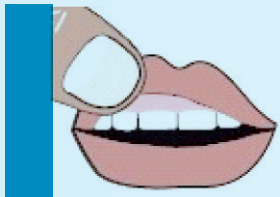


## Baby teeth must last 6-10 years.

- A child needs a “dental home”. Go twice a year or as advised by dentist.
- Keep teeth healthy to chew, speak and save room for adult teeth.
- Ask about fluoride varnish and drops for child. Store out of child’s reach.
- Brush child’s teeth along gums twice a day with a dab of fluoride toothpaste.
- Teach child to spit, not swallow.
- Sharing spoons, cups, straws or toothbrushes spreads cavity germs.
- Do not pre-chew food.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Avoid sweet or sticky snacks.



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

**Parents:** Stop spreading cavity germs - take care of your own teeth:

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Go to the dentist. Ask about gum or mints with xylitol and mouth washes to prevent cavities in your mouth.

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

- Serve small portions and let child feed self.
- Healthy foods include:
  - A fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice and corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Offer child new foods to try new tastes.
- Limit eating between meals.
- Limit fast foods and snacks high in sugar and fat.



## Make family meals a happy time.

- Teach child to wash hands before meals.
- Eat together and show table manners.

## Child uses a small cup for all drinks.

- Offer water often and 2 cups nonfat or lowfat milk a day.
- Limit 100% fruit juice to ½ - ¾ cup a day.
- Do not give soda or other sweet drinks.

## Physical Activity and Weight

- Get 60 minutes of active play.
- No more than 2 hours of TV a day.

## Some foods cause choking, do not give:

Round (hot dogs, grapes, popcorn), Pitted (cherries), Hard (candy, raw vegetables), Sticky (peanut butter)

## Growing Up Healthy



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

## 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, clothes, toys and bedding clean.
- Keep child away from loud noises and music to protect hearing.
- Keep child away from tobacco smoke and products.
- Use sunscreen when outdoors.
- Wash child's hands with soap and water after using toilet.
- Wash your hands with soap and water after changing diapers.

## Injury Prevention

- Never leave child alone or with a stranger or a pet.
- Remove string from sweatshirt hood.
- Keep electrical cords, pot handles and other hot things, out of child's reach.
- Use childproof safety latches, locks on cabinets, toilet seats, outlet covers.
- Use stair gates and window guards.
- Keep medicines, cleaning supplies, plants out of the reach of children.
- Child can choke on small objects. Keep keys, unsafe toys, plastic bags and balloons out of reach.
- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Carry or hold child's hand near cars.
- Have child wear a helmet when using tricycle or scooter.
- If biking with child, make sure child is buckled in and wears a helmet.

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



- "No" is a favorite word of a two year old. Offer a few choices to avoid child answering "no."

## Child may:

- Open doors, throw a ball overhand, and climb stairs
- Stack 5 or 6 blocks
- Speak in 2-3 word sentences
- Sing songs
- Repeat what you say
- Play near other children and not share

## Tips and Activities

- Play, talk, sing, and read stories to child daily.
- Offer simple toys to put together.
- Praise good behavior.
- 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.
- TV is NOT a "babysitter." Limit 1-2 hrs.
- Give child rest or nap time during the day.

## Bath and Water Safety

- Set water heater to less than 120°F.
- Check water before putting child in bath.
- Never leave child alone in the bathtub, pool, near a bucket of water or toilet. Pool/spa should be fenced with a self-latching gate.

## Car Safety

- Check behind car before backing out.
- Never leave child alone in a car.
- Use a forward-facing car seat placed properly in the back seat. Make sure child is correct weight and height for the car seat.

## 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, sad or about to shake or harm your child, 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)