

# Dental

## Dental health begins at birth

- If bottle-feeding, no bottle in bed. Rock, sing or use other ways to soothe baby to sleep.
- For breastfed babies, it is best to wait until one month of age to use a pacifier.
- If using a pacifier:
  - Do not dip in anything sweet.
  - Only give a clean pacifier. If it falls out, wash it; do not “clean” it with your mouth - keep extras on hand.
- Wipe baby's gum gently with a soft, clean washcloth every day.
- Germs that cause cavities can spread from your saliva to baby's mouth. Do not give anything that has been in your mouth to baby.



**Stop the spread of cavity germs and take care of your own teeth.**

## Parents:

- ✓ Brush with fluoride toothpaste morning and night.
- ✓ Floss at bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask your dentist about fluoride, gum or mints with xylitol and other ways to prevent cavities.

# Nutrition

## Breastfeeding is best.

- Mom: Eat a variety of health foods and drink enough fluids to satisfy your thirst.
- Aim to breastfeed at least 10-12 times in 24 hours. The more you breastfeed, the more milk you will make.
- Ask your doctor about vitamin D for baby.

## Formula feeding, give formula with iron.

- Always hold baby close while feeding.
- Do not prop a bottle.
- Put only breast milk or formula in the bottle.
- Feed newborn baby about 2 ounces of formula every 2-3 hours; watch for baby cues.
- Feed a 1-2 month old baby about 2-3 ounces of formula every 3-4 hours.
- It is okay if baby does not finish every bottle.
- No honey. It can make baby very sick.

## Seek help early for any feeding problems.

- Call WIC or your doctor's office, if you have questions about breastfeeding.
- Learn cues for when baby is hungry or full.
  - Hunger cues: baby looks for the nipple (roots), sucks, brings hands to mouth, becomes more active and makes noises.
  - Fullness cues: Sucking slows down, hands relax, turns head away or baby falls asleep.
- Crying is a late sign of hunger. Try to feed before baby starts to cry. A crying baby is hard to feed.

# Growing Up Healthy: Birth to 2 Months



## Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](http://www.denti-cal.ca.gov), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](http://www.kidshealth.org); visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.

Women, Infants and Children (WIC):  
Call 1-888-942-9675  
Food Stamps – Supplement Nutritional  
Assistance Program (SNAP): 1-877-847-3663



Reviewed 01/2017.

# Health

## Keeping Baby Healthy

- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers and before baby eats.
- Keep baby away from:
  - Loud noises and music to protect hearing.
  - Tobacco smoke and nicotine products.
  - Crowds and sick people.
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

## Preventing Injury

- Never leave baby alone:
  - On a bed or changing table.
  - With a stranger or a pet.
- Never shake, toss, or swing baby in the air.
- Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby. Remove string from sweatshirt.



# What to Expect

## Taking care of new baby can give you joy, worry and stress.

Baby may not always grow or act like other babies. Hold, cuddle and play with baby. Get to know what makes your baby special.



## Crying:

Crying is one-way baby talks to you. It could mean baby:

- Is hungry
- Has a wet diaper
- Is tired or sick
- Needs to be held
- Is scared

## If baby keeps crying:

- Wrap baby in a blanket
- Rock baby
- Sing or play soothing music
- Stroke baby's back gently
- Take baby for a ride in stroller or car
- Call the doctor

## Tips and Activities

- Give baby colorful soft toys.
- Take baby outdoors.
- Protect baby with hat or shade covering to prevent sunburns or overheating. Do not apply sunscreen until baby is 6 months old.
- Under adult supervision, put baby on stomach to build head control.

# 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 free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

## Bath Safety

- Set water heater to less than 120°F and check water before putting baby in bath.
- Never leave baby alone in bath.

## Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

## Environmental Safety

- Use clean, safe drinking water for baby formula. Use cold tap water and run for 1-3 minutes before using.
- Test drinking water for lead, nitrates, and coliforms, if from a private well.
- If breastfeeding, avoid eating king mackerel, shark, swordfish, and tilefish because they contain high levels of mercury. Eat up to 2 meals a week of fish and shellfish that are low in mercury, but limit albacore "white" tuna to 1 meal per week. Check local fish advisories about the safety of fish caught by family and friends.

## Prepare for Emergencies

- Be prepared; plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months

# Dental

## Good habits start early

- If bottle feeding, no bottle in bed. Rock or sing, give a clean pacifier, or use other ways to soothe baby to sleep.
- If baby uses a pacifier:
  - Don't dip it in anything sweet.
  - Only give a clean pacifier. If it falls out, wash it; do not "clean" it with your own mouth.
  - Keep extras on hand.
- Do not prop a bottle-it can lead to cavities.
- Wipe baby's gums gently with a soft, clean, wet washcloth every day.
- Germs that cause cavities can be spread from your saliva to baby's mouth. Don't spread cavity germs by sharing anything that has been in your mouth with baby.



**Don't put pacifier in your own mouth to "clean."**

## Parents: Take care of your own teeth.

- ✓ Brush with fluoride toothpaste every morning and night.
- ✓ Floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

# Nutrition

## Breastfeeding is best.

- Moms: Eat healthy foods and drink lots of water.
- Aim to breastfeed 8-12 times in 24 hours. The more you breastfeed, the more milk you will make.
- Ask your doctor about vitamin D for baby.
- Pump and freeze milk for later use.

## If formula feeding, give formula with iron.

- Always hold baby close while feeding.
- Do not leave baby alone with a bottle.
- Feed baby 3-4 ounces of formula every 3-5 hours – watch for baby cues.
- It's okay if baby doesn't finish every bottle.
- No honey. It can make baby very sick.

**Breastmilk or formula is the only food baby needs. Wait until baby is about 6 months old to begin solid foods.**



## Seek help early for any feeding problems.

- Babies cry for many reasons besides hunger.
- Learn cues for when baby is hungry or full:
  - Hunger cues: baby looks for nipple, brings hands to mouth, more active, or makes noises.
  - Crying is a late sign of hunger.
  - Full: Turns head away, closes mouth, relaxes hand or falls asleep.

Women, Infants, and Children (WIC):  
Call 1-888-942-9675  
Food Stamps-Supplement Nutritional  
Assistance Program (SNAP): 1-877-847-3663

# Growing Up Healthy: 3 to 4 Months



## Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](#), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](#); visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



Reviewed 01/2017.

# Health

## Keeping Baby Healthy

- Always put baby on clean surface.
- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers.
- Keep baby away from:
  - Loud noises and music to protect hearing.
  - Tobacco smoke and nicotine products.
  - Crowds and sick people.
- Talk to doctor before giving baby any medicines or home remedies.



## Preventing Injury

- Check labels to make sure toys are lead-free.
- Never leave baby alone:
  - On a bed or changing table.
  - With a stranger or a pet.
- Never shake, toss, or swing baby in the air.
- Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby.
- Remove string from sweatshirt hood.

# What to Expect

## All babies are different

Babies develop at their own rates. Baby may not always grow or act exactly like other babies and may need time to warm up to people and activities. Get to know what makes your baby special. Call your doctor if there are any concerns.

