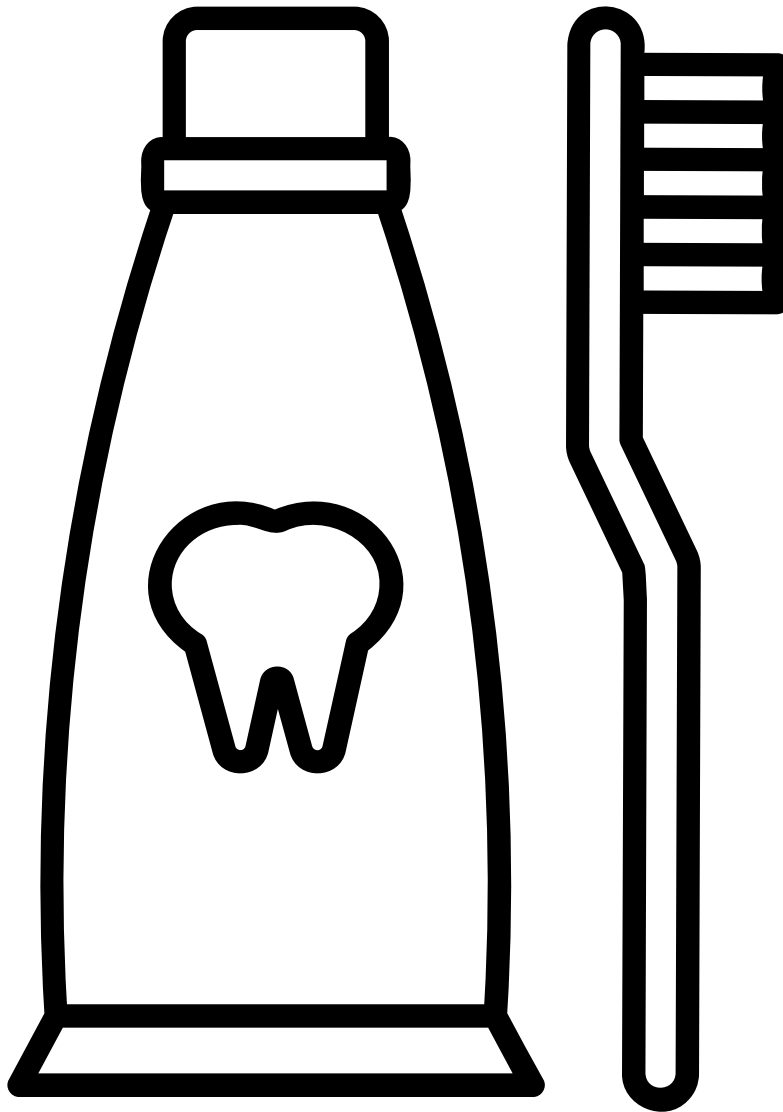


# D is for doctor!



Curious to see if your child is reaching all of their developmental milestones? Scan here to complete a quick milestone checklist. If you have any questions, discuss them at your next doctor visit or connect with a Help Me Grow care coordinator.

