

### 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.



**Give healthy snacks, nothing sweet or sticky.**

### 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.
- Limit fast foods and snacks high in sugar and fat.

### 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.



WIC: 1-888-942-9675

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

## 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

**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.



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

**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.

**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)