### Baby may:

- Lift head when on stomach.
- Smile, laugh, coo, and babble.
- Sit with support.
- Play with hands.
- Turn body from side to side.
- Splash in the tub.
- Bring objects to mouth.
- Kick feet while lying on back.



## Tips and Activities

- Play games, like peek-a-boo with baby.
- Cuddle, talk, sing, read, play soft music, and play gently with baby.
- Give baby colorful soft toys.
- Take baby outdoors.
- Protect baby with hat or shade covering. Do not put on sunscreen until baby is 6 months old.
- Under adult supervision, put baby on stomach to build head control.

# Safety

## Sleep Safety

- Always place baby to sleep on back, on a firm mattress with fitted sheet. No pillows, soft bedding, or toys in crib. Do not overdress baby.
- Use a crib free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

## Bath Safety

- Set water heater to less than 120°F and check water before putting baby in bath.
- Never leave baby alone in bath.

## Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag) until age 2.

## Environmental Safety

- Use clean, safe drinking water for baby formula.
- Use cold tap water and run for 1-3 minutes before using.
- Test drinking water for lead, nitrates, and coliforms, if from a private well.
- If breastfeeding, avoid eating king mackerel, shark, swordfish, and tilefish because they contain high levels of mercury. Eat up to 2 meals a week of fish and shellfish that are low in mercury, but limit albacore "white" tuna to 1 meal per week. Check local fish advisories about the safety of fish caught by family and friends.

## Prepare for Emergencies

- Be prepared. Plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms. Check alarms every 6 months.

## Dental

### Healthy baby teeth are important.

- Wipe baby's gums gently with a soft, clean, wet cloth twice a day. As soon as the first tooth appears, use a washcloth or soft toothbrush with a rice-grain size dab of fluoride toothpaste.
- For teething pain, rub gums gently or give a cold, clean, teething ring.
- Ask doctor or dentist about fluoride varnish and fluoride drops for baby.
- Germs that cause cavities can spread from your saliva to your baby's mouth. Do not share toothbrushes, spoons, or cups.
- If baby uses a pacifier:
  - Do not dip it in anything sweet.
  - Only give a clean pacifier. If it falls out, wash it; do not "clean" it with your own mouth.
  - Keep extras on hand.
- Do not prop a bottle – this can leave formula or breastmilk on the teeth and lead to cavities.



Hold your baby while feeding. Put your baby to sleep without a bottle or breastmilk in the mouth.

### Parents: Take care of your own teeth.

- Brush with fluoride toothpaste morning and night
- Floss before bedtime.
- Make dental appointments for yourself.
- Ask about fluoride, xylitol, and other ways to prevent cavities.

## Nutrition

### Breastfeeding is best.

- Aim to breastfeed often - 6 or more times a day.
- Breastmilk is the only food baby needs until about 6 months old.

### Keep feeding baby formula with iron to age 1.

- Offer more formula, 4-6 ounces every 3-5 hours, as baby grows.
- Do not give cow's milk until baby is one.

### Put only breast milk or formula in the bottle - no juice or soda.

### Start solid foods around 6 months.

#### Baby is ready when he/she:

- Sits up and holds head up
- Opens mouth for food
- Closes lips over spoon
- Shows interest in your food

### Feeding tips

- Start with iron-rich foods, like baby cereal or pureed meats.
- Give only one new food every 4-5 days.
- Look for any bad reactions (skin rash, diarrhea, or breathing problems) with new foods.
- Feed baby with a spoon. Do not put food in a bottle.
- Feed 10-15 minute meals, 2-3 times a day.
- Baby is full when looks away or spits food.
- No honey or foods with honey until baby is one year old. It can make baby very sick.
- If baby was born early or family has food allergies, talk to your healthcare provider before starting solids.

Women, Infants and Children (WIC):  
Call 1-888-942-9675  
Food Stamps – Supplement Nutritional  
Assistance Program (SNAP): 1-877-847-3663

## Growing Up Healthy: 5 to 6 Months



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- To [find a Denti-Cal dentist](#), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](#), visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

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Reviewed 01/2017.

# Health



## Keeping Baby Healthy

- Always put baby on a clean surface.
- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers.
- Keep baby away from:
  - Loud noises and music to protect hearing
  - Tobacco smoke and nicotine products
  - Crowds and sick people
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

## Preventing Injury

- Do not use infant walkers or hanging jumpers as they can cause injuries.
- Check labels to make sure toys are lead-free.
- Never leave baby alone:
  - On a bed or changing table
  - With a stranger or a pet
- Never shake, toss, or swing baby in the air. Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby. Remove string from sweatshirt hood.

# What to Expect

## All babies are different.

Baby may not always grow or act exactly like other babies and may need time to warm up to people and activities. Call your doctor if there are any concerns.

## Baby may:

- Reach for objects.
- Sit up with support.
- Bring objects to mouth.
- Roll over.
- Feel and shake objects.
- Squeal, laugh, and smile.

## Tips and Activities

- Babies learn more quickly when you spend time with them. Play, talk, sing, and read to baby.
- Give baby colorful soft toys that make soft noises when moved or squeezed.
- Check toys for loose parts that baby may swallow or choke on. Keep small toys out of baby's reach.
- Put baby on a clean blanket on floor to play. Let baby crawl and to build strong legs and arms.
- Protect baby with hat or shade covering. Do not put on sunscreen until baby is 6 months old.
- Give baby attention and love.



# Safety

## Sleep Safety

- Always place baby to sleep on back, on a firm mattress with fitted sheet. No pillows, soft bedding, or toys in crib. Do not overdress baby.
- Use a crib, free of lead-based paint, with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

## Bath Safety

- Set water heater to less than 120°F and check water before putting baby in bath.
- Never leave baby alone in bath.

## Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

## Protect Baby

- Breathing carbon monoxide can cause sudden sickness and death.
  - Never warm up a car in the garage, even with the door open.
  - Never use a generator indoors, in any closed-off space, or near windows or doors.
- Dust may contain lead and other harmful chemicals and allergens. Clean floors and surfaces often and wash your and your baby's hands often.

## Prepare for Emergencies

- Be prepared. Plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms. Check alarms every 6 months.

## Dental

### Healthy “baby” teeth are important.

- Ask doctor or dentist about fluoride varnish and drops for baby. Keep fluoride out of child’s reach.
- Clean all sides of baby’s teeth twice a day. Use a child’s soft toothbrush with a tiny rice-grain size dab of fluoride toothpaste. Wipe off any excess.
- Lift baby’s lips and look at all sides of teeth. Call dentist if there are any white, brown, or black spots.
- Medicines may have sugar or cause dry mouth. Follow with a drink of water or brush teeth.
- If bottle feeding, no bottle in bed. Rock or sing, give a clean pacifier or use other ways to soothe baby to sleep.
- If baby uses a pacifier:
  - Don’t dip it in anything sweet.
  - Only give a clean pacifier. If it falls out, wash it; do not “clean” it with your mouth. Keep extras on hand.
- Germs that cause cavities can be spread from your saliva to your baby’s mouth.

