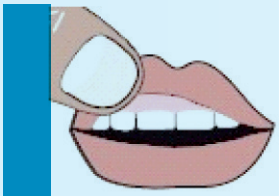


Dental

Nutrition

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

WIC: 1-888-942-9675

Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3663



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



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 with a harness 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)