equality and encourage spouses to take an active role in parenting.
- The mother's physical condition is measured each visit, for example by measuring blood pressure and weight.



Visits during pregnancy



| Pregnancy week | Professionals | Themes that can be covered during the visit |
|------------------------|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| H 8-10 | The public health nurse | The first reception visit, background information and the mother's and family's situation. |
| H 13-18 | The public health nurse and the general practitioner | First doctor's visit. Long-term illnesses and medications. Mental state. Expectations for pregnancy. The couple's relationship, parenting, substance use, health support, etc. |
| H 22-24 | The public health nurse | Social benefits, fear of childbirth, guidance for glucose blood test |
| H 26-28 | The public health nurse | Preparation for childbirth, early interaction with the fetus. |
| H 30-32 | The public health nurse | Preparation for childbirth, early interaction with the fetus, information about breastfeeding. |
| H 35-36 | The public health nurse and the general practitioner | Second doctor's visit. Health and medications. Expectations before and after childbirth. The position of the baby and the state of the cervix. |
| H 37-41 | The public health nurse | Reception visits every two weeks or every week, depending on the mother's health. Preparation for childbirth, early interaction with the fetus, information about breastfeeding. |
| 6-8 weeks after labour | The general practitioner | Health and medications. Life after childbirth. Physical and mental wellbeing. Contraception |

Child care clinic

- After the birth, the first visit to clinic takes place at one week of age. Visits to the child care clinic continues regularly every month until 6 months. After a year, the family is invited to the clinic for 1.5 years and then annually.
- The general practitioner meets family at 4 months, 8 months, 1.5 years and 4 years of age.
- In child care clinics monitoring includes assessment of language, neurological skills and motor skills. It gives guidance about eating, exercise and upbringing. The clinic also organizes children's vaccinations.
- The clinic can also refer children to physiotherapists, speech therapists, occupational therapist, nutritionist or psychologists. The more serious diseases considered in the screening are referred to specialized health care.
- Cooperation is carried out with daycare, pre-school education, social work, library, church, family cafes, universities and organizations.
- <https://www.youtube.com/watch?v=JevelfwJYSQ>




Periodic examinations of children age 1 week – 8 months



| Age of the child | Professionals | Themes that can be covered during the visit |
|------------------|-------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| 1 week | The public health nurse | Childbirth, parents' coping, baby's weight |
| 1 month | The public health nurse | Height, weight, head circumference. Breastfeeding/formula, sleeping, family affairs. |
| 2 month | The public health nurse and the general practitioner | Doctor's examination. Basic measurements, Vaccination. Breastfeeding/formula, sleeping, family affairs. |
| 3 month | The public health nurse | Basic measurements, Vaccination. Breastfeeding/formula, sleeping, family affairs. |
| 4 month | The public health nurse and the general practitioner | Doctor's examination, parental coping and health habits. Basic measurements. Starting solid foods. |
| 5 month | The public health nurse | Basic measurements, Vaccination. Eating, sleeping, family affairs. Neurological and motor skills. |
| 6 month | The public health nurse | Family group meeting. Coping with parenthood, parents' well-being. Basic measurements. |
| 8 month | The public health nurse and the general practitioner | Doctor's examination. Basic measurements. Eating, sleeping, family affairs. Neurological and motor skills. |

Periodic examinations of children age 1-6 years



| | | |
|----------|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 year | The public health nurse | Basic measurements, Vaccination. Transition to a family diet. The child's walking skills and level of speech. |
| 1,5 year | The public health nurse and the general practitioner | Doctor's examination. Basic measurements. Neurological and motor skills. Vaccination. Day care feedback. |
| 2 year | The public health nurse | Basic measurements. Neurological and motor skills. Speaking. |
| 3 year | The public health nurse | LENE for 3 years old. Basic measurements. Family affairs. |
| 4 year | The public health nurse and the general practitioner | LENE for 4 years old. Basic measurements. Family affairs. Vaccination. Doctor's examination, parental coping and health habits. Day care feedback. |
| 5,5 year | The public health nurse | LENE for 5 years old. Basic measurements. Family affairs. Vaccination. |

LENE = Method of assessing the neurological development of play aged child

- LENE evaluates the child's development with the tasks performed during the visit.
- The goal is to find possible developmental problems that can lead to learning difficulties.
- There is cooperation with the daycare and preschool.
- The assessment was developed by psychologists and was studied in graduate programs before being implemented.



Digital services

- The maternity clinic has an electronic consultation card iPana in use in the Pirha area. iPana serves transferring information between the maternity clinic and the maternity hospital.
- <https://app.ipana.fi/aitiys/#/cmainpage>
- During pregnancy, the family also receives family coaching via the internet.
- <https://www.pirha.fi/palvelut/lasten-ja-perheiden-palvelut/raskaus-ja-synnytys/perhe-ja-synnytysvalmennus>
- Pirha's website has a guidance chat, NEUVOLACHAT, open for two hours every weekday. As a pilot we expand the opening hours to afternoon hours also.
- If the family has a quick need for medical care they can contact the digital clinic DIGIKLINIKKA through the application.
- <https://www.pirha.fi/web/english/as-a-client/digital-services-at-your-disposal/digital-clinic>



Mentalhealth support in maternity clinic.

- Support starts during pregnancy. Parents' mental health is questioned using surveys such as the EPDS. If there are concerns about the mother's mental health, she will refer to a doctor, counseling psychologist or psychiatric nurse. If necessary, maternity clinic tries to find a care contact for the spouse.
- Early interaction and relationships are supported. Strengthening early interaction and mentalization will reduce challenges after birth.
- Family education is offered at the maternity clinic to support preparation for childbirth. In case of childbirth anxiety or fear, maternity clinic serves group counseling for mothers and digital self-care program.
- <https://www.mielenterveystalo.fi/fi/omahoito/synnytyspelon-omahoito-ohjelma>
- After the birth, the counseling center continues to monitor the mother's psychological care for the first few weeks and beyond that. If necessary, help can be sought for postpartum depression.



Mentalhealth support in child care clinic.

- The aim of the children's clinic is to treat the entire family, so parents' coping skills, stress and family challenges are assessed at every visit. The aim is also to offer parents support if needed.
- After birth public health nurse makes homevisit. With some families there is need of prolonged special work at home. Neuvolet offers for every mother individual breastfeeding guidance.
- As the child grows, the child clinic supports the parents' ability to cope, parenting skills and offer help in crisis situation. The goal is low-threshold support for the whole family. If necessary, the family is referred to other services such as family work or specialized medical care.
- Group counseling is offered to parents with sleep problems, challenges of 3-4 year olds' willpower and basic knowledge of neuropsychiatry. In Pirha, parents have the opportunity to receive support digitally.
- Various sites such as nepso-kids offer information for parents.
- <https://www.pirha.fi/en/web/nepso-neuropsychiatriet-vaikeudet#skip-to-content-link>
- Parents of children with challenging behavior are offered group counseling by psychologist and if child needs. If necessary, the child is referred to a psychologist for examinations



**In 2012 Finns voted that
Maternity and child care clinic is
Finland's most important
invention.**

Thank you.

