

## **What are Regular Check-Ups?**

Regular check-ups are visits to the doctor that happen sometimes, like when it's your birthday! During these visits, the doctor looks at you to make sure you are growing up healthy and strong.

## **Why are They Important?**

Think about when you play with your toys. If a toy has a tiny scratch, it can still be fun, but if you don't fix it, it might get broken and not work at all! Regular check-ups are like fixing that tiny scratch. They help the doctor find little problems in our bodies before they become big problems!

## **What Happens During a Check-Up?**

When you go for a check-up, the doctor will:

- Look in your ears and mouth,
- Check your heart with a stethoscope,
- Weigh you and measure how tall you are,
- And ask how you are feeling!

## **In Summary**

So, just like looking after your toys to keep them nice, regular check-ups help us take care of our bodies and make sure we stay healthy!