



Need a ride?

Call 1-800-562-3022 for information about getting a ride in your area.

Need help finding health care for your child?

Call one of these numbers:

Anywhere in Washington
Healthy Mothers, Healthy Babies
1-800-322-2588

In King County
Community Health Access Program (CHAP) 1-800-756-5437

Checkup due?

- ✓ Babies and toddlers need checkups every few months.
- ✓ Young children need checkups every year.
- ✓ Older children and teens need checkups every year or two.

If you're not sure when your child's next checkup is due, call your clinic or healthcare provider.

Remember to bring with you

- ❖ Record of shots (immunizations)
- ❖ DSHS Medical Identification Card
- ❖ Healthy Options or other insurance card (if you have one)

If you need to cancel your appointment, call the clinic the day before.



Created by
OMPRO
A Healthcare Quality Improvement Organization
Portland Oregon

Why all kids need regular checkups



Babies • Children • Teens



Babies need regular checkups

- ✓ To see how your baby is growing and developing
- ✓ To get answers to your questions
- ✓ To find problems early, so they can be treated right away. Babies can't tell you if something is wrong. They need you and their doctor to make sure they are okay.
- ✓ To make sure they have the shots (immunizations) they need to protect them from serious diseases
- ✓ To make sure their new teeth are healthy

Talk to the doctor about how you are feeling. Are you

- ❖ getting enough sleep?
- ❖ feeling sad or angry?
- ❖ finding time for your older kids?

You know your baby best. Share your concerns.

Children need regular checkups

- ✓ To get the shots they need for school
- ✓ To check for health problems that show up during childhood
- ✓ To check their vision, so they can get glasses if they need them
- ✓ To check their hearing
- ✓ To talk about safety
- ✓ To see how they are developing and learning compared with other children their age

Talk to the doctor about your concerns, such as your child's

- ❖ picky eating
- ❖ school or family problems
- ❖ behavior problems

You see things at home that the doctor can't see. Be sure to ask about anything that worries you.

Teenagers need regular checkups

- ✓ To talk about puberty
- ✓ To talk about weight concerns, healthy eating, and exercise
- ✓ To talk about how things are going at school
- ✓ To discuss risky behavior, such as tobacco, alcohol, and drug use
- ✓ To talk about feelings, especially depression, and get help if they need it
- ✓ To talk about avoiding pregnancy

Talk to the doctor with your teenager present

- ❖ to build your teen's trust in the doctor
- ❖ to make sure your teen knows where to go in case of illness or injury

Most teens have questions of their own. Encourage them to ask!