

- If bottle feeding, no bottle in bed.
- Wipe baby's gums gently with a soft, clean, wet cloth every day.
- For breastfeeding babies, it's best to wait until one month of age to use a pacifier.
- Do not dip pacifier in honey or anything sweet. Honey can make baby very sick.
- Only give a clean pacifier. If it falls out-wash it. Don't blow on, lick, or put it in your own mouth to "clean."
- The germs that cause cavities can be spread from your mouth to your baby's. Don't share anything that has been in your mouth with your baby.



**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 mouth washes to prevent cavities in your mouth.

### Breastfeeding is best.

- **Moms:** Eat healthy and drink lots of water.
- Nurse often, 8-12 times in 24 hours.
- The more you nurse, 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 prop the bottle.
- Feed newborn about 2 ounces of formula every 2-3 hours – watch for baby's cues.
- Feed a 1-2 month old about 2-3 ounces of formula every 3-4 hours.
- It is OK if baby does not finish bottle.

### Seek help early for any feeding problems.

- Feed baby more as baby grows.
- Learn baby cues when hungry or full.
  - Hungry: Fusses or cries
  - Full: Turns head away, closes mouth, or relaxes hands.
- Put only breast milk or formula in bottle.

## 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

## 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.
- Keep baby away from crowds and sick people.
- 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 shake, toss, or swing baby in the air.
- Remove string from sweatshirt hood.
- Never tie pacifier around neck.
- Use childproof safety latches, locks on cabinets.
- 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.
- Keep baby away from crowds and sick people.

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

Baby may not always grow or act like other babies. Get to know what makes your baby special. Tell your baby "I love you."

## Crying

Remember, crying is one way your 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 is still 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 bright colored, soft toys.
- Take baby outdoors.
- Protect baby with hat or shade to prevent sunburns or overheating. No sunscreen until 6 months.
- Under adult supervision, place baby on stomach to build head control.



## 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.
- Keep crib away from windows, drapes, cords, and blinds.

## Bath Safety

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

## Car Safety

- Never leave baby alone in a car.
- Use a rear-facing car seat in the back seat, properly buckled in; never 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)

- If bottle feeding, no bottle in bed.
- Rock baby to sleep or give a clean pacifier at nap or bedtime.
- Wipe baby's gums gently with a soft, clean, wet cloth every day.
- Only give a clean pacifier. If it falls out-wash it. Don't blow on, lick, or put it in your own mouth to "clean."
- The germs that cause cavities can be spread from your mouth to your baby's. Don't share anything that has been in your mouth with your baby.
- Do not dip pacifier in honey or anything sweet. Honey can make baby very sick.



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

**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.

### Breastfeeding is best.

- **Moms:** Eat healthy and drink lots of water.
- Nurse often, 8-12 times in 24 hours.
- The more you nurse, 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 prop the bottle.
- Feed baby about 3-4 ounces of formula every 3-5 hours – watch for baby's cues.
- It is OK if baby does not finish bottle.



### Seek help early for any feeding problems.

- Feed baby more as baby grows.
- Breast milk and formula are the only food baby needs – Wait until six months to feed solid foods.
- Learn baby cues when hungry or full.
  - Hungry: Fussing or cries
  - Full: Turns head away, closes mouth, or relaxes hands.
- Put only breast milk or formula in bottle.

## Growing Up Healthy



Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_

### Next Appointment:

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



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## 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.
- Keep baby away from crowds and sick people.
- 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 shake, toss, or swing baby in the air.
- Remove string from sweatshirt hood.
- Never tie pacifier around neck.
- Use childproof safety latches, locks on cabinets.
- 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.
- Keep baby away from crowds and sick people.

## All babies are different.

They develop at their own rates. Baby may not always grow or act exactly like other babies. Get to know what makes your baby special.

## 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 bright colored, soft toys.
- Take baby outdoors to see things.
- Protect baby from sun with hat or shade covering. No sunscreen until 6 months.
- Under adult supervision, place baby on stomach to build head control.
- Remember to tell baby, "I love you!"



## 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.
- Keep crib away from windows, drapes, cords, and blinds.

## Bath Safety

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

## Car Safety

- Never leave baby alone in a car.
- Use a rear-facing car seat in the back seat, properly buckled in; never 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)

### Healthy baby teeth are important.

- Put baby to bed without a bottle.
- Do not lick to “clean” pacifier. Do not dip in honey or anything sweet. Honey can make baby very sick.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Sharing toothbrushes, spoons, or cups can spread cavity germs.
- Wipe baby’s gums and teeth gently with a wet cloth or toothbrush with a dab of fluoride toothpaste twice a day. Wipe off excess toothpaste.
- For teething pain rub gums gently or give a cold, clean teething ring.
- Ask doctor or dentist about fluoride varnish and drops for baby.



