

Baby teeth must last 6-10 years.



A child needs a “dental home”. Go twice a year or as advised by dentist.

- Ask about fluoride varnish and drops for child. Store out of child’s reach.
- Keep teeth healthy to chew, speak and save room for adult teeth.
- Clean all sides of teeth gently twice a day. Use a child’s toothbrush and a dab of fluoride toothpaste. Wipe off excess toothpaste.
- Lift the lips and look at all sides of teeth. Call dentist if there are white, brown, or black spots.
- Sharing spoons, cups or toothbrushes spreads cavity germs. Do not chew food and feed to child.
- Licking pacifier clean can spread germs.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Give healthy snacks, nothing sweet or sticky.

Parents: Stop spreading cavity germs - take care of your own teeth:

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouthwashes to prevent cavities in your mouth.

Parents decide what food is served at 3 meals and 2-3 small snacks.

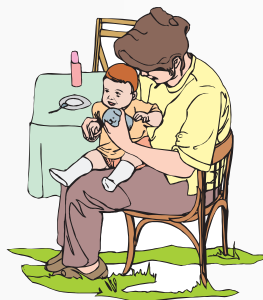
- Serve small portions. Let child feed self.
- Healthy foods include:
 - A fruit or vegetable at meals and snacks.
 - Whole grain bread, cereal, pasta, brown rice and corn tortillas.
 - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Offer child new foods to try new tastes.
- Limit eating between meals.
- Limit fast foods and snacks high in sugar and fat.

Make family meals a happy time.

- Teach child to wash hands before meals.
- Eat together and show table manners.

Child uses a small cup for all drinks.

- Give ½ - ¾ cup cow’s milk or fortified milk alternative in a cup 3 to 4 times a day.
- Limit 100% fruit juice to ½ - ¾ cup a day.
- Do not give soda or other sweet drinks.



Some foods cause choking, do not give:

Round (hot dogs, grapes, popcorn), Pitted (cherries), Hard (candy, raw vegetables), Sticky (peanut butter)

Growing Up Healthy



Today’s Date: _____

Name: _____

Age: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9675

Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3663



Developed by the Nutrition, Dental, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee. Translation funded by the California Office of Multicultural Health. Rev 06/2010



Keeping Child Healthy

- Take child for regular health checkups and immunizations (shots). Have child get a blood lead test at age 2.
- Talk to doctor before giving child medicines or home remedies.
- Keep child's hair, body, clothes, toys and bedding clean and dry.
- Keep child away from loud noises and music to protect hearing.
- Keep child away from tobacco smoke and products.
- Use sunscreen when outdoors.
- Wash child's hands with soap and water after using toilet.
- Wash your hands with soap and water after changing diapers.

Injury Prevention

- Never leave child alone or with a stranger or a pet.
- Remove string from sweatshirt hood.
- Keep electrical cords, pot handles and other hot things, out of child's reach.
- Use childproof safety latches, locks on cabinets, toilet seats, outlet covers.
- Use stair gates and window guards.
- Keep medicines, cleaning supplies, plants out of the reach of children.
- Child can choke on small objects. Keep keys, unsafe toys, plastic bags and balloons out of reach.
- Carry or hold child's hand near cars.
- If biking with child, make sure child is buckled in and wears a helmet.

Reward good behavior with a hug and praise.

**Child may:**

- Walk backwards
- Kick and throw a ball
- Stack 2 to 4 blocks
- Turn single pages of a book
- Follow simple directions
- Copy what you say and do.

Tips and Activities

- Use consistent, loving discipline. Say "no" firmly, when needed, and direct child to a new task. Never hit a child.
- Play with child. Talk, sing and read stories.
- Give simple toys that child can take apart and put back together.
- Build towers of blocks for child to knock down and set back up.
- Make a safe place for child to explore, play catch with a ball, and be curious.
- Watch child play on safe climbing equipment and swings.
- Leave a key word out of a story or rhyme and let child fill in the word. For example, "Mary had a little _____."
- Tell child before you change activities.
- No TV. TV is **NOT** a "babysitter."

Bath and Water Safety

- Set water heater to less than 120°F.
- Check water before putting child in bath.
- Never leave child alone in the bathtub, pool, near water or toilet. Pool/spa should be fenced with a self-latching gate.

Car Safety

- Check behind car before backing out.
- Never leave child alone in a car.
- If child weighs more than 20 pounds, child can ride in forward-facing car seat in the back seat; never near an airbag.

Safety Tips for Parents:

- Be prepared, plan for emergencies
- Learn child CPR.
- Install smoke and carbon monoxide alarms in hallway and near bedrooms.
- Check alarms every 6 months.

Resources for Parents:

If you feel overwhelmed, sad or about to shake or harm your child, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.

To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)