



Minnesota Department of Health
Minnesota Department of Human Services



or



651-431-2916

dhs.childteencheckups@state.mn.us

Great websites to check out:

www.helpmegrowMN.org

www.healthychildren.org

www.cdc.gov/actearly

www.zerotothree.org

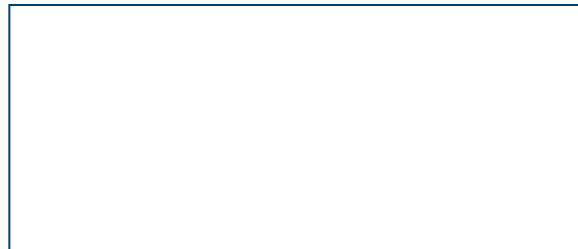
[helpmeconnect.web.health.state.mn.us/
HelpMeConnect](http://helpmeconnect.web.health.state.mn.us/HelpMeConnect)

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

www.freechildcheckups.com

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

6 to 15 months



Baby on the move!

Rolling, crawling, walking—your baby is on the move, and learning more every day!

Checkups **every 3 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



- A blood check for lead and anemia (once between 9 and 15 months)
- 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 3 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 — there's something new every day!
- Helping your baby stay safe while your baby moves, explores and learns
- Behaviors and their meaning: what is your baby trying to tell you?
- Feeding, sleeping and activity
- Caring for your baby's teeth
- Taking care of you: parent well-being
- Anything else important to you