



# PARENTS TEAM UP FOR KIDS' HEALTH

## JOIN US TO KEEP YOUR CHILD HEALTHY

Childhood is a time for rapid growth and change. Even if your child is healthy, yearly checkups are important. It is a good time to focus on your child's health and wellness. This means talking about what is being done well and how it can be improved. Preventive care is important to keep children healthy. Immunizations (your child's shots) are very important. But, did you know that your child's check-up includes more than just immunizations?

### **Why should I take my child to the doctor? What will we talk about?**

- Your child's growth since their last visit
- Your child's behavior and what is normal for their age
- Safe sleep guidelines.
- Toilet training problems, even for older kids who may still have accidents at night
- Eating habits and a healthy diet.
- Your child's teeth; tooth brushing and going to the dentist
- Vision and Hearing check
- We will discuss your child's experiences and response to child care and school.
- Address parent questions and concerns.
- Promote a 2-way partnership among the pediatrician and family.

### **Tips for finding a doctor for my child:**

Make a medical home. Try to establish a long-term relationship with a pediatrician or family doctor who can:

- get to know your family
- provide well care and most of the sick care and well child care your kids might need
- keep complete medical records of things like immunizations and growth
- become familiar with your family's medical history

A doctor who has all this information, and gets to know your family over time, can better determine when your child is healthy and developing well and when something is off track. **Contact your school's health office if you need help finding a medical home.**

**It is important to not skip checkups. This way, doctors can catch any health concerns early so that they don't become expensive and hard-to-treat medical problems later. Regular checkups may save time and money in the long-term.**