

- A child should have a “dental home” and be seen twice a year or as advised by dentist.
- Healthy teeth are needed to chew, speak and save room for adult teeth.
- 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. Have child spit it out, not swallow it.
- Brush child’s teeth along gums twice a day, morning and before bedtime.
- Give healthy snacks, nothing sweet or sticky.
- Ask child’s doctor or dentist for advice if thumb/finger sucking continues.



**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 eating between meals.
- Limit fast foods and snacks high in sugar and fat.



### Offer healthy beverages.

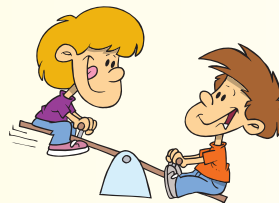
- Offer water often and 3 cups of nonfat or low fat milk a day.
- Limit 100% fruit juice to ½ - ¾ cup a day.
- Do not give soda and other sweet drinks.

### 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 and screen time to 2 hours a day.



## Growing Up Healthy



4-5 years

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

### 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 tobacco smoke and products.
- Use sunscreen when outdoors.
- Have child wash hands with soap and water after using toilet, before eating.

### Injury Prevention

- Use childproof safety latches, locks on cabinets, outlet covers.
- Use stair gates and window guards.
- 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 a helmet, knee, wrist, and elbow guards when using scooters, skates, skateboards and bikes.



### Teach child to avoid strangers.

A child should never go with anyone without your permission.

### Child may:

- Enjoy jokes and be talkative.
- Play well with other children and have friends.
- Be able to cut and paste.
- Play blocks, cards, and board games.
- Have better balancing and climbing skills.
- Want to dress alone.
- Enjoy pretend play and be very curious.
- Wet bed at night. If this happens regularly, talk to doctor.

### Tips and Activities

- Give child a few simple chores, like picking up toys or clothes and helping set or clean the table.
- Take walks and talk about what you see.
- Play outside with your child daily.
- Encourage child to play with other children.
- Make bedtime a calm time. Read or sing.
- Child needs 11-13 hours of sleep each night.
- Answer child's questions honestly, in a simple way that can be understood.
- Teach child their full name.
- Teach child the difference between "good" and "bad" touches. Teach child how to say "no" to bad touches and to tell you.



### Water Safety

- Set water heater to less than 120°F.
- Never leave child alone near water. Teach child water safety and how to swim. Pool/spa should be fenced with a self-latching gate.

### Car Safety

- Children can ride in a forward-facing car seat until they reach the upper weight or height limit of the seat, usually around age 4 and 40 pounds.
- CA law requires children to use a car or booster seat, in the back seat, until they are age 6 or 60 pounds.

### 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)