**SAMPLE FACEBOOK POST**

[**www.WellVisitPlanner.org**](http://www.WellVisitPlanner.org)

**[Or—link to Well Visit Planner, Part 1 video?]**

**The Well Visit Planner**

How many times have you walked out of your child’s well child visit thinking, “Gee, I wish I’d remembered to ask about . . . .”? Or, “My child’s health care provider spent a long time talking to me about topics on his list, but what I really wish we’d had time to talk about was . . . .”?

Health care providers typically only have 15 to 20 minutes to spend on a well-visit. Now a new online tool can help you identify the topics about child health and development that are most important to you: the Well Visit Planner.

By sharing the Well Visit Planner Visit Guide with your child’s health care provider, you give him or her valuable information about what your child is doing and other information that might affect your child’s health and well-being. And you can help drive the conversation to those topics that have the most meaning to you at this point in your child’s development.