



Our information is available by postal mail or email. Each mailing's content is focused on a specific age and includes materials on a variety of health topics:

- Growth and development
- Well-child visits
- Vaccines
- Nutrition and physical activity
- Safety
- Oral health
- School and child care readiness
- Environmental health
- Family support



## Contact us!



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@WatchMeGrowWA

## Scan and checkout our website





Watch Me Grow - 3 Years Watch Me Grow - 12 Months In this letter you'll find helpful reso in this letter you'll find helpful resources.
Vaccines your child needs to be up to da
Helping your child eat well.
Different ways to get your child active.
How to keep your child's teeth healthy.
How much sleep your child needs.
Your child's emotions. Vaccines Feeding ition and Physical Activity 3 year checkup time! thild needs healthy foods every day et growth and energy needs, your child benefits variety of foods rich in fiber, protein, vitamins and st. Your child also needs iron and calcium. Great less of these foods are fruits, eyeqetables, grains, eed meats, eggs, beans, and tofu. Your Baby By age 3, most children will have had these vac yage 3. most children will have had these val.
Hepathis B (HepB), 3 doses
Diphtheria, tetanus, acellular pertussis (DTaF
Haemophilus influenzae type b (Hib), 3 or 4 c
Pneumococcal conjugate vaccine (PCV), 4 of
Inactivated Polio Vaccine (IPV), 3 doses
Measles, mumps, rubella (MMR), 1 dose your child's stomach is small, they still need 3 meals with snacks daily. Af or 1 year olds are feeling your child human milk, it has the fat, tein, and most vitamins and minerals your child needs healthy growth and brain deopment. Follow your did scues and nurse them as often as they need. Talk your doctor about a vitamin sten as they need. Talk your child to about a vitamin in which in witamin D. our child formula-fed, it is mare rich in vitamin D. our child formula-fed, it is mare rich in vitamin D. not cow's milk at 1 year of age. In the properties of the proper Chickenpox (varicella), 1 dose Hepatitis A (HepA), 2 doses COVID-19, 2 or 3 doses

Ask your child's doctor or nurse for a copy of your vaccine records during your well-child visit. Also c to make sure your child's current vaccines are in th Washington State. Immunization WAILS Be sure you vaccines are of a date and correct. You have the rot review your child's records, ask questions, and rorrections. Talk with your doctor, nurse, or clinic in have any questions.

To see and download your family's vaccine records visit myirmobile.com.



