Parents decide what food is served at 3 meals and 1-3 small snacks.

• Serve small portions.
• Healthy foods include:
  • Fruit or vegetable at meals and snacks.
  • Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  • Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
• Offer child new foods to try new tastes.
• Start the day with breakfast.
• Limit fast foods and snacks high in sugar and fats.

Offer healthy beverages.

• Offer water often and 3 cups of nonfat or low fat milk a day.
• Limit 100% fruit juice to ½ - ¾ cup a day.
• Do not give soda and other sweet drinks.

Make family meals a happy time.

• Teach child to wash hands before meals.
• Let child help prepare meals.
• Eat together, talk together, teach manners.
• Turn off the TV at meals.

Physical activity and weight

• Get 60 minutes of active play a day.
• Limit TV/video games/computer to 2 hours a day (except for homework).

Parents: Set a good example, brush morning and night. Floss before bedtime.
Keeping Child Healthy
• Take child for regular health checkups and immunizations (shots).
• Keep child’s hair, body and clothes clean. Wash bed sheets weekly.
• Keep child away from tobacco smoke and products.
• Use sunscreen when outdoors.
• Have child wash hands with soap and water after using toilet, before eating.
• Start talking to child about not using drugs, alcohol, or tobacco.

Injury Prevention
• Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches and lighters.
• If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
• Teach child about traffic lights and how to use a crosswalk.
• Have child wear mouth guard, helmet, knee, wrist, and elbow guards when using scooters, skates, skateboards or bikes.

Teach child to avoid strangers
A child should never go with anyone without your permission

Child may:
• Want to be more independent
• Want to spend more time with friends
• Want to dress alone
• Describe experiences and talk more about thoughts and feelings
• Begin to have an awareness of the future
• Play board games and learn to be part of a team
• Want to test balance and climbing skills
• Enjoy activities that require planning.

Tips and Activities
• Give child simple chores, such as setting the table, making their bed, helping prepare family meals.
• Take walks. Talk to your child to talk about what they see and think.
• Help child develop a bedtime routine. Use a set bedtime.
• Help child learn patience by letting others go first.
• Read to child. Read to each other.
• Teach child how to dial 911 in an emergency. Child should know full name, address and phone number.
• Teach child the difference between “good” and “bad” touch; how to say “no” to bad touch, and to tell you.

Water Safety
• Set water heater to less than 120°F.
• Never leave child alone near water. Teach child water safety, how to swim, and to wear a life vest when boating.

Car Safety
• Use a booster seat in the back seat until child weighs 80 to 100 pounds, is 4 feet 9 inches, and can sit against vehicle seat back with knees bent over edge of seat (usually between 8-10 years)
• The lap belt should fit low and flat on hips/upper thighs, with shoulder belt across the shoulder and chest not on face or neck.

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 or about to harm your child, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.
To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)