# D is for dentist!

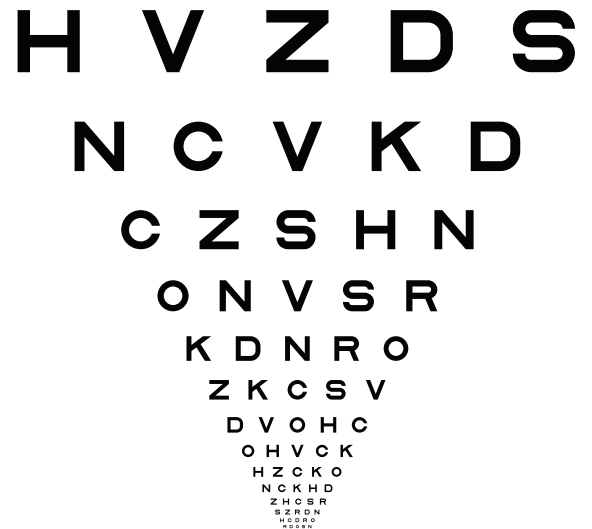
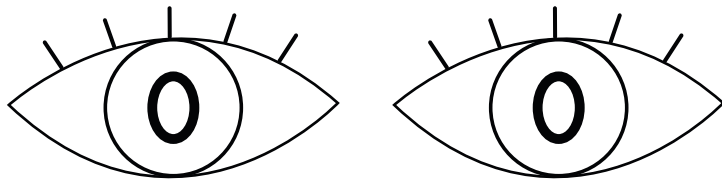
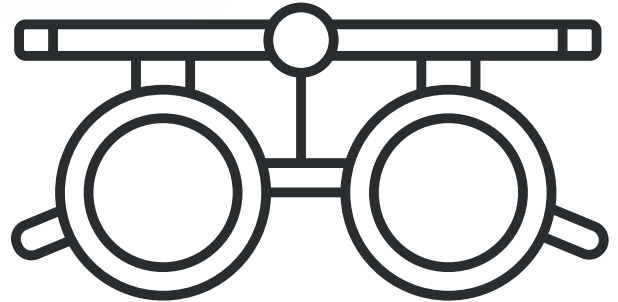


Once your baby gets their first tooth, it's time to begin a brushing routine. Once teeth are touching, you can incorporate flossing.



Scan to learn more about your child's development.

# E is for eyes!

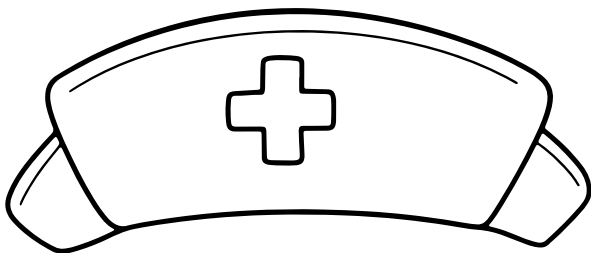
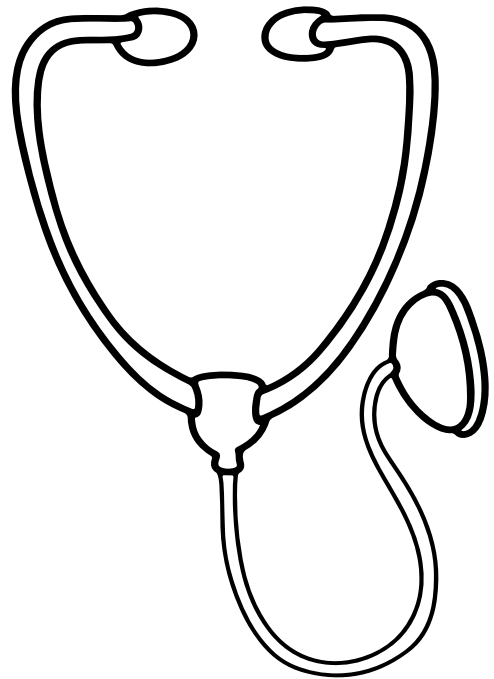
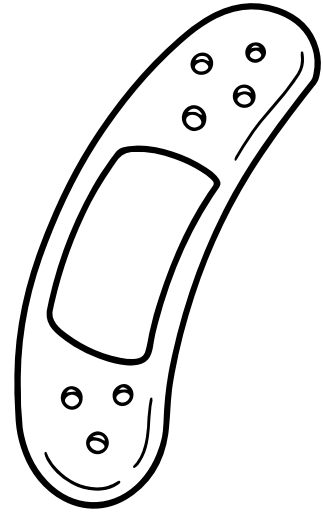
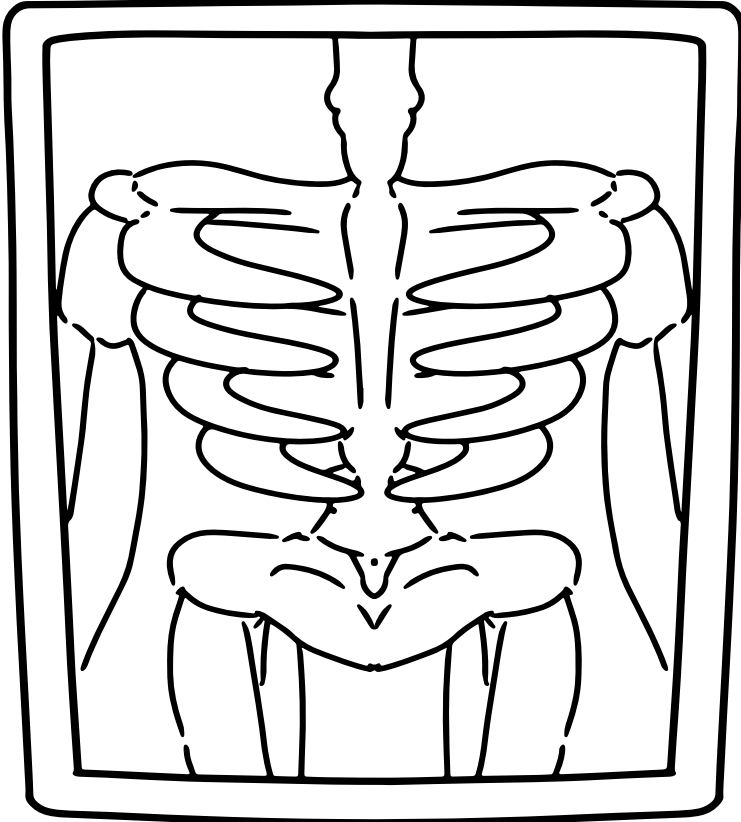


