



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)

**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)

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

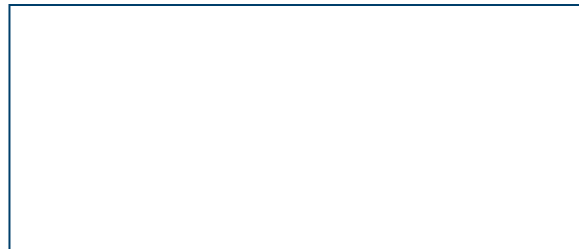
[helpmeconnect.web.health.state.mn.us/  
HelpMeConnect](http://helpmeconnect.web.health.state.mn.us/HelpMeConnect)

**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



Getting the most out of  
your child's checkups

# Birth to 5 months



# 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 your 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).

A checkup at least every 2 months 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 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 a baby
- Anything else important to you