### Sharing can spread cavity germs.

#### Do not share items like:



Toothbrushes

Spoons

Cups

### Parents: Stop the spread of cavity germs by taking care of your own teeth.

- Brush with fluoride toothpaste every morning and night, and floss before bedtime.
- Make a dental appointment for yourself.
- Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

## Nutrition

### Breastfeeding is best.

- Breastfeed often - 6 or more times a day.
- Baby may breastfeed less as solids increase.

### Keep feeding baby formula with iron to age 1.

- If formula feeding, baby usually takes 6-8 ounces 3-4 times daily.
- Teach baby to use a cup for breast milk, formula, or water.
- Do not give baby soda, juice, or other sugary 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 peeled, soft fruit, 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 times for 10-15 minutes.
- No honey. It can make baby very sick.

### Some foods cause choking. Do not feed baby:

- Round food (hot dogs, grapes, popcorn, nuts)
- Pitted food (cherries, olives)
- Hard food (candy, raw vegetables)
- Sticky food (nut butters, candy)

Women, Infants and Children (WIC):

Call 1-888-942-9675

Food Stamps – Supplement Nutritional Assistance Program (SNAP): 1-877-847-3663

# Growing Up Healthy: 7 to 9 Months



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](#), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](#); visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



Reviewed 12/2017.

## Health



### Keeping Baby Healthy

- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers and before baby eats.
- Keep baby away from:
  - Loud noises and music to protect hearing
  - Tobacco smoke and nicotine products
  - Crowds and sick people
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

### Preventing Injury

- Check labels to make sure toys are lead-free.
- Do not use infant walkers or hanging jumpers as they can cause injuries.
- Never leave baby alone:
  - On a bed or changing table
  - With a stranger or a pet
- Never shake, toss, or swing baby in the air. Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby. Remove string from sweatshirt hood.

## What to Expect

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

Baby may be afraid of new people and cry when you leave. Comfort baby and make baby feel safe. Say goodbye when you leave.



### Baby may:

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

### Tips and Activities

- Give toys that move, such as large balls or rolling toys.
- Give baby empty boxes, pots, and pans to play with.
- Take baby for walks outside and use sunscreen.
- Help baby learn to talk by naming things baby sees.
- Let baby crawl on a clean blanket to build strong legs and arms.
- Play games, like peek-a-boo with baby.
- 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 free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, window sills, drapes, cords, and blinds.

### Bath Safety

- Set water heater to less than 120°F and check water temperature before putting baby in bath.
- Never leave baby alone in bath.

### Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

### Environmental Safety

- Store insect killers, cleaning products, paint products, or household chemicals in their original packages and keep out of child's reach.
- Do not use insect killers, paint, or other household products near children or pets. If needed, use insect baits/traps/gels instead of sprays/dust.
- Choose safe cleaning products. Stay away from products with ammonia, chlorine, or a skull and cross bone.
- Don't let baby eat or play where there's paint dust, peelings, or chips.

### Prepare for Emergencies

- Be prepared. Plan for emergencies. Learn CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months

## Dental



**Take baby to dentist by age one!**

**Healthy “baby” teeth are important.**

- Brush all sides of baby’s teeth twice a day. Use a child’s toothbrush and a tiny rice-grain size of fluoride toothpaste. Wipe off any 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. Keep fluoride out of child’s reach.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Don’t put baby to bed with a bottle.
- If baby uses a pacifier:
  - Don’t dip it in anything sweet
  - Only give a clean pacifier. If it falls out, wash it; do not “clean” it with your mouth. Keep extras on hand.
- Germs that cause cavities can be spread from your saliva to your baby’s mouth. Don’t spread cavity germs by sharing anything that has been in your mouth with your baby.

**Parents: Stop the spread of cavity germs by taking care of your own teeth.**

- Brush with fluoride toothpaste every morning and night and floss before bedtime.
- Make a dental appointment for yourself.
- Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

## Nutrition

**Breastfeeding is best.**

- Baby may breastfeed less often.
- Breastfeeding helps baby stay healthy and feel safe.

**Keep feeding baby formula with iron to age 1.**

- If formula feeding, baby usually takes 4-6 ounces 3-4 times daily.
- By age one; baby only drinks from small cup, except if breastfeeding.
- It’s OK to give baby cow’s milk at age 1.
- Give baby breast milk, formula, or water in a cup with meals.
- Do not give baby juice, soda or other sugary drinks.
- No honey. It can make baby very sick.

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

- Give pureed, mashed, and soft lumpy foods to help baby learn to chew.
- At each meal, give iron-rich foods, like cooked and finely chopped meats or chicken or mashed tofu or beans.
- Give baby finger foods: small pieces of soft, peeled fruit, toast or unsalted crackers.
- Keep food plain - do not add sugar or salt.
- Meals can be messy. Babies learn to eat by touching their food. Be patient as baby learns.

**Some foods cause choking. Do not feed baby:**

- Round food (hot dogs, grapes, popcorn, nuts)
- Pitted food (cherries, olives)
- Hard food (candy, raw vegetables)
- Sticky food (nut butters, candy)

Women, Infants, and Children (WIC):  
Call 1-888-942-9675  
Food Stamps-Supplement Nutritional  
Assistance Program (SNAP): 1-877-847-3663

## Growing Up Healthy: 10 to 12 Months



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](#), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](#); visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



Reviewed 12/2017.

# Health

## Keeping Baby Healthy

- Don't let baby eat paints chips or dirt, or play in bare dirt.
- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry. Wash toys often.
- Wash your hands with soap and water after changing diapers and before baby eats.
- Keep baby away from:
  - Loud noises and music to protect hearing
  - Tobacco smoke and nicotine products
  - Crowds and sick people
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

## Preventing Injury

- Check labels to make sure toys are lead-free.
- If biking, make sure baby is properly buckled in and wearing a helmet.
- Do not use infant walkers or hanging jumpers as they can cause injuries.
- Never leave baby alone:
  - On a bed or changing table
  - With a stranger or a pet
- Never shake, toss, or swing baby in the air. Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby. Remove string from sweatshirt hood.

# What to Expect

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

Baby may be afraid of new people and cry when you leave. Comfort baby and make baby feel safe. Say goodbye when you leave.

## Baby may:

- Get into a sitting position.
- Poke with fingers
- Bang together two objects
- Stand when holding onto couch
- Copy speech and sounds
- Say "ma-ma" and "da-da"

## Tips and Activities

- Give toys that move, such as large balls or rolling toys.
- Give baby empty boxes, pots, and pans to play with.
- Take baby for walks outside and use sunscreen.
- Help baby learn to talk by naming things baby sees.
- Let baby crawl on clean blanket to build strong legs and arms.
- Play games, like peek-a-boo with baby.
- Put baby to sleep at the same time each night. A story or song can make bedtime relaxing.



# Safety

## Sleep Safety

- Set mattress at lowest level.
- 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 free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

## Bath Safety

- Set water heater to less than 120°F and check water before putting baby in bath.
- Never leave baby alone in bath, pool, or near water or toilet.
- Put a fence with a self-latching gate around a pool or spa.

## Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat until age two and at least 40 pounds or 40 inches tall. Never put baby in front of an airbag.

