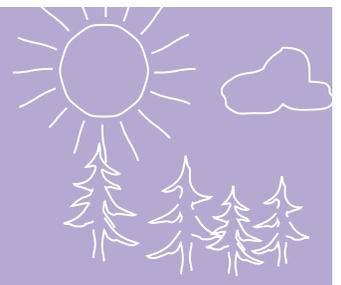




Welcome!



Congratulations on your new baby!

This is a special time in your life and the Washington State Department of Health wants to make sure you and your baby have the best start possible.

As a Washington State resident, you get these great, free resources from us:

- Mailed reminders about which vaccines your child may need and how to get ready for well-child visits. These reminders are known as the Watch Me Grow Washington mailings. They also include up-to-date health, safety, development, and other care giving information.
- Access to your family's vaccine records online.
- More health and safety information on social media from the Watch Me Grow Washington Facebook page.



I enjoy every moment next to you.

What is Watch Me Grow Washington?

Watch Me Grow Washington is our state's vaccine and well-child visit reminder system. The Washington State Department of Health (DOH) uses the Watch Me Grow program to remind you of upcoming well-child visits and send health and safety information to you and all families in the state with children newborn to 6 years old.

How does it work?

The DOH uses the address information from the Washington State Immunization Information System (WAIS) to coordinate the mailings. We receive this information in the following ways:

- When your baby is born in Washington State, your child's birth certificate is filed with the DOH. Public Information, like your name and child's date of birth, goes to the WAIS, creating a record.
- If your baby gets the hepatitis B (HepB) birth dose vaccine before leaving the hospital, that information also goes to the WAIS, creating a record.
- If your child was born in a another state and you move to Washington or if you adopt a child, once your child gets a vaccine from their doctor or nurse, that information goes to the WAIS and it creates a record.

These records tells us to start sending you the Watch Me Grow Washington mailings.



Watch me learn and grow.

Watch Me Grow Washington

What are the mailings?

The Watch Me Grow Washington health promotion mailings are to help you get ready for your child's next well-child visit. You will get a mailing a few weeks before your child's next visit until your child turns 6 years old.

The mailings are free. The materials in the mailings are updated every year by health and safety experts with input from parents and caregivers.

You automatically get the information by regular mail. If you want to get Watch Me Grow by email, go to bit.ly/WMGsignup.

Our materials are supported by: WithinReach.

A partner of the DOH, WithinReach supports the Help Me Grow Washington Hotline. Help Me Grow Washington Hotline can help you find resources like early childhood development screenings, health insurance application assistance, food banks, low-cost health clinics, and parenting classes.

You can call the hotline at **1-800-322-2588** and visit parenthelp123.org.

You can also call Help Me Grow Washington Hotline to:

- Sign up for Watch Me Grow mailings or emails if you don't already receive them.
- Correct your address or child's name.
- Ask for the mailings in Spanish.
- Cancel the mailings.

The mailings are endorsed by the:

- Washington Chapter of the American Academy of Pediatrics.
- Washington Academy of Family Physicians.
- University of Washington School of Public Health and Community Medicine, Maternal Child Health Program.



Resources

- **Sign up for Watch Me Grow Washington e-mails:** bit.ly/WMGsignup
- **Help Me Grow Washington Hotline:** 1-800-322-2588 (711 TTY relay) and parenthelp123.org
- **Authorization to release vaccine records:** doh.wa.gov/immsrecords
- **Online vaccine records:** myirmobile.com

Washington State Immunization Information System (WAIIS)



What is it?

The Washington State Immunization Information System, also known as WAIIS, is our state's lifetime immunization registry. It helps health care providers keep track of vaccine records (also called immunization records) for babies, children, teens, and adults.

Doctors, clinics, pharmacies, and health plans enter the vaccines their patients get into the system. Most health care providers in Washington State participate in the system. They can use it to:

- Keep vaccine records up to date. This information may be needed for school, child care, camp, college, the military, and long-term care facilities. Some employers also need a copy of vaccine records.
- See which vaccines patients need at each visit. This helps make sure they are up to date and will not get doses of vaccine they don't need.

- Keep all vaccine records in one place. This is helpful if you or your child change clinics or doctors.
- Print a current vaccine record or official certificate for preschool, child care, or school.

Watch Me Grow Washington is part of the WAIIS and they share a database. This database gathers information from health care providers, health plans, and the public part of your child's birth certificate. This information usually includes:

- Child's name and mother's name.
- Birthdate and sex at birth.
- Mailing address.
- Vaccine history.

If you need help or have questions, talk with your child's doctor or clinic. If you do not want your or your child's information in the WAIIS, call Office of Immunizations at **1-866-397-0337** or visit bit.ly/doh-WAISinfo.

Ask the doctor if I am up to date on my vaccines.

Vaccine Records

How to access:

There are a few ways to get copies of your family's vaccine records:

- Contact your family's doctor, pharmacy, clinic, or your child's school.
- Go to myirmobile.com to see and download your family's vaccine records online. You can also print the official certificate needed for child care, preschool, and school.

For more information on how to see your family's vaccine record information, visit doh.wa.gov/immsrecords.

All records are protected from anyone who shouldn't see them. Only those who are authorized under state law and have a signed agreement with the DOH can view and use vaccine records in the system.

You have the right to review your and your child's records, ask questions, and make corrections. If you have any questions, talk with your doctor or clinic.

The following people can view and use records:

- Doctors, nurses, clinics, or pharmacies providing care to you or your child.
- School staff helping to get vaccine records needed to go to school.
- Health officials or approved researchers working to improve the health of Washington residents.



Let's find my vaccine records online!

Thanks for reading! Feel free to share this newsletter with other caregivers in your child's life. You'll hear from us again before your baby is 1 month old. In your next mailing you'll find information on:

- Feeding your baby.
- Vaccines your baby will need.
- Helping your body recover from pregnancy.
- Recognizing postpartum depression.
- Reducing your baby's risk of SIDS.

For the Health of All Our Children

Watch Me Grow Washington is a program of the Washington State Department of Health

@WatchMeGrowWA www.watchmegrowwa.org