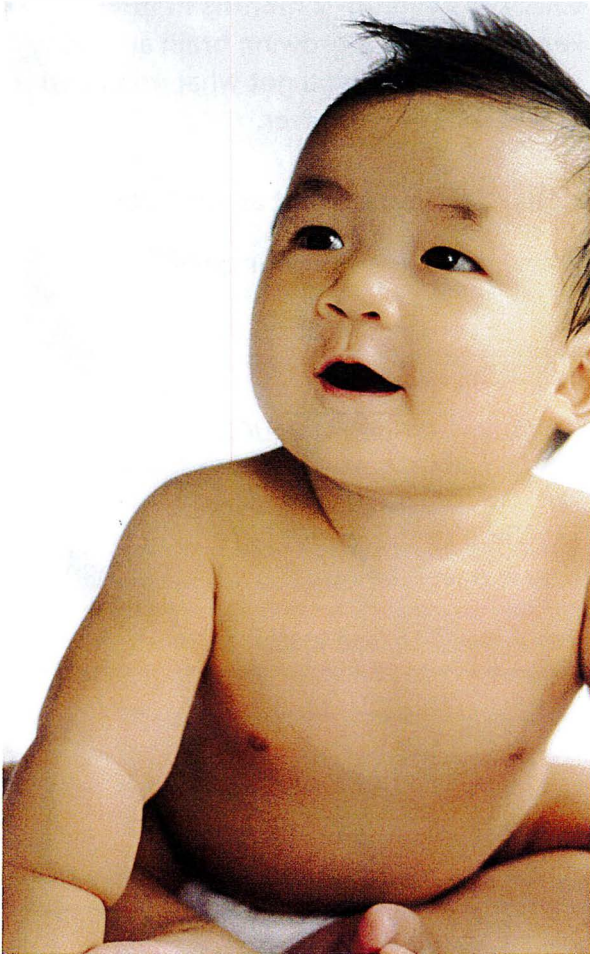


Getting the most out of
your child's checkups

Birth to 5 months



Great websites to check out:

- www.helpmegrowMN.org
- www.healthychildren.org
- www.cdc.gov/actearly
- www.zerotothree.org

For help finding a clinic or making an appointment:

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



651-431-5655

dhs.childteencheckups@state.mn.us

Welcome to the world!

Parenting a new baby is a time of discovery and wonder, and a little less sleep!

There is so much change in the first months of life—for baby and for you.

Checkups **every 1–2 months** help keep your baby’s growing brain and body healthy and 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 baby is growing, learning, developing and feeling
- Time to talk about parenting and your own well-being
- A head-to-toe exam



- Immunizations
- Follow-up on newborn screening
- Hearing and vision checks
- 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).

At this age, a checkup at least every 2 months is covered by your insurance.

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 you want to talk about with your child’s doctor or nurse:

- How your baby learns: talking, reading, singing, cuddling and playing with you—you are your baby’s first teacher!
- How your baby tells you what is needed, before your baby can talk!
- Calming your baby
- Caring for your sick baby
- Safety: in the house, by the water, outside, and more
- Taking care of you: parent well-being, adjusting to life with baby
- Anything else important to you