## Environmental Safety

- Have baby tested for lead poisoning at 12 months and 24 months.
- Do not let young children eat fish that contain high levels of mercury, like king mackerel, shark, swordfish, and tilefish.
- Remove any chemicals from fruits/vegetables by peeling or washing them in cold water.

## Prepare for Emergencies

- Be prepared. Plan for emergencies. Learn CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months.

## Dental

### “Baby” teeth must last 6-10 years.

- A child needs a “dental home”. Visit the dentist twice a year, or as advised by your dentist.
- Clean all sides of child’s teeth twice a day. Use a child’s toothbrush and tiny rice-grain size of fluoride toothpaste. Wipe off any excess toothpaste.
- Don’t spread cavity germs by sharing anything that has been in your mouth with your toddler.
  - Do not share toothbrushes, cups, spoons, straws, etc.
  - Do not pre-chew or bite off food.
- Lift child’s lips and look at all sides of teeth. Call dentist if there are any white, brown, or black spots.
- Ask doctor or dentist about fluoride varnish and drops for child. Keep fluoride out of child’s reach.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.



**Keep baby teeth healthy to chew, talk, and save room for adult teeth.**

### Parents: Stop the spread of cavity germs by taking care of your own teeth.

- Brush with fluoride toothpaste every morning and night and floss before bedtime.
- Make a dental appointment for yourself.
- Ask your dentist about fluoride, xylitol and other ways to prevent cavities.

## Nutrition

### Feed healthy food at regular times with 3 meals and 2-3 small snacks.

- Child feeds self with spoon or baby fork.
- Serve small portions.
- Give family foods and soft finger foods, like meats, chicken, fish, eggs, cheese, or tofu.
- Give soft fruit or cooked vegetables at meals and snacks.
- Offer child new foods often to try new tastes.
- Have child eat only during meals and snacks.
- Breastfeeding still helps keep baby healthy.

### Make family meals a happy time.

- Teach child to wash hands before meals.
- Eat together and show table manners.
- Your child learns from watching you.
- Let your child decide when full.

### Child uses a small cup for all drinks.

- Give ½-¾ cup whole or 2% milk or fortified milk alternative (soy or almond) in a cup 3-4 times a day.
- Limit 100% fruit juice to ½ cup a day.
- Do not give soda or other sugary drinks.

### Some foods cause choking. Do not feed baby:

- Round food (hot dogs, grapes, popcorn, nuts)
- Pitted food (cherries, olives)
- Hard food (candy, raw vegetables)
- Sticky food (nut butters, candy)

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Women, Infants and Children (WIC):  
Call 1-888-942-9675  
Food Stamps – Supplement Nutritional  
Assistance Program (SNAP): 1-877-847-3663

# Growing Up Healthy: 13 to 15 Months



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](http://www.denti-cal.ca.gov), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](http://www.kidshealth.org); visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

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Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



Reviewed 12/2017.

## Health

### Keeping Child Healthy

- Use sunscreen when outdoors.
- Take child for regular health check-ups and immunizations (shots).
- Keep child's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers and before child eats.
- Keep baby away from:
  - Loud noises and music to protect hearing
  - Tobacco smoke and nicotine products
- Talk to doctor before giving child any medicines or home remedies.



### Preventing Injury

- Carry or hold child's hand when near cars.
- Keep electrical cords, pot handles, and other hot things out of child's reach.
- Check labels to make sure toys are lead-free.
- If biking, make sure child is properly buckled in and wearing a helmet.
- Never leave child alone, with a stranger, or a pet.
- Never shake, toss, or swing child in the air.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Child can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from child.

## What to Expect



Reward good behavior with a hug or praise.

### Child may:

- Want to do things on their own but still cling to parent.
- Walk alone, stoop, and stand up again.
- Let you know his/her needs by ways other than crying.
- Say "ma-ma" and "da-da" with correct meaning.
- Understand more than he/she can say.
- Pull off socks and try to unbutton buttons.
- Point with index finger and poke with fingers.

### Tips and Activities

- Use consistent, loving discipline. Say "no" firmly, when needed, and direct child to 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, climb, and swing.
- Leave a key word out of a story or rhyme and let child fill in the blank. For example, "Mary had a little \_\_\_."
- Tell child before you change activities.
- Limit watching TV.

## Safety

### Bath Safety

- Set water heater to less than 120°F and check water before putting child in bath.
- Never leave child alone in bath, pool, or near water or toilet. Put a fence with a self-latching gate around a pool or spa.

### Car Safety

- Always check behind car before backing out.
- Never leave child alone in car.
- Properly buckle child in a rear-facing car seat in the back seat until age two and at least 40 pounds or 40 inches tall. Never put child in front of an airbag.

### Environmental Safety

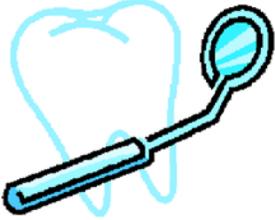
- Prevent child from coming in contact with lead:
  - Don't let child eat or play where there is paint dust, peelings, or chips.
  - Wash child's hands often.
  - Wet-mop floors and other outside areas often to remove paint dust.
- If child has asthma, learn what triggers child's asthma attack and ask your doctor about an asthma management plan.
- Protect child from touching any bug killers on lawns or gardens. Wait 24-48 hours before letting child play in that area.

### Prepare for Emergencies

- Be prepared. Plan for emergencies. Learn CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months.

## Dental

"Baby" teeth must last 6 to 10 years.



**A child needs a "dental home." Visit the dentist twice a year, or as advised by dentist.**

- Ask doctor or dentist about fluoride varnish and drops for child. Keep fluoride out of child's reach.
- Keep baby's teeth healthy to chew, speak and save room for adult teeth.
- Clean all sides of child's teeth twice a day. Use a child's toothbrush and tiny rice-grain size of fluoride toothpaste. Wipe off any excess toothpaste.
- Do not spread cavity germs by sharing anything that has been in your mouth with your toddler.
  - Do not share toothbrushes, cups, spoons, straws, etc.
  - Do not pre-chew or bite off food.
- Give child healthy snacks, not sweet or sticky
- Lift child's lips and look at all sides of teeth. Call dentist if there are any white, brown or black spots.
- Medicines may have sugar or cause dry mouth. Follow with water for brush teeth.

**Parents: Stop the spread of cavity germs and take care of your own teeth.**

- ✓ Brush with fluoride toothpaste every morning and night.
- ✓ Floss at bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

## Nutrition

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

- Child decides how much and which food to eat.
- Healthy foods include:
  - Fruit or vegetables at meal or snacks
  - Whole grain bread, cereal, or pasta
  - Protein and iron-rich foods, like meats, chicken, fish, eggs, beans and tofu
- Child may not eat the same amount or like the same foods each day.
- Offer child a new food (may take 10 times).
- Limit fast foods and snacks high in sugar and fat
- Have child eat only during meals and snacks.

**Make family meals a happy time.**

- Teach child to wash hands before meals.
- Eat together and show table manners.
- Do not force child to eat or clean plate.

**Child uses a small cup for all drinks.**

- Offer water often and 2 cups of whole or 2% milk a day.
- Limit 100% fruit juice to ½ cup a day.
- Do not give soda or other sugary drinks.

