

## Dental

Baby teeth must last 6 – 10 years.



**Brush child's teeth along gums twice a day with a tiny rice-grain size of fluoride toothpaste.**

- A child needs a “dental home.” Visit the dentist twice a year or as advised by dentist.
- Ask doctor or dentist about fluoride varnish and drops or tablets for child. Keep fluoride out of child's reach.
- Keep baby teeth healthy to chew, speak and save room for adult teeth.
- Give child health snacks, nothing sweet or sticky.
- Do not spread cavity germs by sharing 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 for child.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.



**Lift the lips and look at all sides of teeth. Call dentist if there are any white, brown or black spots.**

Parents: Stop the spread of cavity germs and take care of your own teeth.

- ✓ Brush with fluoride toothpaste morning and night.
- ✓ Floss at 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 three 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 food, like meats, chicken, fish, eggs, beans and tofu
- Offer child a new food (may take 10 times).
- Limit fried, 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.
- Child may like a food one day and not the next, also like to say “No.”

**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.

**Physical activity and weight**

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

**Some foods cause choking. Do not feed child:**

- Round (hot dogs, grapes, popcorn, nuts)
- Pitted (cherries, olives)
- Hard (candy, raw vegetables)
- Sticky foods (nut butters, candy)

Women, Infants and Children (WIC):  
Call 1-888-942-9675

Food Stamps – Supplement Nutritional Assistance Program (SNAP): 1-877-847-3663

## Growing Up Healthy: 2 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](http://www.smilecalifornia.org)
- For health information about kids and teens, visit [www.kidshealth.org](http://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.
- Do not let child eat paints chips or dirt, or play in bare dirt.
- 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 hands with soap and water after using toilet.
- 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 child is using a bike, tricycle, or scooter, make sure child is wearing a helmet.**

- If gun kept in the home, unload, lock up, store bullets separately, and hide the keys.
- Use stair gates and window guards
- Carry or hold child's hand when near cars.
- Keep electrical cords, pot handles and other hot things out of child's reach.
- Check labels to make sure toys are lead-free.
- 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.
- Child can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags and balloons away from child.

# What to Expect



**A child has lots of energy. Be patient. Give praise.**

- "No" is a favorite word of a two-year-old. Offer few choices to avoid child answering "no."
- If child is very quiet and always sad, talk to the doctor.

## Child may:

- Have mood swings (feel up and then down).
- Open doors, throw a ball overhand, and climb stairs
- Stack 5-6 blocks
- Speak in 2-3 word sentences and sing songs
- Repeat what you say
- Play near other children and not share

## Tips and Activities

- Be consistent and patient. When child does something wrong, say why it is wrong, and direct child to another activity.
- Talk to child about using the toilet or potty-chair. A child may not be potty trained until three years old.
- Give child rest or nap time.
- Offer simple toys that child can take apart and put back together.



**Play, talk, sing, and read stories with child daily.**

# Safety

## Bath and 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.

## Car Safety

- Always check behind car before backing out.
- Never leave child alone in car.
- Use a rear-facing car seat with a harness buckled properly in the back seat. Make sure child weighs 40 pounds or is 40 inches tall before forward facing in car seat.

## Environmental Safety

- Ask your doctor for or inquire where in the community you can get a blood test for child. Have child tested for lead at 12 months and 24 months.
- 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.
  - Every day triggers of asthma attacks include cockroaches, pet dander, dust mites, mold and secondhand smoke.
- Protect your child from contact with insect killers
  - If you have insects in your home, get rid of clutter, empty garbage bags often, fix leaks, and keep food in tightly sealed containers.

## 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.