If your child is three years old, it's time to schedule an appointment with an eye doctor. Regular check-ups every two years should follow after the first visit.



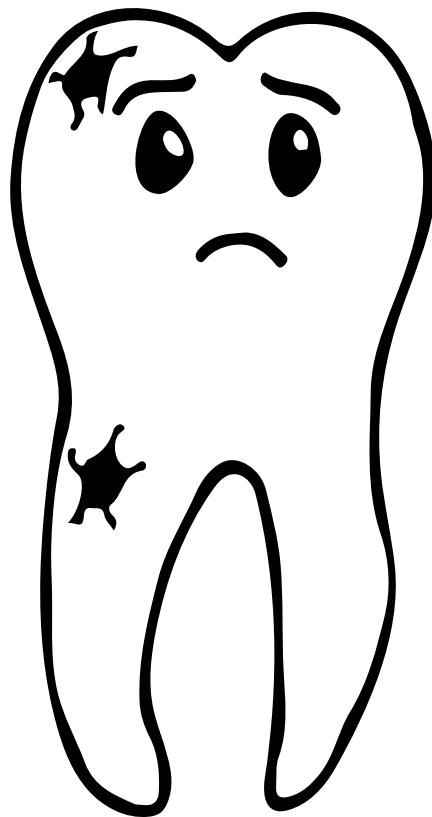
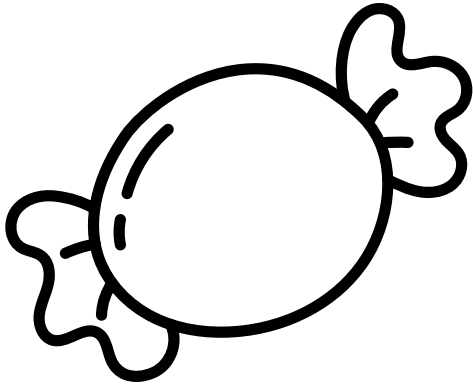
SCAN CODE TO  
LEARN MORE ABOUT  
HELP ME GROW!

# D is for doctor!



Curious to see if your child is reaching all of their developmental milestones? Scan here to complete a quick milestone checklist. If you have any questions, discuss them at your next doctor visit or connect with a Help Me Grow care coordinator.