**Physical activity and weight**

- Child gets 60 minutes of active play.
- Avoid use of screen media other than video chatting (younger than 18 months).

**Some foods cause choking. Do not feed baby:**

- Round (hot dogs, grapes, popcorn, nuts)
- Pitted foods (cherries, olives)
- Hard foods (candy, raw vegetables)
- Sticky foods (nut butters, candy)

Women, Infants and Children (WIC):  
Call 1-888-942-9675

Food Stamps – Supplement Nutritional  
Assistance Program (SNAP): 1-877-847-3663

## Growing Up Healthy: 16 to 23 Months



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- To [find a Denti-Cal dentist](#), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](#), visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



Reviewed 12/2017.

# Health

## Keeping Child Healthy

- Use sunscreen when outdoors
- Do not let child eat paint chips or dirt, or play in the bare dirt.
- Take child for regular health check-ups and immunizations (shots).
- Keep child's hair, hands, body, clothes, car seat, and bedding clean and dry
- Wash child's hands with soap and water after using toilet.
- Wash your hands with soap and water after changing diapers and before feeding child.
- Keep child away from:
  - Loud noises and music to protect hearing
  - Tobacco smoke and nicotine products
- Talk to doctor before giving child any medicines or home remedies.

## Preventing Injury



**If biking, make sure child is properly buckled in and wearing a helmet.**

- Carry or hold child's hand when near cars.
- Keep electrical cords, pot handles, and other hot things out of child's reach.
- Check labels to make sure toys are lead-free.
- Never leave child alone, with a stranger, or pet.
- Keep medicines, cleaning supplies, and plants out of reach. Use childproof safety latches and locks on cabinets.
- Child can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from child.

# What to Expect



**Reward good behavior with a hug or praise.**

## Child may:

- Walk backwards.
- Kick and throw a ball
- Stack 2 – 4 blocks
- Turn single pages of a book
- Follow simple directions
- Copy what you say and do
- Cry when parent leaves. Comfort child and say goodbye
- Want to do things on their own but still cling to parent

## Tips and Activities

- Use consistent, loving discipline. Say “no” firmly, when needed, and direct child to new task. Never hit a child.



**Play with child. Talk, sing and read stories. Build towers of blocks for child to knock down and set back up.**

- Give simple toys that child can take apart and put back together.
- Make a safe place for child to explore, play catch with a ball, and be curious. Watch child play, climb and swing.
- Leave a key word out of a story or rhyme and let child fill in the blank. For example, “Mary had a little \_\_\_\_\_.”
- Tell child before you change activities.

# Safety

## Bath and Water Safety

- Set water heater to less than 120°F and check water before putting child in bath.
- Never leave child alone in bath, pool, or near water or toilet.
- Put a fence with a self-latching gate around a pool or spa.

## Car Safety



**Always check behind car before backing out.**

- Properly buckle child in a rear-facing car seat in the back seat until age 2 and at least 40 pounds or 40 inches tall.
- Never put child in front of an airbag.

## Environmental Safety

- Check with doctor before using home remedies with child. Some home remedies can have lead, arsenic and other heavy metals that can be harmful to child.
- Keep pets clean - wash your pet and their bedding often to get rid of fleas and dirt.
- Protect child from touching any bug killers on lawns or gardens. Wait 24 – 48 hours before letting child play in that area.

## Prepare for Emergencies

- Be prepared. Plan for emergencies
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months.

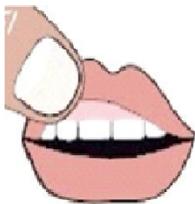
## Dental

Baby teeth must last 6 – 10 years.



**Brush child's teeth along gums twice a day with a tiny rice-grain size of fluoride toothpaste.**

- A child needs a “dental home.” Visit the dentist twice a year or as advised by dentist.
- Ask doctor or dentist about fluoride varnish and drops or tablets for child. Keep fluoride out of child's reach.
- Keep baby teeth healthy to chew, speak and save room for adult teeth.
- Give child health snacks, nothing sweet or sticky.
- Do not spread cavity germs by sharing anything that has been in your mouth with your toddler.
  - Do not share toothbrushes, cups, spoons, straws, etc.
  - Do not pre-chew or bite off food for child.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.



**Lift the lips and look at all sides of teeth. Call dentist if there are any white, brown or black spots.**

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

- ✓ Brush with fluoride toothpaste morning and night.
- ✓ Floss at bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask your dentist about fluoride, gum or mints with xylitol and other ways to prevent cavities.

## Nutrition

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

- Child decides how much and which food to eat, will eat more on some days than others.
- Healthy foods include:
  - Fruit and vegetables (half the plate)
  - Whole grain bread, cereal, or pasta
  - Protein and iron-rich food, like meats, chicken, fish, eggs, beans and tofu
- Offer child a new food (may take 10 times).
- Limit fried, fast foods plus snacks high in sugar and fat.
- Have child eat only during meals and snacks.

**Make family meals a happy time.**

- Teach child to wash hands before meals.
- Sit and eat together and show table manners.
- Do not force child to eat or clean plate.
- Child may like a food one day and not the next, also like to say “No.”

**Child uses a small cup for all drinks.**

- Offer water often and 2 cups of nonfat or low fat milk a day.
- Whole fruit is best. Limit 100% fruit juice to ½ cup a day.
- Do not give soda or other sugary drinks.

**Physical activity and weight**

- Child gets 60 minutes of active play.
- Limit screen use to 1 hour a day of high-quality programs.

**Some foods cause choking. Do not feed child:**

- Round (hot dogs, grapes, popcorn, nuts)
- Pitted (cherries, olives)
- Hard (candy, raw vegetables)
- Sticky foods (nut butters, candy)

Women, Infants and Children (WIC):  
Call 1-888-942-9675

Food Stamps – Supplement Nutritional Assistance Program (SNAP): 1-877-847-3663

## Growing Up Healthy: 2 Years



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- To [find a Denti-Cal dentist](#), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](#), visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



Reviewed 01/2018.

# Health

## Keeping Child Healthy

- Use sunscreen when outdoors.
- Do not let child eat paints chips or dirt, or play in bare dirt.
- Take child for regular health check-ups and immunizations (shots).
- Keep child's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash child's hands with soap and water after using toilet.
- Keep child away from:
  - Loud noises and music to protect hearing
  - Tobacco smoke and nicotine products
- Talk to doctor before giving child any medicines or home remedies.

## Preventing Injury



**If child is using a bike, tricycle, or scooter, make sure child is wearing a helmet.**

- If gun kept in the home, unload, lock up, store bullets separately, and hide the keys.
- Use stair gates and window guards
- Carry or hold child's hand when near cars.
- Keep electrical cords, pot handles and other hot things out of child's reach.
- Check labels to make sure toys are lead-free.
- Never leave child alone, with a stranger, or pet.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Child can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags and balloons away from child.

# What to Expect



**A child has lots of energy. Be patient. Give praise.**

- "No" is a favorite word of a two-year-old. Offer few choices to avoid child answering "no."
- If child is very quiet and always sad, talk to the doctor.

