

Dental

Parents/caregivers: Keep brushing your child's teeth until they are 7 or 8 years old.

- Children can't brush well on their own. Brush child's teeth, and along gums twice a day with a pea-size dab of fluoride toothpaste. Teach child to spit, not swallow.
- Ask child's doctor or dentist for advice if thumb/finger sucking continues.
- Ask about fluoride varnish and tablets for child. Store fluoride tablets and toothpaste out of child's reach.
- "Baby" teeth must last 6-10 years.
- Healthy teeth are needed to chew, speak, and save room for adult teeth.
- A child needs a "dental home". Visit the dentist twice a year, or as advised by dentist.
- Give healthy drinks and snacks, not sweet or sticky.



Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

Parents: Set a good example.

- Brush with fluoride toothpaste every morning and night.
- Floss before bedtime.
- Make a dental appointment for yourself.
- Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

Nutrition

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

- Child decides how much and which food to eat, more on some days than others.
- Start the day with breakfast.
- Healthy foods include:
 - Fruit and vegetables (half the plate)
 - Whole grain bread, cereal, or pasta.
 - Protein and iron-rich foods, like meats, chicken, fish, eggs, beans, and tofu.
- Offer child new foods often to try new tastes.
- Limit fried and fast foods plus snacks high in sugar and fat.

Offer healthy beverages.

- Offer water often.
- Drink 2 cups of nonfat or low fat milk a day plus 1 additional low fat dairy product.
- Whole fruit is best. Limit 100% fruit juice to $\frac{3}{4}$ cup a day.
- Do not give soda or other sugary drinks.

Make family meals a happy time.

- Let child help prepare meals and snacks and serve themselves.
- Eat together, talk together, and teach table manners.
- Teach child to wash hands before meals.
- Do not force child to eat or clean plate.

Physical activity and weight.

- Child gets 60 minutes or more of active play a day.
- Limit screen use to 1 hour a day of high-quality programs.

Women, Infants and Children (WIC):
Call 1-888-942-9675
Food Stamps-Supplement Nutritional
Assistance Program (SNAP): 1-877-847-3663

Growing Up Healthy: 4 to 5 Years



Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- To find a Medi-Cal dentist, call 1-800-322-6384 or visit www.smilecalifornia.org
- For health information about kids and teens; visit www.kidshealth.org
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- If you feel overwhelmed, sad, or about to shake or harm your baby, 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).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



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Health

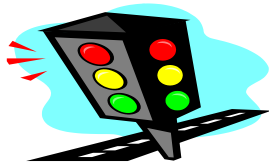
Keeping Child Healthy

- Use sunscreen when outdoors.
- Take child for regular health check-ups and immunizations (shots).
- Keep child's hair, hands, body, clothes, car seat, and bedding clean and dry. Wash bedding weekly.
- Wash child's hands with soap and water after using toilet, and before eating.
- Keep child away from tobacco smoke and nicotine products.
- Talk to doctor before giving child any medicines or home remedies.



Preventing Injury

- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches, and lights.
- Teach child about traffic lights and how to use crosswalk.



- If gun is kept in the home, unload, lock up, and store bullets separately and hide the keys. Do not let child play with guns, bullets, or bullet casings.
- If child is using bike, tricycle, or scooter, have child wear a helmet and knee, wrist, and elbow guards.
- Use outlet covers, childproof safety latches, and locks on cabinets and toilet seats. Use stair gates and window guards.

What to Expect

Child may:

- Enjoy jokes and be talkative.
- Play well with others 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.
- If child is very quiet and always sad, talk to doctor.



Tips and Activities

- Give child a few simple chores, like picking up toys or clothes and helping set or clean table.
- Take walks and talk about what you see.
- Play outside with child daily.
- Encourage child to play with other children.
- Make bed time a calm time. Read or sing.
- Child needs 11-13 hours of sleep each night.
- Teach child their full name.
- Teach child the difference between "good" and "bad" touches. Teach child how to say "no" to bad touches and tell you.
- Answer child's questions honestly and simply.
- Spend time every day talking to your child about their life and their friends. Talk about what bullying means to them and what they could do if they are being bullied or see someone else being bullied.

Safety

Teach child to avoid strangers

- Never have child go with anyone without your permission.

Water Safety

- Set water heater to less than 120°F and check water before putting child in bath.
- Never leave child alone in bath, pool, or near water or toilet. Put a fence with a self-latching gate around a pool or spa.
- Teach child water safety and how to swim.

Car Safety

- Children can ride in a forward-facing car seat until they reach the upper weight or height limit of the seat as determined by manufacturer. Check label on car seat.
- Use a booster seat in the backseat until child is 4 feet 9 inches and can sit against vehicle seat back with knees bent and can wear lap and shoulder belt correctly. Child cannot ride in front seat until 12 years old.

Environmental Safety

- If your child has asthma, work with doctor to learn what triggers your child's asthma attacks.
 - Develop and share action plan with school and childcare workers.
 - Everyday triggers of asthma attacks are cockroaches, pet dander, dust mites, mold, and secondhand smoke.
- Keep small magnets out of child's reach.
- Choose non-toxic art and craft supplies.

Prepare for Emergencies

- Be prepared. Plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months.