



Watch Me Grow Washington sends health and safety information to all parents and caregivers of children from birth to 6 years.

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!



watchmegrowwa@doh.wa.gov



360-236-4171



@WatchMeGrowWA

Scan and checkout our website



Spanish



English