## Child may:

- Have mood swings (feel up and then down).
- Open doors, throw a ball overhand, and climb stairs
- Stack 5-6 blocks
- Speak in 2-3 word sentences and sing songs
- Repeat what you say
- Play near other children and not share

## Tips and Activities

- 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.
- Give child rest or nap time.
- Offer simple toys that child can take apart and put back together.



**Play, talk, sing, and read stories with child daily.**

# Safety

## Bath and Water Safety

- Set water heater to less than 120°F and check water before putting child in bath.
- Never leave child alone in bath, pool, or near water or toilet.
- Put a fence with a self-latching gate around a pool or spa.

## Car Safety

- Always check behind car before backing out.
- Never leave child alone in car.
- Use a rear-facing car seat with a harness buckled properly in the back seat. Make sure child weighs 40 pounds or is 40 inches tall before forward facing in car seat.

## Environmental Safety

- Ask your doctor for or inquire where in the community you can get a blood test for child. Have child tested for lead at 12 months and 24 months.
- If your child has asthma, work with doctor to learn what triggers your child's asthma attacks.
  - Develop and share action plan with school and childcare workers.
  - Every day triggers of asthma attacks include cockroaches, pet dander, dust mites, mold and secondhand smoke.
- Protect your child from contact with insect killers
  - If you have insects in your home, get rid of clutter, empty garbage bags often, fix leaks, and keep food in tightly sealed containers.

## Prepare for Emergencies

- Be prepared plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
  - Check alarms every 6 months.

## Dental

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

- "Baby" teeth must last 6-10 years.
- Brush child's teeth along gums twice a day.



**Use pea-size dab of fluoride toothpaste. Teach child to spit, not swallow.**

- A child needs a "dental home." Visit the dentist twice a year, or as advised by dentist.
- Lift the lips and look at all sides of teeth. Call dentist if there are any white, brown or black spots.
- Ask doctor or dentist about the fluoride varnish and tablets for child. Keep fluoride out of child's reach.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.



**Give healthy snacks - not sweet or sticky.**

### Parents:

- Stop the spread of cavity germs. Do not share anything that has been in your mouth with your toddler.
  - Do not share toothbrushes, cups, spoons, straws, etc.
  - Do not pre-chew or bite off food.
- Take care of your own teeth.
  - Brush with fluoride toothpaste morning and night. Floss before bedtime.
  - Make a dental appointment for yourself.
  - Ask your dentist about fluoride, gum or mints with xylitol and other ways to prevent cavities.

## Nutrition

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

- Child decides how much and which food to eat, will eat more on some days than others.
- Healthy foods include:
  - Fruit, and vegetables (half the plate)
  - Whole grain bread, cereal or pasta
  - Protein and iron-rich foods, like meats, chicken, fish, eggs, beans and tofu
- Offer child new foods (may take 10 times).
- Limit fried and fast foods plus snacks high in sugar and fat.
- Have child eat only during meals and snacks.

**Make family meals a happy time.**

- Teach child to wash hands before meals.
- Sit and eat together and show table manners.
- Do not force child to eat or clean plate.
- Have child help shop and prepare meals.

**Child uses a small cup for all drinks.**

- Offer water often and 2 cups of nonfat or low fat milk a day.
- Whole fruit is best. Limit 100% fruit juice to ½ cup a day.
- Do not give soda or other sugary drinks.



**Child gets 60 minutes or more of active play.**

**Limit screen use to 1 hour a day of high-quality programs.**

Women, Infants and Children (WIC):  
Call 1-888-942-9675  
Food Stamps – Supplement Nutritional Assistance Program (SNAP): 1-877-847-3663

## Growing Up Healthy: 3 Years



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- To [find a Denti-Cal dentist](http://www.denti-cal.ca.gov), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](http://www.kidshealth.org), visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



Reviewed 01/2018.

# Health

## Keeping Child Healthy

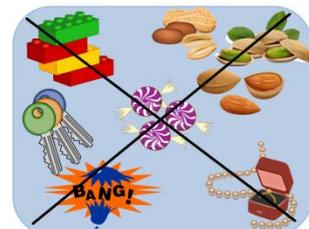
- Use sunscreen when outdoors.
- Take child for regular health check-ups and immunizations (shots).
- Keep child's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash child's hand with soap and water after using toilet, and before eating.
- Keep child away from:
  - Loud noises and music to protect hearing
  - Tobacco smoke and nicotine products



**Talk to doctor before giving child any medicines or home remedies.**

## Preventing Injury

- If gun kept in the home, unload, lock up, store bullets separately, and hid the keys.
- Use stair gates and window guards
- Keep electrical cords, pot handles and other hot things out of child's reach.
- If child is using bike, tricycle, or scooter have child wear helmet plus knee, wrist, and elbow guards.
- Never leave child alone with a stranger or pet.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.



**Child can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags and balloons away from child.**

**Choking hazards**

# What to Expect



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

- If child is very quiet and always sad, talk to the doctor.

## Child may:

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

**Encourage play with blocks, simple puzzles and crayons.**



## Tips and Activities

- Help child learn to share.
- Let child explore and try new thing and play with other children.
- Arrange special time for you and your child and play outside with your child daily.
- Let child pick up toys and clothes.
- Answer child's questions honestly and simply.
- Play, talk, sing and read stories with child daily.

# Safety

## Water Safety

- Set water heater to less than 120°F and check water before putting child in bath.
- Never leave child alone in bath, pool or near water or toilet.



**Teach child water safety and how to swim.**

**Put a fence with a self-latching gate around pool or spa.**

## Car Safety

- Always check behind car before backing out.
- Never leave child alone in car.
- Carry or hold child's hand when near cars.
- Use 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.

## Environmental Safety

- Wooden play sets and picnic tables (made before 2003) may contain arsenic. Wash child's hands after using and cover picnic tables while eating.
- Paint may contain lead. Do not let child eat paint chips or play in spaces that have paint dust, peelings or chips.



**Keep remotes and electronic devices out of child's reach if battery sections are not secured with a screw.**

**Use tape to further secure battery section.**

## Prepare for Emergencies

- Be prepared and plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallways and bedrooms.
- Check alarms every 6 months.

## Dental

Parents/caregivers: Keep brushing your child's teeth until they are 7 or 8 years old.

- Children can't brush well on their own. Brush child's teeth, and along gums twice a day with a pea-size dab of fluoride toothpaste. Teach child to spit, not swallow.
- Ask child's doctor or dentist for advice if thumb/finger sucking continues.
- Ask about fluoride varnish and tablets for child. Store fluoride tablets and toothpaste out of child's reach.
- "Baby" teeth must last 6-10 years.
- Healthy teeth are needed to chew, speak, and save room for adult teeth.
- A child needs a "dental home". Visit the dentist twice a year, or as advised by dentist.
- Give healthy drinks and snacks, not sweet or sticky.



**Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.**

Parents: Set a good example.

- Brush with fluoride toothpaste every morning and night.
- Floss before bedtime.
- Make a dental appointment for yourself.
- Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

## Nutrition

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

- Child decides how much and which food to eat, more on some days than others.
- Start the day with breakfast.
- Healthy foods include:
  - Fruit and vegetables (half the plate)
  - Whole grain bread, cereal, or pasta.
  - Protein and iron-rich foods, like meats, chicken, fish, eggs, beans, and tofu.
- Offer child new foods often to try new tastes.
- Limit fried and fast foods plus snacks high in sugar and fat.

