

1. Webinar 27 March The updated National Vaccination Schedule
2. Webinar: 1 April 2025 20:00- 21:00 My Body, Your Body
3. Scholars and social media: they want to cut down but need help
4. Do the 'Tick check'!

1. Webinar 27 March: The updated National Vaccination Schedule

What does this mean for my child?



What will you learn?

This webinar explains:

- The changes in the childhood vaccination schedule and why it has changed.
- More information about diseases vaccinated against; measles, tetanus and whooping cough.
- For parents of children 0-18 years
- This webinar is in Dutch

More information and registration:

Can't join this webinar live? Then sign up and receive a watch back link

You can register via the QR code or [Webinar Rijksvaccinatieschema | GGD Kennemerland](#)



2. Webinar: 1 April 2025 20:00- 21:00 My Body, Your Body



In this webinar, you will learn as a parent/carer what steps a child between the ages of 0 and 12 takes in healthy sexual development. Every child develops physically and socio-emotionally. Learning to deal with your body, feelings and your environment are part of this. In this day and age, there is a lot of talk about sexuality, but what is normal and how can you, as a parent, respond well to this?

What do you learn?

- In this session, we will take you step by step through healthy sexual development, from baby to a 12-year-old. Everything looks different through the eyes of a child than through the eyes of an adult, including how you deal with your body and how you look at it.
- This webinar is in Dutch

More information and registration: <https://cjrmond.webinargeek.com/mijn-lijf-jouw-lijf?cst=ggd-kennemerland>

3. Scholars and social media: they want to cut down but need help

Social media: who doesn't use it? Social media are proving indispensable for secondary school students and adults in the Kennemerland GGD region to stay in touch with others. However, they also see and experience downsides, such as addiction, poorer school performance and sleep problems. Many students therefore want to cut down on social media, but need help to do so. Parents try to support their children in dealing with social media, but they too would like tools to help them do this better. This and more is shown in two new surveys by GGD Kennemerland.

Parents say they would especially like information and advice on the consequences of social media, addiction, online privacy, screen time and setting rules. In [this infosheet](#) (Dutch), we have listed some tips and advice for parents for all these areas.



Scholars themselves also have tips for parents, such as:

- Don't give your child a smartphone with social media access until grade 7 or 8;
- Check your child's screen time regularly;
- Discuss the negative aspects of social media with your child;
- Learn more about social media and its dangers yourself.

Learn more

Want to know more about schoolchildren's experiences with social media, and how other parents in the region deal with their children's social media use? You can read the results of the surveys in this [factsheet](#) (Dutch) and this [report](#)

(pupils) (Dutch) and in this [factsheet](#) (parents).

Worried about your child's media use? You can ask the youth health care doctor or nurse of GGD Kennemerland at 023-7891777 or frontofficejgz@vrk.nl.

4. Do the 'Tick check'!



Spring seems to be slowly beginning. That's when it's great to go out with the kids and play outside a lot. Nothing nicer than that, right!

But be careful when playing in 'the greenery'. Because a tick bite is easy to get, and not only is the bite very unpleasant, the tick can also transmit nasty diseases.

That is why it is important to always do a tick check if you spend a lot of time outdoors a lot!

- [How to recognise a tick | RIVM](#) (English)
- Want to know more? [Tick bites | RIVM](#) (English)

- Watch the film (click on the link) [How to check for ticks | RIVM](#) (English)