



Preliminary information form for parents of 3rd grade pupils

This preliminary information form is intended for parents of 3rd grade pupils. If the child lives in two homes, each parent can fill in their own form. The topics included in the form should be discussed with the child. Your responses will help us target health examinations according to your child's specific needs. Parents can also participate remotely when the child is alone at the appointment.

During the meeting, the topics in the form will be discussed, growth and development will be assessed, and, if necessary, hearing or vision will also be examined and missing vaccinations can be administered. The information you provide is confidential and subject to health care confidentiality regulations. Key issues related to the health examination and the responses you have provided in the form will be recorded in the patient information system, which can be viewed in My Kanta.

1. Basic information

Child's name, school and class ID, for example, 3B

Guardian's name and telephone number where they can be reached during the day

I live with the child

☐ Yes ☐ No

Have there been any recent changes in the family structure?

2. Health and wellbeing

Our child is doing well

☐ Yes ☐ No

Does your child have a long-term symptom, illness or disability?

Does your child have any health restrictions related to attending school?

Has your child experienced any of the following on a recurring basis during the past year?

- ☐ Restlessness, difficulty concentrating
- ☐ Timidness or nervousness
- ☐ Fears, anxiety
- ☐ Pain during exertion
- ☐ Use of medicines
- ☐ Violent or aggressive behaviour
- ☐ Melancholy, being withdrawn
- ☐ Other symptoms, problems or pain
- ☐ Accidents

You can provide additional information if desired.

Have you noticed any of the following changes related to puberty?

- ☐ Breast growth
- ☐ Hair growth in the armpits or genital region
- ☐ Vaginal discharge
- ☐ Accelerated growth
- ☐ Testicle growth
- ☐ Menstruation has begun

Would you like to receive additional information on puberty, the body, sexuality or relationships?

3. Health habits

Sleep

Sufficient sleep is important for the wellbeing of schoolchildren. A child in primary school needs approximately 10 hours of sleep at night. Waking up refreshed and in a good mood in the morning is a sign that a child has slept enough.

Does your child usually get enough sleep?

☐ Yes ☐ No

Physical activity

Sixty (60) minutes of daily physical activity is recommended for all children and adolescents aged 7–17. This can be a hobby or a combination of outdoor games and journeys to and from school.

Does your child get enough physical activity?

☐ Yes ☐ No

Screen time

Telephones and other screens easily attract a child's attention. Excessive screen time can be harmful.

Are you worried about the amount of time your child spends on their phone or gaming consoles?

☐ Yes ☐ No

Do you usually know what your child is doing in the gaming world or on social media?

☐ Yes ☐ No

What methods does your family use to limit digital content?

Does screen time or limiting it often cause irritation or resentment in your child?

☐ Yes ☐ No

Would you like to receive support or additional information on this topic?

Nutrition

A regular meal rhythm and balanced diet are the cornerstones for growth and health. The Finnish Institute for Health and Welfare (THL) recommends five meals a day (breakfast, lunch, snack, dinner and evening snack) for children in primary school. Each meal should include vegetables and your child should also take a 10 mg vitamin D supplement every day. Water or milk is recommended as a drink. Sweets, juices and salty or fatty foods are not recommended on a daily basis.

Does your child usually eat according to these recommendations?

☐ Yes ☐ No

Would you like to receive support or additional information on this topic?

Nicotine and intoxicants

Passive smoking or substance abuse by a family member may affect a child's wellbeing.

Is your child exposed to the harmful effects of smoking or substance abuse?

☐ Yes ☐ No

Does your child show an interest in using or experimenting with nicotine products or intoxicants?

☐ Yes ☐ No

Hygiene

Many children still need support with hygiene. A child should brush their teeth in the morning and evening, and adult assistance is often needed to remind them about changing clothes and washing regularly.

Would you like to receive additional information or support on this topic?

School

Do you have any concerns about your child's school attendance or studying?

☐ Yes ☐ No

Does your child usually go to school happily?

☐ Yes ☐ No

Does your child complete the homework assigned by their teacher within a reasonable time?

☐ Yes ☐ No

Does your child feel like there is a good atmosphere and friends at school?

☐ Yes ☐ No

Is some subject too difficult?

☐ Yes ☐ No

Is cooperation between the school and home going smoothly?

☐ Yes ☐ No

Is your child being bullied or involved in bullying someone else?

☐ Yes ☐ No

Would you like to receive additional support or help in school-related matters?

4. Additional information

In addition to these questions, is there anything else you would like to tell school health care?
What?

5. Health examination

Please select one of the following options:

- ☐ 1. I would like my child to be called from class for a health examination (growth and discussion about the topics of this preliminary information form) during this academic year.
- ☐ 2. I would like to be present at my child's appointment. Check the instructions on how to book an appointment at LUVN.FI or ask your child's school nurse.
- ☐ a) I /we will participate remotely (the child is present at the appointment).
- ☐ b) I /we will arrive at the agreed time with the child.

NOTE: If a health examination is not a current issue but the need arises later, you can book an appointment. **Pupils can also always come to an appointment independently.**

Western Uusimaa Wellbeing Services County

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08/2025