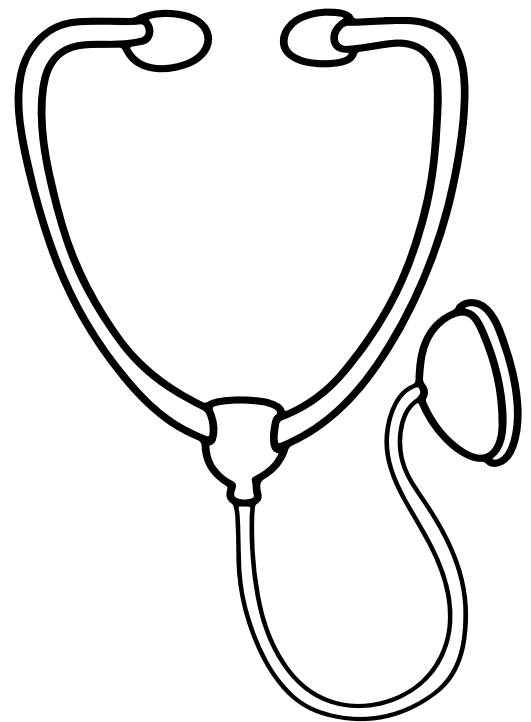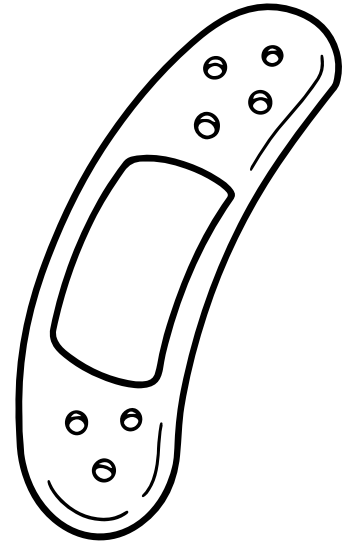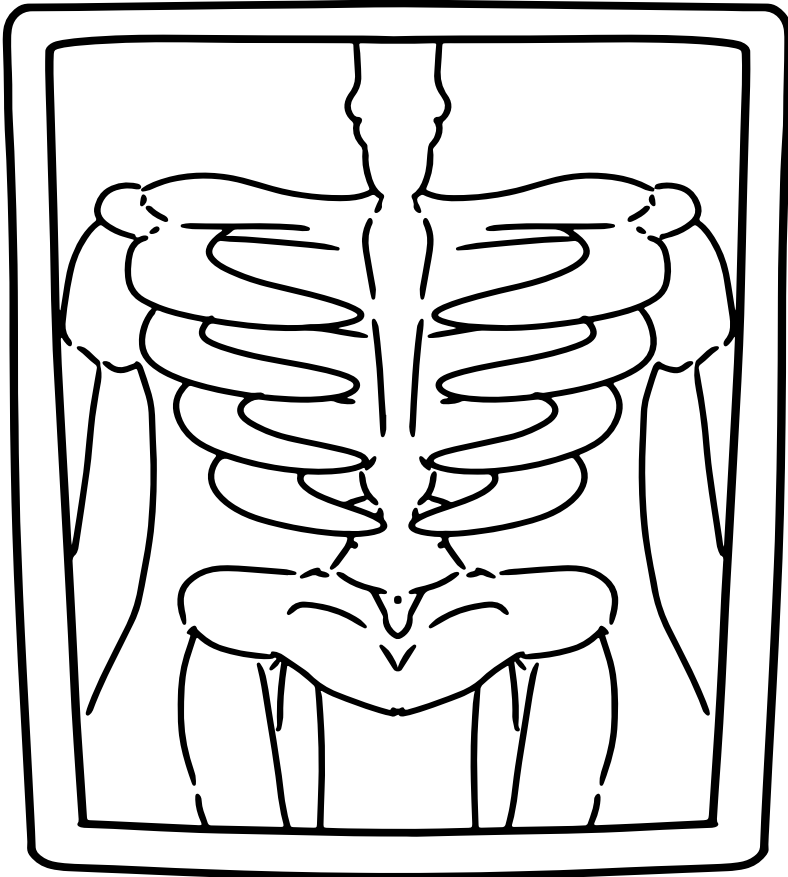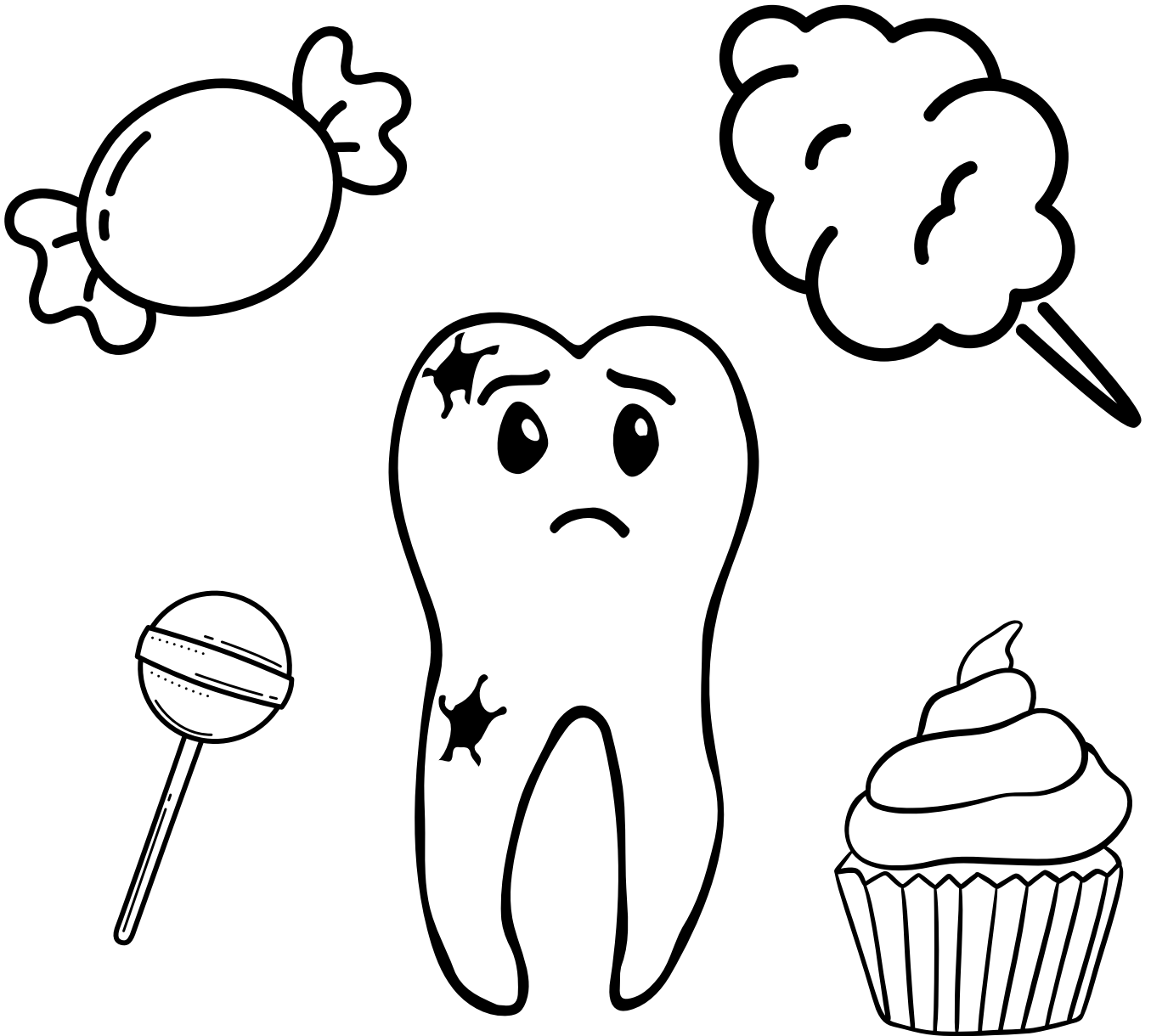# D is for doctor!

Curious to see if your child is reaching all of their developmental milestones? Scan here to complete a quick milestone checklist. If you have any questions, discuss them at your next doctor visit or connect with a Help Me Grow care coordinator.

T is for teeth!

Be sure to brush your child's teeth after eating any candy or sugary foods. Sugar on their teeth increases their risk of getting cavities and gum decay. If you have questions about dental health, speak with a Help Me Grow care coordinator.

Scan to learn more about your child's development.