



# Growing Stronger with Regular Check-ups

## HEALTHY EYES



Schedule an eye exam every year or as recommended by your doctor

Your child may need an eye exam if they:

- Squint to see
- Sit very close to screens
- Complain of headaches
- Have trouble reading the board

## HEALTHY TEETH

- Brush twice a day
- Floss once a day
- Limit sugary drinks and snacks
- Visit the dentist every 6 months

## HEALTHY EARS



Your child may need hearing test if they:

- Ask “What?” often
- Turn up the volume too high
- Have trouble following directions
- Get frequent ear infections



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