# T is for teeth!

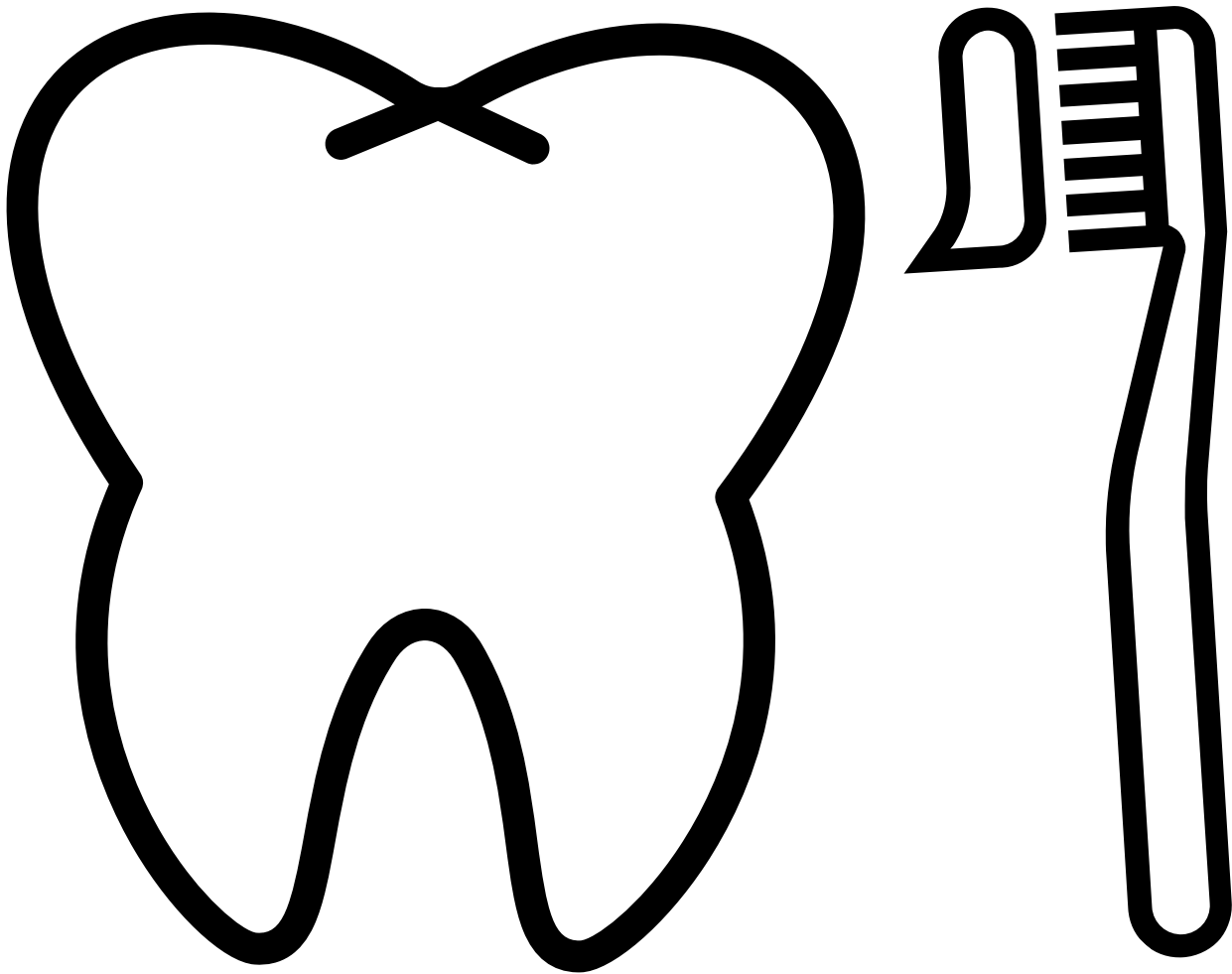


Be sure to brush your child's teeth after eating any candy or sugary foods. Sugar on their teeth increases their risk of getting cavities and gum decay. If you have questions about dental health, speak with a Help Me Grow care coordinator.



Scan to learn more  
about your child's  
development.

# T is for teeth!



Dental health is important!  
Children should make their first  
visit to the dentist by 12 months.



Scan to learn more  
about your child's  
development.