**Hold baby while feeding. Propping bottle or leaving breast milk in the mouth can cause cavities.**

**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.

- Baby nurses longer as baby grows.
- Offer more formula, 4-6 ounces every 3-5 hours, as baby grows.

**ONLY** breast milk, formula or water in bottle. **(No** juice or soda)  
**Do not prop the bottle.**

### Starting solid foods

#### Baby is ready when they:

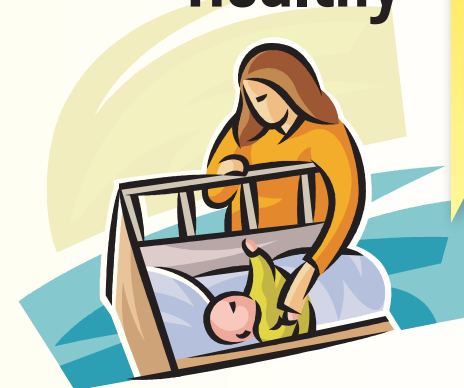
- Sit up and hold head
- Open mouth for food
- Close lips over spoon
- Show interest in your food



#### Feeding tips

- Give one new food at a time every 2-7 days.
- Give iron rich foods: baby cereal and pureed meats.
- Feed 2-3 times a day in 10-15 minute meals.
- Baby is full when baby spits food, looks away, or eats slower.
- Look for a bad reaction (skin rash, diarrhea, or breathing problems) with new foods.
- Do not give cow’s milk, nuts, eggs, fish, and wheat until one year old due to bad reactions.

## Growing Up Healthy



Today’s Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_

#### Next Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

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



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### 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.
- Keep baby away from crowds and sick people.
- 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.
- 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.
- Keep baby away from crowds and sick people.
- Do not use an infant walker or hanging jumper, which can cause injuries.

### All babies are different.

Do not expect baby to act or grow exactly like other babies the same age.

### Baby may:

- Reach for objects
- Put things in mouth
- Roll over
- Feel and shake objects
- Squeal, laugh, smile
- Sit up with support.

### Tips and Activities

- Babies learn more quickly when you spend time with them.
- Take time to play, talk, sing and read to baby.
- Put baby in a safe area on floor to play.
- Let baby crawl to build strong legs and arms.
- Give baby bright colored toys that make soft noises when moved or squeezed. Check toys for loose parts that baby may swallow or choke on.
- Give baby attention and love
- Protect baby from sun with hat and shade covering. No sunscreen until 6 months.



### 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.
- Keep crib away from windows, drapes, cords, and blinds.

### Bath Safety

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

### Car Safety

- Never leave baby alone in a car.
- Use a rear-facing car seat in the back seat, properly buckled in; never 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)

## 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:



Toothbrushes

Spoons

Cups

**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.



## 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 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**

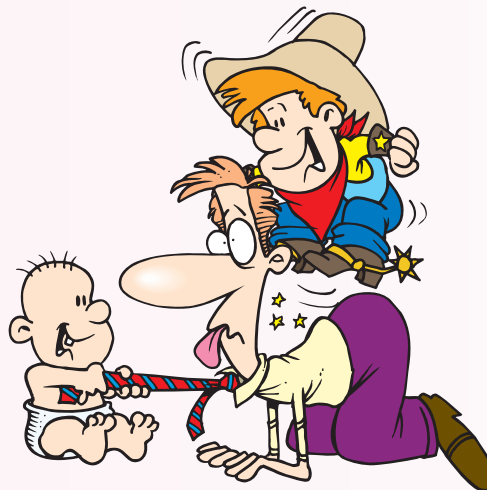
- Never leave baby alone on a bed or changing table.
- Never leave baby alone or with a stranger or a pet.
- Never pick up baby by arms, shake, toss, or swing in the air.
- Remove string from sweatshirt hood.
- Never tie pacifier around neck.
- Use childproof safety latches, locks on cabinets, outlet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



## Dental

## Nutrition

Healthy baby teeth are important.



Take baby to the dentist by age one!

