

Be a superhero keep your family healthy.

How often should I take my child for a well child visit?

Checkups are recommended at these ages:

- Between Birth and 1 month
- At 2, 4, 6, 9, 12, 15, 18, 24 and 30 months
- Every year starting at 3 years through 20 years
- More often if needed

Talk with your healthcare provider about questions and concerns you have.

For more information or help finding a health care provider, dental provider or clinic, call your county's Child & Teen Checkups (C&TC) contact at:

Clearwater County- Clearwater County Nursing Services 218.694.6581

Hubbard County- CHI St. Joseph's Health Community Health 218.237.5478

Lake of the Woods County- Lakewood Public Health 218.634.1795

Medical Assistance pays for Child and Teen Checkups (C&TC) and dental services.





Healthy Families
Minnesota™

Beltrami, Clearwater, Hubbard, and Lake of the Woods Counties

Great childhoods begin at home.

Family home visiting

Working together to build a secure foundation for babies and their families... All parents want the best for their children, and we know you are one of those parents! As you watch your child grow, our Healthy Families program provides the support and encouragement you need every step of the way.

Home visitors provide services to help families with:

- Identifying baby's needs
- Learning how to bond with their child
- Ensuring families have a medical provider
- Sharing information on the child's development
- Linking families to other resources in the community
- Helping families feel more empowered
- Setting goals for themselves and their families

This unique program is free for qualifying participants. For more information about the Healthy Families program, call your county at:

Clearwater County- Clearwater County Nursing Services 218.694.6581

Hubbard County- CHI St. Joseph's Health Community Health 218.237.5464

Lake of the Woods County- Lakewood Public Health 218.634.1795

Hello humankindness®

