



Minnesota Department of Health
Minnesota Department of Human Services



or



651-431-5655

dhs.childteencheckups@state.mn.us

Great websites to check out:

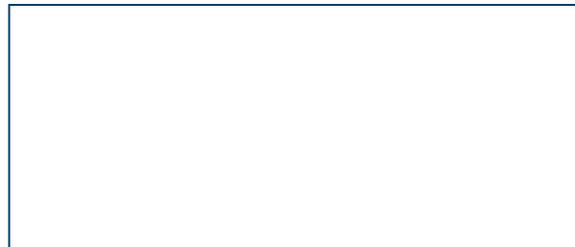
www.healthychildren.org

www.kidshealth.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

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).

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

The doctor or nurse can sign forms for school, camp, sports or other things.

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