



## Welcome to HealthySteps!

We are happy that you have joined our practice. We look forward to providing you with support and information you can trust.

Before every visit you will receive—either by mail, or in the waiting room—the What’s Up newsletter. In it, you will find information about what your baby is doing and learning. It also makes suggestions for ways to support your baby’s growth and development. As you read the newsletter, keep this in mind:

- **Children develop at their own pace.** Your child may reach milestones faster or slower than indicated in the newsletter and still be growing and developing just fine. Every child develops differently.
- **Babies are growing and changing!** Sometimes it looks like they are taking giant leaps in development. Other times they may seem to be slowing down. That is to be expected.
- **If you have any questions or concerns about your child’s development, behavior, or early learning, please ask!** That’s what we’re here for. We are happy to think with you about ways to support your child’s growth and learning.

At each visit, the pediatric team will measure your baby’s length, weight, and head. They’ll listen to your baby’s heart and look at eyes, ears, nose, and mouth. Your baby will receive any needed immunizations. We will talk about your baby’s development and routines such as sleeping and eating. We’ll also review safety guidelines. And, of course, we’ll make time to discuss any questions or concerns you might have! As a HealthySteps practice, our focus is on supporting both you and your child. Let us know how we can help.

If only there were a handbook on how to be parents! The truth is, we all learn by doing. Your HealthySteps Specialist is ready to answer any questions you may have. Get in touch about any topic—either during or in-between visits.

Welcome to our HealthySteps practice.

Sincerely,

