Baby teeth are important to chew, speak and save room for adult teeth.
- A child should have a “dental home” and be seen twice a year or as advised by dentist.
- Baby teeth must last 6-10 years.
- Ask about fluoride varnish, drops, and tablets for child. Store fluoride and toothpaste out of child’s reach.
- Use a dab of fluoride toothpaste and teach child to spit, not swallow.
- Brush child’s teeth along gums twice a day, morning and before bedtime.
- Lift the lips and look at all sides of teeth. Call dentist if there are white, brown, or black spots.
- Sharing food, cups, straws or toothbrushes spreads cavity germs.
- 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 2-3 small snacks.
- Serve small portions and let child feed self.
- Healthy foods include:
  - A fruit or vegetable at meals and snack.
  - 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.

Offer healthy beverages.
- Offer water often and 2 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.
- Eat together, talk together, teach manners.

Physical activity and weight
- Get 60 minutes of active play a day.
- No more than 2 hours of TV and screen time a day.
Keeping Child Healthy
• Take child for regular health checkups and immunizations (shots).
• Talk to doctor before giving child medicines or home remedies.
• Keep child’s hair, body and clothes clean. Wash bedding once weekly.
• Keep child away from loud noises and music to protect hearing.
• 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.

Injury Prevention
• Never leave child alone or with a stranger or a pet.
• Keep electrical cords, pot handles and other hot things, out of child’s reach.
• Use childproof safety latches, locks on cabinets, 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.
• If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
• Carry or hold child’s hand near cars.
• Have child wear a helmet, knee, wrist, and elbow guards when using scooters, skates, skateboards and bikes.
• If biking with child, make sure child is buckled in and wears a helmet.

Child may:
• Get dressed without help
• Jump in place.
• Pedal a tricycle.
• Begin to draw.
• Use 4-5 word sentences and be understood by others.
• Know their name, age, and sex.
• Talk about fears.

Tips and Activities
• Help child learn to share.
• Talk, sing, and read to your child daily.
• Let child explore and try new things.
• Let child play with other children.
• Encourage play with blocks, simple puzzles, and crayons.
• Play outside with your child daily.
• Arrange special time for you and child.
• Let child pick up toys and clothes.
• Answer child’s questions honestly and in a simple way.

Show child lots of love, affection and attention.
Be patient. Give praise.

Water Safety
• Set water heater to less than 120°F.
• Never leave child alone in the bathtub, pool, near a bucket of water or toilet.
• Teach child water safety and how to swim.
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.
• Use a forward-facing car seat placed properly in the back seat. Make sure child is correct weight and height for the car seat.

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)