

Dental

Nutrition

Baby teeth must last 6-10 years.



A child needs a “dental home”. Go twice a year or as advised by dentist.

- Ask about fluoride varnish and drops for child. Store out of child’s reach.
- Keep teeth healthy to chew, speak and save room for adult teeth.
- 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 the lips and look at all sides of teeth. Call dentist if there are white, brown, or black spots.
- Sharing spoons, cups or toothbrushes spreads cavity germs. Do not chew food and feed to child.
- Licking pacifier clean can spread germs.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Give healthy snacks, nothing sweet or sticky.

Parents: Stop spreading 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.

Parents decide what food is served at 3 meals and 2-3 small snacks.

- Serve small portions. 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.

- Give ½ - ¾ cup cow’s milk or fortified milk alternative in a cup 3 to 4 times a day.
- Limit 100% fruit juice to ½ - ¾ cup a day.
- Do not give soda or other sweet drinks.



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: _____

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



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Keeping Child Healthy

- Take child for regular health checkups and immunizations (shots). Have child get a blood lead test at age 2.
- Talk to doctor before giving child medicines or home remedies.
- Keep child's hair, body, clothes, toys and bedding clean and dry.
- 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.
- Carry or hold child's hand near cars.
- If biking with child, make sure child is buckled in and wears a helmet.

Reward good behavior with a hug and praise.

**Child may:**

- Walk backwards
- Kick and throw a ball
- Stack 2 to 4 blocks
- Turn single pages of a book
- Follow simple directions
- Copy what you say and do.

Tips and Activities

- Use consistent, loving discipline. Say “no” firmly, when needed, and direct child to a new task. Never hit a child.
- Play with child. Talk, sing and read stories.
- Give simple toys that child can take apart and put back together.
- Build towers of blocks for child to knock down and set back up.
- Make a safe place for child to explore, play catch with a ball, and be curious.
- Watch child play on safe climbing equipment and swings.
- Leave a key word out of a story or rhyme and let child fill in the word. For example, “Mary had a little _____.”
- Tell child before you change activities.
- No TV. TV is **NOT** a “babysitter.”

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 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.
- If child weighs more than 20 pounds, child can ride in forward-facing car seat with a harness in the back seat; never near an airbag.

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)