



Minnesota Department of Health
Minnesota Department of Human Services



or

No English?

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

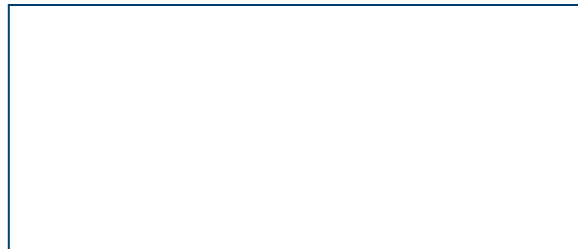
[helpmeconnect.web.health.state.mn.us/
HelpMeConnect](http://helpmeconnect.web.health.state.mn.us/HelpMeConnect)

**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

18 to 30 months



Your toddler is busy learning and growing!

This is a time of big feelings and wanting to do more on their own. And your toddler is learning something new every day!

Checkups **every 6 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 toddler is growing, learning, developing and feeling
- Time to talk about parenting



- A head-to-toe exam
- Immunizations and at least one blood test for lead
- 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 6 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 child learns: talking, reading, singing and playing with you – there's something new every day!
- Helping your child understand and manage feelings
- Behaviors and their meaning: what is your child trying to tell you?
- Toddler time: 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