

- A child should have a “dental home” and be seen twice a year or as advised by dentist.
- Adult back and front teeth are coming in and must last a lifetime. Keep them healthy by preventing cavities.



**Ask about sealants and fluoride for child.**

- Help child brush teeth twice a day, morning and before bedtime.
- Brush with a dab of fluoride toothpaste.
- Help child floss before bedtime.
- Have child use a mouthguard for sports like tee-ball and soccer.
- Give healthy drinks and snacks, nothing sweet or sticky.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

**Parents:** Set a good example, brush morning and night. Floss before bedtime.

## Parents decide what food is served at 3 meals and 1-3 small snacks.

- Serve small portions.
- Healthy foods include:
  - Fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Offer child new foods to try new tastes.
- Start the day with breakfast.
- Limit fast foods and snacks high in sugar and fats.

## Offer healthy beverages.

- Offer water often and 3 cups of nonfat or low fat milk a day.
- Limit 100% fruit juice to ½ - ¾ cup a day.
- Do not give soda and other sweet drinks.

## Make family meals a happy time.

- Teach child to wash hands before meals.
- Let child help prepare meals.
- Eat together, talk together, teach manners.
- Turn off the TV at meals.



## Physical activity and weight

- Get 60 minutes of active play a day.
- Limit TV/video games/ computer to 2 hours a day (except for homework).

# Growing Up Healthy



Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_

Body Mass Index (BMI) Percentile: \_\_\_\_\_

### 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



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**Keeping Child Healthy**

- Take child for regular health checkups and immunizations (shots).
- Keep child's hair, body and clothes clean. Wash bed sheets weekly.
- Keep child away from tobacco smoke and products.
- Use sunscreen when outdoors.
- Have child wash hands with soap and water after using toilet, before eating.
- Start talking to child about not using drugs, alcohol, or tobacco.

**Injury Prevention**

- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches and lighters.
- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Teach child about traffic lights and how to use a crosswalk.
- Have child wear mouth guard, helmet, knee, wrist, and elbow guards when using scooters, skates, skateboards or bikes.

**Teach child to avoid strangers**

**A child should never go with anyone without your permission**

**Child may:**

- Want to be more independent
- Want to spend more time with friends
- Want to dress alone
- Describe experiences and talk more about thoughts and feelings
- Begin to have an awareness of the future
- Play board games and learn to be part of a team
- Want to test balance and climbing skills
- Enjoy activities that require planning.

**Tips and Activities**

- Give child simple chores, such as setting the table, making their bed, helping prepare family meals.
- Take walks. Talk to your child to talk about what they see and think.
- Help child develop a bedtime routine. Use a set bedtime.
- Help child learn patience by letting others go first.
- Read to child. Read to each other.
- Teach child how to dial 911 in an emergency. Child should know full name, address and phone number.
- Teach child the difference between “good” and “bad” touch; how to say “no” to bad touch, and to tell you.

**Water Safety**

- Set water heater to less than 120°F.
- Never leave child alone near water. Teach child water safety, how to swim, and to wear a life vest when boating.

**Car Safety**

- Use a booster seat in the back seat until child weight 80 to 100 pounds, is 4 feet 9 inches, and can sit against seat back with knees bent (usually between 8-10 years)
- The lap belt should fit low and flat on hips, with shoulder belt over the shoulder not on face or neck.

**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 or about to harm your child, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.

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

