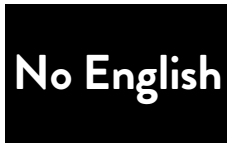




Minnesota Department of Health
Minnesota Department of Human Services



or



651-431-2916

dhs.childteencheckups@state.mn.us

Great websites to check out:

www.helpmegrowMN.org

www.healthychildren.org

www.cdc.gov/actearly

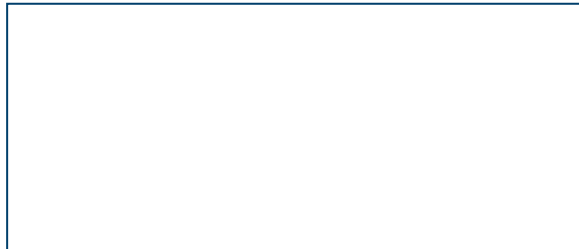
[helpmeconnect.web.health.state.mn.us/
HelpMeConnect](http://helpmeconnect.web.health.state.mn.us/HelpMeConnect)

**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

3 to 5 years



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