- Ask about fluoride varnish and drops for baby. Store out of baby's reach.
- 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 baby's lips and look at all sides of teeth. Call dentist if there are white, brown, or black spots.
- Never put baby to bed with a bottle.
- Do not dip pacifier in honey or anything sweet or lick to "clean." Honey can make baby very sick.
- Sharing spoons, cups or toothbrushes spreads cavity germs. Do not chew food and feed to baby.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

**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 4-6 ounces 3-4 times daily.
- Baby may nurse less as solid food increases.
- By age 1, baby only drinks from a cup.
- It is OK to give cow's milk at age 1.
- Give breast milk, formula or water in a cup with meals.
- Limit 100% fruit juice to ¼ - ½ cup per day.
- Do **not** give soda or other sweet drinks.



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

- Give pureed, mashed, and soft lumpy foods to help baby learn to chew.
- At each meal give iron-rich food such as cooked and finely chopped meats or chicken, mashed tofu or beans.
- Give finger foods: small pieces of toast or unsalted crackers.

**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: \_\_\_\_\_

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## 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 child's toys often
- 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.
- Keep hot things out of baby'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.
- 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.
- If biking with baby, make sure baby is buckled in and wears a helmet.

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

### Baby may:

- Be afraid of new people
- Get into a sitting position
- Poke with fingers
- Bang together two objects
- Stand when holding on to couch
- Copy speech and sounds
- Say "ma-ma" and "da-da."

### Tips and Activities

- Play games like peek-a-boo.
- Give toys that move like large balls or rolling toys.
- Give empty boxes, pots and 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. Name 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.
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- 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.
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## 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)

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

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



Keep teeth healthy to chew, speak and save room for adult teeth.

- Lift the lips and look at all sides of teeth. Call dentist if there are white, brown, or black spots.
- Ask about fluoride varnish and drops for child. Store out of child’s reach.
- Clean all sides of teeth gently twice a day. Use a child’s toothbrush and a dab of fluoride toothpaste. Wipe off excess toothpaste.
- Sharing toothbrushes, straws, spoons or cups spreads cavity germs. Do not chew food for child.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

**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.

### 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 such as meats, fish, eggs, cheese, or tofu.
- Give soft fruit or cooked vegetables at meals and snacks.
- Offer child new foods to try new tastes.
- Limit eating between meals.

### 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.



### 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



Developed by the Nutrition, Dental, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee. Translation funded by the California Office of Multicultural Health. Rev 07/2012



**Keeping Child Healthy**

- Take child for regular health checkups and immunizations (shots).
- Talk to doctor before giving child medicines or home remedies.
- Keep child's hair, body, clothes, 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 your hands with soap and water after changing diapers.

**Injury Prevention**

- Never leave child alone or with a stranger or a pet.
- Never shake, toss, or swing child in the air.
- 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, 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 alone, stoop, and stand up again
- Let you know his/her needs by ways other than crying
- Say mama and dada with correct meaning
- Understand more than he/she can say
- Pull off socks and try to unbutton buttons
- Point with index finger
- Poke with fingers.

**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, climb, and swing.
- 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.
- 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 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)

## 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.

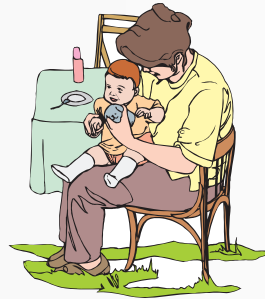
- Serve small portions. Let child feed self.
- Healthy foods include:
  - A fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice and corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Offer child new foods to try new tastes.
- 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

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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.

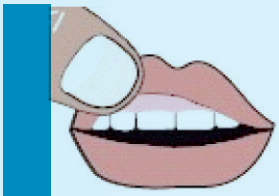
To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)

## Dental

## Nutrition

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

- A child needs a “dental home”. Go twice a year or as advised by dentist.
- Keep teeth healthy to chew, speak and save room for adult teeth.
- Ask about fluoride varnish and drops for child. Store out of child’s reach.
- Brush child’s teeth along gums twice a day with a dab of fluoride toothpaste.
- Teach child to spit, not swallow.
- Sharing spoons, cups, straws or toothbrushes spreads cavity germs.
- Do not pre-chew food.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Avoid sweet or sticky snacks.



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

**Parents:** Stop spreading cavity germs - take care of your own teeth:

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Go to the dentist. Ask about gum or mints with xylitol and mouth washes to prevent cavities in your mouth.

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

- Serve small portions and let child feed self.
- Healthy foods include:
  - A fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice and corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Offer child new foods to try new tastes.
- Limit eating between meals.
- Limit fast foods and snacks high in sugar and fat.



### Make family meals a happy time.

- Teach child to wash hands before meals.
- Eat together and show table manners.

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

- Offer water often and 2 cups nonfat or lowfat milk a day.
- Limit 100% fruit juice to ½ - ¾ cup a day.
- Do not give soda or other sweet drinks.

