

Parents & Caregivers:



It's important for your child to visit the doctor for regular check-ups, even when they look and feel healthy!

Talk with your doctor about:

- Ways your child can reach and maintain a healthy weight
- Healthy food and beverage choices for your child
- How you can help your child get and stay active

Remember, keeping your children healthy also involves thinking about how they play, learn, speak, and act. Track your child's development in these areas with milestone checklists, and talk with your child's doctor about the milestones your child has reached and what to expect next.



For more information on developmental milestones, visit www.cdc.gov/milestones.





Check-Up Check List

-  Listen to my heart
-  Take my temperature
-  Check my height
-  Check my weight
-  Look in my eyes
-  Look in my ears
-  Look in my nose and mouth
-  Check my blood pressure
-  Check my reflexes
-  I was **VERY BRAVE!**
I got a check up!

My name is _____

I'm _____
years old.



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