

What's Up? Your Baby's Development



Welcome to HealthySteps!

We are glad you are here. We look forward to offering you support and information you can trust. During every visit—or possibly by mail—you will receive the What's Up newsletter. You may also get handouts about early learning and other topics. In them, you will find information about what your baby or toddler is doing and learning at their age and stage. As you read the newsletter, keep this in mind:

- Children develop at their own pace. Your child may reach milestones faster or slower than noted in the newsletter and still be growing just fine.
- Babies and toddlers are always growing and changing! Sometimes it looks like they are taking giant leaps. Other times they may seem to be slowing down. That is OK.
- If you have any questions or concerns about your child's growth or behavior, please ask! We are happy to think with you about ways to support your child.

In addition to your child's exam, shots, and screenings, we will take time to discuss how you and your baby or toddler are doing. At each visit we will talk about routines such as sleeping and eating. We will also review babyproofing and general safety. We want to support both you and your child. Let us know how we can help.

If only there were a handbook on how to be a parent! The truth is, we all learn by doing. Your HealthySteps Specialist is ready to help you find answers to your questions. They can also help you think through hard decisions. They will try to meet you whenever you come for your child's checkups. If you are ever at the practice and do not see your HealthySteps Specialist, please ask your pediatric primary care provider or nurse to see if they are available. Feel free to get in touch between visits as well.

Welcome to our HealthySteps practice.