

Dental

Healthy baby teeth are important.

- Wipe baby's gums gently with a soft, clean, wet cloth twice a day. As soon as the first tooth appears, use a washcloth or soft toothbrush with a rice-grain size dab of fluoride toothpaste.
- For teething pain, rub gums gently or give a cold, clean, teething ring.
- Ask doctor or dentist about fluoride varnish and fluoride drops for baby.
- Germs that cause cavities can spread from your saliva to your baby's mouth. Do not share toothbrushes, spoons, or cups.
- If baby uses a pacifier:
 - Do not dip it in anything sweet.
 - Only give a clean pacifier. If it falls out, wash it; do not "clean" it with your own mouth.
 - Keep extras on hand.
- Do not prop a bottle – this can leave formula or breastmilk on the teeth and lead to cavities.



Hold your baby while feeding. Put your baby to sleep without a bottle or breastmilk in the mouth.

Parents: Take care of your own teeth.

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

Nutrition

Breastfeeding is best.

- Aim to breastfeed often - 6 or more times a day.
- Breastmilk is the only food baby needs until about 6 months old.

Keep feeding baby formula with iron to age 1.

- Offer more formula, 4-6 ounces every 3-5 hours, as baby grows.
- Do not give cow's milk until baby is one.

Put only breast milk or formula in the bottle - no juice or soda.

Start solid foods around 6 months.

Baby is ready when he/she:

- Sits up and holds head up
- Opens mouth for food
- Closes lips over spoon
- Shows interest in your food

Feeding tips

- Start with iron-rich foods, like baby cereal or pureed meats.
- Give only one new food every 4-5 days.
- Look for any bad reactions (skin rash, diarrhea, or breathing problems) with new foods.
- Feed baby with a spoon. Do not put food in a bottle.
- Feed 10-15 minute meals, 2-3 times a day.
- Baby is full when looks away or spits food.
- No honey or foods with honey until baby is one year old. It can make baby very sick.
- If baby was born early or family has food allergies, talk to your healthcare provider before starting solids.

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

Growing Up Healthy: 5 to 6 Months



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 Baby Healthy

- Always put baby on a clean surface.
- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers.
- Keep baby away from:
 - Loud noises and music to protect hearing
 - Tobacco smoke and nicotine products
 - Crowds and sick people
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

Preventing Injury

- Do not use infant walkers or hanging jumpers as they can cause injuries.
- Check labels to make sure toys are lead-free.
- Never leave baby alone:
 - On a bed or changing table
 - With a stranger or a pet
- Never shake, toss, or swing baby in the air. Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby. Remove string from sweatshirt hood.

What to Expect

All babies are different.

Baby may not always grow or act exactly like other babies and may need time to warm up to people and activities. Call your doctor if there are any concerns.

Baby may:

- Reach for objects.
- Sit up with support.
- Bring objects to mouth.
- Roll over.
- Feel and shake objects.
- Squeal, laugh, and smile.

Tips and Activities

- Babies learn more quickly when you spend time with them. Play, talk, sing, and read to baby.
- Give baby colorful soft toys that make soft noises when moved or squeezed.
- Check toys for loose parts that baby may swallow or choke on. Keep small toys out of baby's reach.
- Put baby on a clean blanket on floor to play. Let baby crawl and to build strong legs and arms.
- Protect baby with hat or shade covering. Do not put on sunscreen until baby is 6 months old.
- Give baby attention and love.



Safety

Sleep Safety

- Always place baby to sleep on back, on a firm mattress with fitted sheet. No pillows, soft bedding, or toys in crib. Do not overdress baby.
- Use a crib, free of lead-based paint, with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

Bath Safety

- Set water heater to less than 120°F and check water before putting baby in bath.
- Never leave baby alone in bath.

Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

Protect Baby

- Breathing carbon monoxide can cause sudden sickness and death.
 - Never warm up a car in the garage, even with the door open.
 - Never use a generator indoors, in any closed-off space, or near windows or doors.
- Dust may contain lead and other harmful chemicals and allergens. Clean floors and surfaces often and wash your and your baby's hands often.

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.