**Bathing Care:**

* **To stay clean, toddlers need a bath only 2-3 times a week. But they often enjoy baths more often than this.**
* **Clean toddlers’ faces and genitals daily even if they don’t bath every day.**
* **Never leave toddlers alone in the bath.**
* **Some toddlers are afraid of baths. Try bathing with them or making baths a time for play.**

**Dental Care:**

* **For most children, all 20 baby teeth arrive by three years of age.**
* **Prevent tooth decay by brushing teeth twice a day and avoiding sugary foods and drinks.**
* **Use low-fluoride toothpaste from 18 months of age.**
* **Take your child to see the dentist at around 12 months of age or when the first tooth appears.**

**Dressing:**

* **Getting dressed is an important skill for children to learn – but it can be hard.**
* **It helps to break getting dressed into small steps. Teaching the last step first can work well.**
* **Keep in mind that every child is different and will develop skills at different rates.**

**Health Care:**

* **Common child health issues include allergies, colds, conjunctivitis, gastro, hand, foot and mouth disease, impetigo, lice and worms.**
* **You can treat mild health issues at home. But if you’re worried, see your GP.**
* **Handwashing is one of the best ways to prevent the spread of infection.**

**Anxiety and Fear in children :**

* **Anxiety in children is normal. Childhood anxieties and fears include separation anxiety, fear of the dark and worries about school.**
* **Acknowledge your child’s anxiety and encourage him to do the things he’s anxious about. Praise him when he does.**
* **Seek professional help if you think anxiety is affecting your child’s health and happiness.**