Offer healthy beverages.

- Offer water often.
- Drink 2 cups of nonfat or low fat milk a day plus 1 additional low fat dairy product.
- Whole fruit is best. Limit 100% fruit juice to  $\frac{3}{4}$  cup a day.
- Do not give soda or other sugary drinks.

Make family meals a happy time.

- Let child help prepare meals and snacks and serve themselves.
- Eat together, talk together, and teach table manners.
- Teach child to wash hands before meals.
- Do not force child to eat or clean plate.

Physical activity and weight.

- Child gets 60 minutes or more of active play a day.
- Limit screen use to 1 hour a day of high-quality programs.

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Women, Infants and Children (WIC):  
Call 1-888-942-9675  
Food Stamps-Supplement Nutritional  
Assistance Program (SNAP): 1-877-847-3663

## Growing Up Healthy: 4 to 5 Years



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](#), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](#); visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

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Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



Reviewed 01/2018.

# Health

## Keeping Child Healthy

- Use sunscreen when outdoors.
- Take child for regular health check-ups and immunizations (shots).
- Keep child's hair, hands, body, clothes, car seat, and bedding clean and dry. Wash bedding weekly.
- Wash child's hands with soap and water after using toilet, and before eating.
- Keep child away from tobacco smoke and nicotine products.
- Talk to doctor before giving child any medicines or home remedies.



## Preventing Injury

- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches, and lights.
- Teach child about traffic lights and how to use crosswalk.



- If gun is kept in the home, unload, lock up, and store bullets separately and hide the keys. Do not let child play with guns, bullets, or bullet casings.
- If child is using bike, tricycle, or scooter, have child wear a helmet and knee, wrist, and elbow guards.
- Use outlet covers, childproof safety latches, and locks on cabinets and toilet seats. Use stair gates and window guards.

# What to Expect

## Child may:

- Enjoy jokes and be talkative.
- Play well with others and have friends.
- Be able to cut and paste.
- Play blocks, cards, and board games.
- Have better balancing and climbing skills.
- Want to dress alone.
- Enjoy pretend play and be very curious.
- Wet bed at night. If this happens regularly, talk to doctor.
- If child is very quiet and always sad, talk to doctor.



## Tips and Activities

- Give child a few simple chores, like picking up toys or clothes and helping set or clean table.
- Take walks and talk about what you see.
- Play outside with child daily.
- Encourage child to play with other children.
- Make bed time a calm time. Read or sing.
- Child needs 11-13 hours of sleep each night.
- Teach child their full name.
- Teach child the difference between "good" and "bad" touches. Teach child how to say "no" to bad touches and tell you.
- Answer child's questions honestly and simply.
- Spend time every day talking to your child about their life and their friends. Talk about what bullying means to them and what they could do if they are being bullied or see someone else being bullied.

# Safety

## Teach child to avoid strangers

- Never have child go with anyone without your permission.

## Water Safety

- Set water heater to less than 120°F and check water before putting child in bath.
- Never leave child alone in bath, pool, or near water or toilet. Put a fence with a self-latching gate around a pool or spa.
- Teach child water safety and how to swim.

## Car Safety

- Children can ride in a forward-facing car seat until they reach the upper weight or height limit of the seat as determined by manufacturer. Check label on car seat.
- Use a booster seat in the backseat until child is 4 feet 9 inches and can sit against vehicle seat back with knees bent and can wear lap and shoulder belt correctly. Child cannot ride in front seat until 12 years old.

## Environmental Safety

- If your child has asthma, work with doctor to learn what triggers your child's asthma attacks.
  - Develop and share action plan with school and childcare workers.
  - Everyday triggers of asthma attacks are cockroaches, pet dander, dust mites, mold, and secondhand smoke.
- Keep small magnets out of child's reach.
- Choose non-toxic art and craft supplies.

## Prepare for Emergencies

- Be prepared. Plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months.

## Dental

“Adult” front teeth and back molars are coming in and must last a lifetime. Keep them healthy.

- Help child brush teeth with a pea-size dab of fluoride toothpaste twice a day, in the morning and before bedtime.
- Help child floss before bedtime.
- Have child use mouth guard for sports, like tee-ball and soccer.
- A child needs a “dental home”. Visit the dentist twice a year, or as advised by dentist.



**Ask dentist about sealants and fluoride for child.**

- Give healthy drinks and snacks, not sweet or sticky.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

**Parents: Set a good example.**

- Brush with fluoride toothpaste every morning and night.
- Floss before bedtime.
- Make a dental appointment for yourself.
- Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

## Nutrition

Parents decide what food is served at 3 meals and 1-3 small snacks.

- Child decides how much and which food to eat.
- Start the day with breakfast.  
Healthy foods include:
  - Fruit and vegetables (half the plate)
  - Whole grain bread, cereal, or pasta
  - Protein and iron-rich foods, like meats, chicken, fish, eggs, beans, and tofu
- Offer child new foods often to try new tastes.
- Limit fried and fast foods plus snacks high in sugar and fat.

**Offer healthy beverages.**

- Offer water often.
- Drink 2 cups of nonfat or low fat milk a day plus 1 additional low fat dairy product.
- Whole fruit is best. Limit 100% fruit juice to  $\frac{3}{4}$  cup a day for a 6-year-old and 1 cup a day for a 7-8-year-old.
- Do not give soda or other sugary drinks.

**Make family meals a happy time.**

- Let child help prepare meals and snacks.
- Eat together, talk together, and teach table manners.
- Teach child to wash hands before meals.
- Do not force child to eat or clean plate.

**Physical activity and weight.**

- Child gets 60 minutes or more of active play a day.
- Place consistent limits on media time and the types of media.

## Growing Up Healthy: 6 to 8 Years



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](#), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](#); visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.

Women, Infants and Children (WIC):  
Call 1-888-942-9675  
Food Stamps – Supplement Nutritional  
Assistance Program (SNAP): 1-877-847-3663



Reviewed 01/2018.

# Health

## Keeping Child Healthy

- Start talking to child about not using drugs, alcohol, tobacco, or nicotine.
- Use sunscreen when outdoors.
- Take child for regular health check-ups and immunizations (shots).
- Keep child's hair, body, clothes, and bedding clean and dry.
- Wash child's hands with soap and water after using toilet, and before eating.
- Keep child away from tobacco smoke and nicotine products.



## Preventing Injury

- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches, and lights.
- Teach child about traffic lights and how to use crosswalk.
- If gun is kept in the home, unload, lock up, and store bullets separately and hide the keys. Don't let child play with guns, bullets, or bullet casings.
- Know the social media sites and video games child uses. Keep child away from sites and games with violent or sexual images and languages.
- If child is using bike, tricycle, or scooter, have child wear a helmet and knee, wrist, and elbow guards.

# What to Expect

Give child support and praise. Help child form a positive image.

