

Nieuwsletter primary school

GGD Kennemerland

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GGD Kennemerland regularly publishes a GGDflits newsletter for parents, covering topics related to health and parenting.

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If your child is shy



It's normal for children to be shy. But sometimes it can be a problem for your child. What can you do to help your shy child? And what should you avoid doing if your child is shy?

Being shy is normal

Your child may be shy when they see someone they don't know. Or in an unfamiliar situation. Your child might withdraw and stop talking. They will then need time to feel safe and at ease.

Many children become less shy after a while. Your child may also be shy because of their personality. It's not a problem if your child is shy, as long as it doesn't bother them. Does your child find it upsetting? Then you can help them.

What shyness means can vary from person to person. What one person sees as shy, another might see as polite. This can depend on where you come from or your cultural background.

What might be causing your child's shyness?

A child can be shy for many reasons. For example:

- Because they feel insecure and lack self-confidence. Look for things your child feels confident about. When does your child feel at ease? What is your child good at? Encourage your child in these areas;
- Due to their age: some children become less shy as they get older;
- Because of their personality.

Read more about how you can support your child and what you should avoid doing in the growth guide. Click on the button below.

[More information about shyness \(in Dutch\)](#)



Heading out into nature? Protect yourself against ticks.

Why is it important to pay close attention?

Ticks are becoming increasingly common in the Netherlands. A tick can transmit various diseases, such as Lyme disease or tick-borne encephalitis (TBE).

Here's how to reduce the risk of a tick bite.

Wear covering clothing: long sleeves and long trousers

Apply an insect repellent containing DEET to exposed skin

Stay on the paths and avoid walking through tall grass

Have you been out in nature?

Check your body for ticks on the same day!

Protect yourself against ticks

Pay extra attention to places where ticks like to hide:

behind the ears	along the hairline
armpits	groin and buttocks
backs of the knees	between the toes

Found a tick?

Read more information and watch the videos on how to safely remove a tick and what else you can do to prevent tick bites.

Click on the button below.

[More about ticks \(in English\)](#)

Avoid bringing bed bugs home from vacation



Bed bugs are small insects that bite where your skin touches the mattress.

A bed bug bite won't make you sick, but it will cause bumps—usually red in color—on your skin, and sometimes itching. Bed bugs hide when the lights come on, which makes them difficult to eliminate.

Tips for When You Get Home

Are you returning from vacation and did you (possibly) stay in a room with bed bugs?

- Do not bring your suitcases or bags inside.
- Take your clothes out of your suitcase or bag outside, and put them in trash

bags.

- Take those trash bags to the washing machine and put the clothes in immediately.
- Wash the clothes at a minimum of 60 degrees Celsius.
- Dry and iron the clothes as hot as possible.
- Scrub all seams and crevices of the suitcases and bags with soapy water. Do this outside.
- Another option is to put items in the freezer. Set the freezer as cold as possible, but at least to -14 degrees. Leave the items in the freezer for at least a week. The cold kills the bed bugs and their eggs.

For more information, click the button below.

[More about bed bugs \(in Dutch\)](#)



Playing outdoors in green spaces

Having a lovely green garden or play area in the neighbourhood is important. Playing in green spaces is healthy, encourages physical activity and brings people together.

Children in green neighbourhoods are 15% less likely to be overweight. A green playground appears to contribute to better memory and greater concentration.

Green spaces have even more benefits, but can sometimes also carry risks. However, the benefits certainly outweigh the disadvantages, such as tick bites or hay fever.

For more information, click the button below

[To the website Green is healthy \(in Dutch\)](#)

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Uitgebracht door:



Onderdeel van:





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