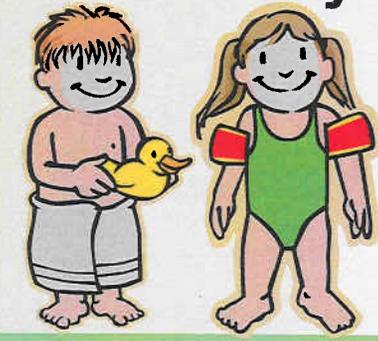


# DENTAL

# NUTRITION

3 years

## Growing Up Healthy



### Baby teeth are important to chew, speak and save room for adult teeth.

- A child should have a “dental home” and be seen twice a year or as advised by dentist.
- Baby teeth must last 6-10 years.
- Ask about fluoride varnish, drops, and tablets for child. Store fluoride and toothpaste out of child’s reach.
- Use a dab of fluoride toothpaste and teach child to spit, not swallow.
- Brush child’s teeth along gums twice a day, morning and before bedtime.
- Lift the lips and look at all sides of teeth. Call dentist if there are white, brown, or black spots.
- Sharing food, cups, straws or toothbrushes spreads cavity germs.
- 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.



**Give healthy snacks, nothing sweet or sticky.**

### 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 snack.
  - 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.

### Offer healthy beverages.

- Offer water often and 2 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.
- Eat together, talk together, teach manners.

### Physical activity and weight

- Get 60 minutes of active play a day.
- No more than 2 hours of TV and screen time a day.



WIC: 1-888-942-9675

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

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



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 06/2010



## 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 loud noises and music to protect hearing.
- 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

- Never leave child alone or with a stranger or a pet.
- Keep electrical cords, pot handles and other hot things, out of child's reach.
- 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.
- 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, knee, wrist, and elbow guards when using scooters, skates, skateboards and bikes.
- If biking with child, make sure child is buckled in and wears a helmet.



**Show child lots of love, affection and attention.**  
Be patient. Give praise.

## Child may:

- Get dressed without help
- Jump in place.
- Pedal a tricycle.
- Begin to draw.
- Use 4-5 word sentences and be understood by others.
- Know their name, age, and sex.
- Talk about fears.

## Tips and Activities

- Help child learn to share.
- Talk, sing, and read to your child daily.
- Let child explore and try new things.
- Let child play with other children.
- Encourage play with blocks, simple puzzles, and crayons.
- Play outside with your child daily.
- Arrange special time for you and child.
- Let child pick up toys and clothes.
- Answer child's questions honestly and in a simple way.

## Water Safety

- Set water heater to less than 120°F.
- Never leave child alone in the bathtub, pool, near a bucket of water or toilet.
- Teach child water safety and how to swim. 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 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)