## Child may:

- Want to be more independent and want to spend more time with friends.
- Describe experiences and talk more about thoughts and feelings.
- Begin to have an awareness of the future.
- Play board games and learn to be a part of a team.
- Want to test balance and climbing skills.
- Enjoy activities that require planning.
- Want to dress alone.



## Tips and Activities

- Give child a few simple chores, making their bed, setting the table, and helping set or clean table.
- Take walks and encourage conversation about what they see and think.
- Help child develop a bedtime routine.
- Help child learn patience by letting others go first.
- Read to child and read to each other.
- Teach child to dial 911 in an emergency. Teach child to remember his/her full name, address, and phone number.
- Teach child the different between "good" and "bad" touches. Teach child how to say "no" to bad touches and tell you.
- Spend time every day talking to your child could do if they are being bullied or see someone else being bullied.

# Safety

## Teach child to avoid strangers

- Teach child to never go with anyone without your permission.

## Water Safety

- Set water heater to less than 120°F and check water before putting child in bath.
- Never leave child alone in bath, pool, or near water or toilet. Put a fence with a self-latching gate around a pool or spa.
- Teach child water safety and how to swim.

## Car Safety

- Use a booster seat in the backseat until child is 4'9" and can sit against vehicle seat back with knees bent and can wear lap and shoulder belt correctly. Child cannot ride in front seat until 12 years old.
- The lap belt must fit low and flat on hips/upper thighs, with shoulder belt across the shoulder and chest not on face or neck.

## Environmental Safety

- Fluorescent light bulbs have some mercury inside. If one breaks in your home, follow the clean-up and removal steps described at [Environmental Protection Agency](#)
- Protect child's skin from sunburn and cover up with hats and clothing. Stay away from the sun during peak hours (10AM – 3PM).
- Check labels to make sure toys are lead-free.



## Prepare for Emergencies

- Be prepared. Plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months.

## Dental

**Limit sweet and sticky snacks and drinks that cause cavities.**

- Sour and sticky candies, sports drinks, sodas, and even juice, chips and crackers feed cavity germs.
- Adult teeth are coming in and must last a lifetime. Keep them healthy.
- Brush teeth and along gums, with a pea-size dab of fluoride toothpaste, every morning and at bedtime. Brush tongue too.
- Floss before bedtime.
- Ask dentist about sealants and fluoride for child.
- A child needs a “dental home”. Visit the dentist twice a year, or as advised by dentist.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.



**Use a mouth guard for all sports, like softball, basketball, football, soccer, and skateboarding.**

**Parents: Set a good example.**

- Brush with fluoride toothpaste every morning and night.
- Floss before bedtime.
- Make a dental appointment for yourself.
- Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

## Nutrition

**Parents and child select healthy food with 3 meals and 1-3 snacks.**

- Start the day with breakfast.
- Healthy foods include:
  - Fruit or vegetable (half the plate)
  - Whole grain bread, cereal, or pasta
  - Protein and iron-rich foods, like meats, chicken, fish, eggs, bean, and tofu
- Limit fried and fast foods plus snacks high in sugar and fat.

**Choose healthy beverages.**

- Drink water often.
- Drink 3 cups of nonfat or low fat milk a day plus 1 additional low fat dairy product.
- Whole fruit is best. Limit 100% fruit juice to 1 cup a day.
- Avoid soda and other sugary drinks.
- Limit beverages with caffeine: coffee, tea, and energy drinks.

**Make family meals a happy time.**

- Wash hands before meal.
- Plan and prepare meals together.
- Eat together, talk together, manners count.
- Do not force child to eat or clean plate.

**Physical activity and weight.**

- Child gets 60 minutes or more of active play a day.
- Place consistent limits on media time and the types of media.

Women, Infants and Children (WIC):  
Call 1-888-942-9675

Food Stamps – Supplement Nutritional  
Assistance Program (SNAP): 1-877-847-3663

## Growing Up Healthy: 9 to 12 Years



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- To [find a Denti-Cal dentist](http://www.denti-cal.ca.gov), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](http://www.kidshealth.org): visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

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# Health

## Preteen Health

- Talk about puberty, body changes, sexual development and responsible sexual behavior. Also talk about sexually transmitted infections (STIs), including HIV/AIDS.
- Take child for regular health checkups and immunizations (shots).
- Teach child to keep nails, hair, genitals, and body clean and to wear clean clothes. Wash bed sheets weekly.
- Remind child to wash hands with soap and water before eating, after using toilet, and playing on floor, in dirt, or on the playground.

## Preventing Injury

- Supervise use of power tools, matches, and lighters.
- Warn child about danger of hearing loss with loud music.
- Teach child to swim. Never have child swim alone and make sure child wears life vest when boating.



- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches, and lights.
- If gun is kept in the home, unload, lock up, and store bullets separately and hide the keys. Don't let child play with guns, bullets, or bullet casings.
- Know the social media sites and video games with violent or sexual images and languages. If child is using bike, tricycle, or scooter, have child wear a helmet and knee, wrist and elbow guards.

# What to Expect

Make time to sit down and talk with child. Most of all, listen to what child has to say.



## Preteen may:

- Show pride in school, sports, and other activities.
- Follow most rules at home and at school, but may test the rules.
- Be more responsible for their health, school, work, and chores.
- Want more independence and more time with friends.

## Preteen Safety and Peer Pressure

- Warn child about dangers of drug, alcohol, tobacco, and nicotine use. Encourage questions.
- Talk about:
  - Avoiding gang activities, peer pressure, and group violence.
  - What bullying means to them and what they could do if they are being bullied or see someone else being bullied
  - Personal safety, including the dangers of hitchhiking.
- Teach child to tell a trusted adult about a stranger and to never accept anything from strangers.

## Prepare for Emergencies

- Be prepared. Plan for emergencies
- Learn infant CPR
- Put smoke and carbon monoxide alarms in hallway and bedrooms. Check alarms every 6 months.

# Safety

## Car Safety

- Use a booster seat in the backseat until child is 4'9" and can sit against vehicle seat back with knees bent and can wear lap and shoulder belt correctly. Child cannot ride in front seat until 12 years old.
- The lap belt must fit low and flat on hips/upper thighs, with shoulder belt across the shoulder and chest not on face or neck.

## Environmental Safety

- Don't play with mercury. Touching mercury just once can contaminate your body, clothes, and items to the point they cannot be cleaned. A teaspoon of mercury not cleaned up properly can make a house no longer livable. See video: [Don't Mess with Mercury](#).
- Check the air quality in your area with [Environmental Protection Agency](#). When outdoor quality is poor, reduce the amount of time spent playing outdoors or at outdoor sports practice.

## Parents: Ways to Support Your Pre-Teen

- Spend at least 15 minutes every day talking to your preteen about their life and their friends.
- Give child lots of praise and affection.
- Help child form positive image.
- Make time for daily homework.
- Assign chores appropriate to age.
- Encourage child to join a group sport and other new activities or hobbies.
- Teach child to accept responsibility for their choices and actions.
- Put computer in a place where you can monitor use. Use computer's parental controls. Discuss how to be safe while using the Internet and social media.
- Be a good role model. Avoid drugs, alcohol, tobacco, and nicotine products