



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 resc 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 tion and Physical Activity thild needs healthy foods every day et growth and energy needs, your child benefits variety of foods rich in fiber, protein, vitamins and IS. Your child also needs iron and calcium. Great less of these foods are fruits, eegetables, grains, ed meats, eggs, beans, and tofu. 3 year checkup time! Your Baby catch up.

By age 3. most children will have had these vacc

Hepatitis B (HepB), 3 doses

Diphtheria, tetanus, acellular pertussis (DTafHaemophilus influenzae type b (Hib), 3 or 4 c

Pneumococcal conjugate vaccine (PCV), 4 doses

Measles, mumps, rubella (MMR), 1 dose

Childrony (varicella) 1 dose your child's stomach is small, they still need 3 meals with snacks daily. kfort year olds were feeding your child human milk, it has the fat, tein, and most vitamins and minerals your child needs healthy growth and brain development. Follow your discues and nurse thea series as they need. Talk our doctor about a vitamin D supplement and adding er foods to your child's det ar erich in vitamin D urchild is formula-fed, it is recommended that you ch them to whole cow's milk at 1 year of age. lee cow's milk is a better source of fat than lower-fat or non-dairy milks for your growing child (vitamins, ding vitamin D, work of the control of the servings of erilk aday. A seried of finith is 4 ounces. More than an make your child so foll of out of the fore than your child is talk to of lift to eat other foods. Wait V-fat milk. Chickennox (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.



