

1st Five Healthy Mental Development Initiative



The early years are very important in order for children to grow up to be happy, healthy and successful. As a parent, there are things you can do to help your child grow up to be healthy:

- Take your child for regular well-child check-ups.
- Be prepared to talk to your doctor about your child's health history.
- Share any concerns or problems about your child's learning, behavior or development.
- Learn what to expect next as your child is growing.
- Ask your doctor for a developmental screen—these are recommended at 9 months, 18 months, and either 24 or 30 months.



1st Five and its network of medical providers may refer you to **1st Five** care coordinators who will link you to local resources. Ask your primary care provider about **1st Five** today.

For more information about **1st Five**, contact:

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