

Dental

"Baby" teeth are important to chew, speak, and save room for adult teeth.

- "Baby" teeth must last 6-10 years.
- Brush child's teeth along gums twice a day.



Use pea-size dab of fluoride toothpaste. Teach child to spit, not swallow.

- A child needs a "dental home." Visit the dentist twice a year, or as advised by dentist.
- Lift the lips and look at all sides of teeth. Call dentist if there are any white, brown or black spots.
- Ask doctor or dentist about the fluoride varnish and tablets for child. Keep fluoride out of child's reach.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.



Give healthy snacks - not sweet or sticky.

Parents:

- Stop the spread of cavity germs. Do not share anything that has been in your mouth with your toddler.
 - Do not share toothbrushes, cups, spoons, straws, etc.
 - Do not pre-chew or bite off food.
- Take care of your own teeth.
 - Brush with fluoride toothpaste morning and night. Floss before bedtime.
 - Make a dental appointment for yourself.
 - Ask your dentist about fluoride, gum or mints with 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, will eat more on some days than others.
- 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 (may take 10 times).
- Limit fried and fast foods plus snacks high in sugar and fat.
- Have child eat only during meals and snacks.

Make family meals a happy time.

- Teach child to wash hands before meals.
- Sit and eat together and show table manners.
- Do not force child to eat or clean plate.
- Have child help shop and prepare meals.

Child uses a small cup for all drinks.

- Offer water often and 2 cups of nonfat or low fat milk a day.
- Whole fruit is best. Limit 100% fruit juice to ½ cup a day.
- Do not give soda or other sugary drinks.



Child gets 60 minutes or more of active play.

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: 3 Years



Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- To [find a Denti-Cal dentist](http://www.denti-cal.ca.gov), call 1-800-322-6384 or see www.denti-cal.ca.gov
- For [health information about kids and teens](http://www.kidshealth.org), 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 child's hand with soap and water after using toilet, and before eating.
- Keep child away from:
 - Loud noises and music to protect hearing
 - Tobacco smoke and nicotine products



Talk to doctor before giving child any medicines or home remedies.

Preventing Injury

- If gun kept in the home, unload, lock up, store bullets separately, and hid the keys.
- Use stair gates and window guards
- Keep electrical cords, pot handles and other hot things out of child's reach.
- If child is using bike, tricycle, or scooter have child wear helmet plus knee, wrist, and elbow guards.
- Never leave child alone with a stranger or pet.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.



Choking hazards

Child can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags and balloons away from child.

What to Expect



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

- If child is very quiet and always sad, talk to the doctor.

Child may:

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

Encourage play with blocks, simple puzzles and crayons.



Tips and Activities

- Help child learn to share.
- Let child explore and try new thing and play with other children.
- Arrange special time for you and your child and play outside with your child daily.
- Let child pick up toys and clothes.
- Answer child's questions honestly and simply.
- Play, talk, sing and read stories with child daily.

Safety

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.



Teach child water safety and how to swim.

Put a fence with a self-latching gate around pool or spa.

Car Safety

- Always check behind car before backing out.
- Never leave child alone in car.
- Carry or hold child's hand when near cars.
- Use forward-facing car seat with a harness placed properly in the back seat. Make sure child is correct weight and height for the car seat.

Environmental Safety

- Wooden play sets and picnic tables (made before 2003) may contain arsenic. Wash child's hands after using and cover picnic tables while eating.
- Paint may contain lead. Do not let child eat paint chips or play in spaces that have paint dust, peelings or chips.



Keep remotes and electronic devices out of child's reach if battery sections are not secured with a screw.

Use tape to further secure battery section.

Prepare for Emergencies

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