Healthy baby teeth are important.

Take baby to the dentist by age one!

- Ask about fluoride varnish and drops for baby. Store out of baby’s reach.
- Clean all sides of teeth gently twice a day. Use a child’s toothbrush and a dab of fluoride toothpaste. Wipe off excess toothpaste.
- Lift baby’s lips and look at all sides of teeth. Call dentist if there are white, brown, or black spots.
- Never put baby to bed with a bottle.
- Do not dip pacifier in honey or anything sweet or lick to “clean.” Honey can make baby very sick.
- Sharing spoons, cups or toothbrushes spreads cavity germs. Do not chew food and feed to baby.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

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

- Brush in the morning and brush and floss before bedtime.
- Make a dental appointment for yourself.
- Ask about gum or mints with xylitol and mouthwashes to prevent cavities in your mouth.

Keep feeding baby breast milk or formula with iron to age 1.
- If formula feeding, baby will now take 4-6 ounces 3-4 times daily.
- Baby may nurse less as solid food increases.
- By age 1, baby only drinks from a cup.
- It is OK to give cow’s milk at age 1.
- Give breast milk, formula or water in a cup with meals.
- Limit 100% fruit juice to ¼ - ½ cup per day.
- Do not give soda or other sweet drinks.

Give baby healthy foods in 3 small meals and 2-3 small snacks.
- Give pureed, mashed, and soft lumpy foods to help baby learn to chew.
- At each meal give iron-rich food such as cooked and finely chopped meats or chicken, mashed tofu or beans.
- Give finger foods: small pieces of toast or unsalted crackers.

Some foods cause choking, do not give:
Round (hot dogs, grapes, popcorn), Pitted (cherries), Hard (candy, raw vegetables), Sticky (peanut butter)

Today’s Date: _______________________
Name: ____________________________
Age: ______________________________
Length: ________  Weight: ____________

Next Appointment:
Date: ___________ Time: ____________

Important phone numbers:
Police, fire, ambulance: Call 911
CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9675
Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3683

Developed by the Nutrition, Dental, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee. Translation funded by the California Office of Multicultural Health. Rev 07/2012
What to Expect

Health

Baby learns quickly when you teach by gently showing and not by punishing.

Baby may:
- Be afraid of new people
- Get into a sitting position
- Poke with fingers
- Bang together two objects
- Stand when holding on to couch
- Copy speech and sounds
- Say “ma-ma” and “da-da.”

Tips and Activities
- Play games like peek-a-boo.
- Give toys that move like large balls or rolling toys.
- Give empty boxes, pots and pans to play with.
- Let baby crawl to build strong arms and legs.
- Baby should wear soft shoes.
- Take baby for walks outside. Use sunscreen.
- Help baby learn to talk. Name things baby sees.
- Put baby to sleep at the same time each night. A story or song can make bedtime relaxing.

Safety

Sleep Safety
- Always place baby on back to sleep on a firm mattress with fitted sheet.
- No pillows, soft bedding, or toys in crib.
- Don’t overdress baby.
- Use a crib without lead-based paint, with bars no more than 23/8 inches apart.
- Set mattress at lowest level.
- Keep crib away from windows, drapes, cords, and blinds.

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

Car Safety
- Never leave baby alone in a car.
- Use a rear-facing car seat in the back seat until age 1 and at least 20 pounds. Never place baby in front of an airbag.

Injury Prevention
- Never leave baby alone on a bed or changing table.
- Never leave baby alone or with a stranger or a pet.
- Never pick up baby by arms, shake, toss, or swing in the air.
- Remove string from sweatshirt hood.
- Never tie pacifier around neck.
- Keep hot things out of baby’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.
- Baby can choke on small objects. Keep keys, unsafe toys, plastic bags and balloons away from baby.
- Do not use an infant walker or hanging jumper. These can cause injuries.
- If biking with baby, make sure baby is buckled in and wears a helmet.

Resources for Parents:
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)