

Dental

Nutrition

Healthy baby teeth are important.

- Twice a day, clean all sides of teeth. 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.
- Ask doctor or dentist about fluoride varnish and drops for baby.
- Put baby to bed **without** a bottle.
- Do not dip pacifier in honey or anything sweet or lick to "clean." Honey can make baby very sick.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

SHARING CAN SPREAD CAVITY GERMS:



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 6-8 ounces 3-4 times daily.
- Baby may nurse less as solids increase.
- Teach baby to use a cup for breast milk, formula, or water.
- Limit 100% fruit juice to ¼ - ½ cup a day.
- Do not give soda or other sweet drinks.

Give baby healthy foods in 3 small meals and 2-3 small snacks a day.

- Give iron rich baby cereals and pureed meats, fruits, vegetables, or cooked beans by spoon.
- Give finger foods: small pieces of toast or unsalted crackers.
- Do not add salt or sugar to foods.
- Stop giving food when baby turns head away and closes mouth.
- Sit baby with family at meal or snack for 10-15 minutes.



Growing Up Healthy



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

Some foods cause choking, do not give:

Round (hot dogs, grapes, popcorn), Pitted (cherries), Hard (candy, raw vegetables), Sticky (peanut butter)

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 Baby Healthy

- Take baby for regular health checkups and immunizations (shots).
- Talk to doctor before giving baby medicines or home remedies.
- Keep baby's hair, body, clothes, and bedding clean and dry.
- Keep baby away from loud noises and music to protect hearing.
- Keep baby away from tobacco smoke and products.
- Wash your hands with soap and water after changing diapers.

Injury Prevention

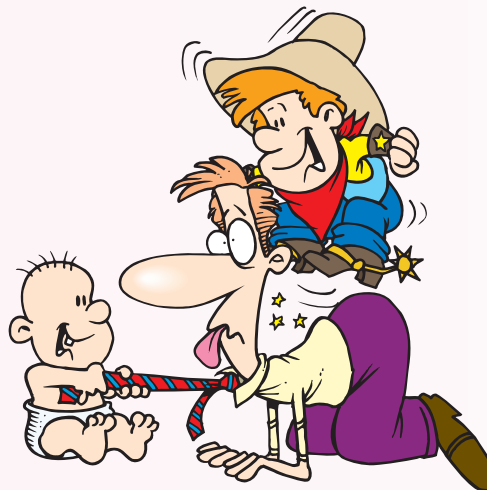
- Never leave baby alone on a bed or changing table.
- Never leave baby alone or with a stranger or a pet.
- Never pick up baby by arms, shake, toss, or swing in the air.
- Remove string from sweatshirt hood.
- Never tie pacifier around neck.
- Use childproof safety latches, locks on cabinets, outlet 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.

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

- Eat small pieces of soft food
- Crawl
- Sit alone without support
- Put things into mouth
- Turn when name is called
- Move objects from hand to hand.

Tips and Activities

- Play games like peek-a-boo.
- Give toys that move such as large balls or rolling toys.
- Give empty boxes, pots, 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 by naming things baby sees.
- Put baby to sleep at the same time each night. A story or song can make bedtime relaxing.

**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, ear 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.

Safety Tips for Parents:

- Be prepared, plan for emergencies
- Learn infant 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 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)