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 eating between meals.
- Limit fast foods and snacks high in sugar and fat.

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.

Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

Parents: Set a good example, brush morning and night. Floss before bedtime.

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 and clothes clean. Wash bedding once 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.

Injury Prevention
- Use childproof safety latches, locks on cabinets, outlet covers.
- Use stair gates and window guards.
- 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 a helmet, knee, wrist, and elbow guards when using scooters, skates, skateboards and bikes.

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

Child may:
- Enjoy jokes and be talkative.
- Play well with other children and have friends.
- Be able to cut and paste.
- Play blocks, cards, and board games.
- Have better balancing and climbing skills.
- Want to dress alone.
- Enjoy pretend play and be very curious.
- Wet bed at night. If this happens regularly, talk to doctor.

Tips and Activities
- Give child a few simple chores, like picking up toys or clothes and helping set or clean the table.
- Take walks and talk about what you see.
- Play outside with your child daily.
- Encourage child to play with other children.
- Make bedtime a calm time. Read or sing.
- Child needs 11-13 hours of sleep each night.
- Answer child’s questions honestly, in a simple way that can be understood.
- Teach child their full name.
- Teach child the difference between “good” and “bad” touches. Teach child how to say “no” to bad touches and to tell you.

Water Safety
- Set water heater to less than 120°F.
- Never leave child alone near water. Teach child water safety and how to swim. Pool/spa should be fenced with a self-latching gate.

Car Safety
- Children can ride in a forward-facing car seat until they reach the upper weight or height limit of the seat as determined by manufacturer, usually around age 4 and 40 pounds.
- CA law requires children to use a car or booster seat, in the back seat, until they are age 6 or 60 pounds.

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)