



Minnesota Department of Health  
Minnesota Department of Human Services



or



651-431-5655

[dhs.childteencheckups@state.mn.us](mailto:dhs.childteencheckups@state.mn.us)

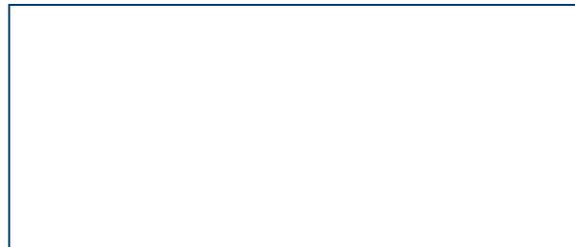
**Great websites to check out:**

- [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)

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

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).

At this age, a checkup at least every 6 months is covered by your insurance.

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

