

# Getting the most out of your child's checkups

## 3 to 5 years



### Great websites to check out:

[www.helpmegrowMN.org](http://www.helpmegrowMN.org)

[www.healthychildren.org](http://www.healthychildren.org)

[www.cdc.gov/actearly](http://www.cdc.gov/actearly)

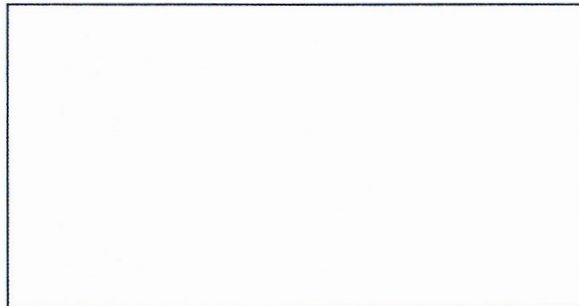
[helpmeconnect.web.health.state.mn.us/  
HelpMeConnect](http://helpmeconnect.web.health.state.mn.us/HelpMeConnect)

### For help finding a clinic or making an appointment:

[www.freechildcheckups.com](http://www.freechildcheckups.com)

Call your health plan or your local county  
or tribal Child and Teen Checkups staff for:

- Health insurance or Medical Assistance
- Help finding a clinic, doctor or dentist
- Getting a ride to the clinic
- Getting an interpreter for the checkup



Minnesota Department of Health  
Minnesota Department of Human Services



or

No English

651-431-2916

[dhs.childteencheckups@state.mn.us](mailto:dhs.childteencheckups@state.mn.us)

# Exploring and learning

Preschoolers are curious about everything they see and hear. Make-believe and play are a part of learning and growing.

Checkups **every year** help keep your child's growing brain and body healthy and help get your child ready for school.

These visits also help you get what you need as a parent or caregiver.

## What can you expect at each checkup?

- A chance to ask your questions
- Reliable information about healthy food, sleep, behavior and safety
- A check on how your child is growing, learning, developing and feeling
- Height, weight and blood pressure checks



- A head-to-toe exam
- Immunizations and a blood test if needed
- Hearing and vision checks
- Fluoride varnish for healthy teeth
- A referral to a dentist
- Referrals or help for family needs, like:
  - Food, housing and utilities
  - Money or job resources
  - Child care
  - Help with safe relationships, mental health or substance use



## What next?

**Call your child's clinic today** and ask for a Child and Teen Checkups appointment (a well-child check).

A checkup at least every year is covered by your insurance at this age.

The doctor or nurse can sign forms for child care or other things you need.

## What do you want out of this visit?

Think about what questions you want to talk about with your child's doctor or nurse:

- How your child learns: talking, reading, playing with others and getting ready for school
- Helping your child understand and manage feelings
- Getting along with others
- Preschool routines: toileting, sleeping and eating
- Family time: outside, meals and fun
- Safety: in the house, by the water, outside and more
- Taking care of you: parent well-being
- Anything else important to you