



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.healthychildren.org](http://www.healthychildren.org)

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

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

[HelpMeConnect](#)

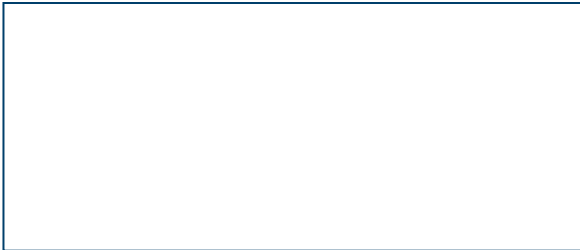
[www.211unitedway.org](http://www.211unitedway.org)

**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

## 6 to 10 years



# A world of family, friends and activities

Your school-age child has new interests and is doing many more things. Your child still depends on you for help to grow up healthy.

Checkups **every year** help keep your child's growing body and brain healthy. These checkups are for you, too—to 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 if needed
- Hearing and vision checks
- 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 school, camp, sports or other activities.

## 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 together, reading and trying new things every day
- Helping your child understand and manage feelings
- Getting along with others at home and at school
- Daily routines: eating, sleeping, screen time, school and physical activity
- Family time: outside, meals, chores and fun
- Safety: in the house, in the community, by the water, outside and more
- Taking care of you: parent well-being
- Anything else important to you