### Physical Activity and Weight

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

### Some foods cause choking, do not give:

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

## Growing Up Healthy



Today’s Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_

Body Mass Index (BMI) Percentile: \_\_\_\_\_

### Next Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9675

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



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**Keeping Child Healthy**

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

**Injury Prevention**

- Never leave child alone or with a stranger or a pet.
- Remove string from sweatshirt hood.
- Keep electrical cords, pot handles and other hot things, out of child's reach.
- Use childproof safety latches, locks on cabinets, toilet seats, outlet covers.
- Use stair gates and window guards.
- Keep medicines, cleaning supplies, plants out of the reach of children.
- Child can choke on small objects. Keep keys, unsafe toys, plastic bags and balloons out of reach.
- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Carry or hold child's hand near cars.
- Have child wear a helmet when using tricycle or scooter.
- If biking with child, make sure child is buckled in and wears a helmet.

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



- “No” is a favorite word of a two year old. Offer a few choices to avoid child answering “no.”

**Child may:**

- Open doors, throw a ball overhand, and climb stairs
- Stack 5 or 6 blocks
- Speak in 2-3 word sentences
- Sing songs
- Repeat what you say
- Play near other children and not share

**Tips and Activities**

- Play, talk, sing, and read stories to child daily.
- Offer simple toys to put together.
- Praise good behavior.
- Be consistent and patient. When child does something wrong, say why it is wrong, and direct child to another activity.
- Talk to child about using the toilet or potty chair. A child may not be potty trained until three years old.
- TV is NOT a “babysitter.” Limit 1-2 hrs.
- Give child rest or nap time during the day.

**Bath and Water Safety**

- Set water heater to less than 120°F.
- Check water before putting child in bath.
- Never leave child alone in the bathtub, pool, near a bucket of water or toilet. Pool/spa should be fenced with a self-latching gate.

**Car Safety**

- Check behind car before backing out.
- Never leave child alone in a car.
- Use a forward-facing car seat with a harness placed properly in the back seat. Make sure child is correct weight and height for the car seat.

**Safety Tips for Parents:**

- Be prepared, plan for emergencies
- Learn child CPR.
- Install smoke and carbon monoxide alarms in hallway and near bedrooms.
- Check alarms every 6 months.

**Resources for Parents:**

If you feel overwhelmed, sad or about to shake or harm your child, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.

To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)



### 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

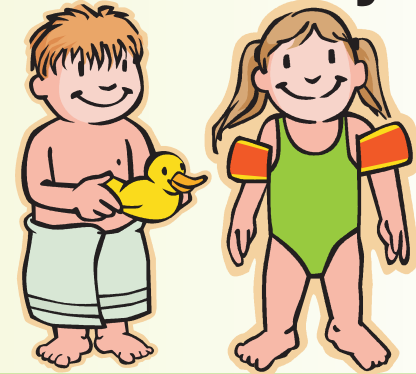
- Get 60 minutes of active play a day.
- No more than 2 hours of TV and screen time a day.



WIC: 1-888-942-9675

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

## Growing Up Healthy



Today’s Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_

Body Mass Index (BMI) Percentile: \_\_\_\_\_

### Next Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

**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)

- A child should have a “dental home” and be seen twice a year or as advised by dentist.
- Healthy teeth are needed to chew, speak and save room for adult teeth.
- 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. Have child spit it out, not swallow it.
- Brush child’s teeth along gums twice a day, morning and before bedtime.
- Give healthy snacks, nothing sweet or sticky.
- Ask child’s doctor or dentist for advice if thumb/finger sucking continues.



**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.

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

- Serve small portions.
- Healthy foods include:
  - Fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Offer child new foods to try new tastes.
- Start the day with breakfast.
- Limit eating between meals.
- Limit fast foods and snacks high in sugar and fat.



### Offer healthy beverages.

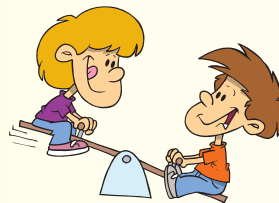
- Offer water often and 3 cups of nonfat or low fat milk a day.
- Limit 100% fruit juice to ½ - ¾ cup a day.
- Do not give soda and other sweet drinks.

### Make family meals a happy time.

- Teach child to wash hands before meals.
- Let child help prepare meals.
- Eat together, talk together, teach manners.
- Turn off the TV at meals.

### Physical activity and weight

- Get 60 minutes of active play a day.
- Limit TV and screen time to 2 hours a day.



## Growing Up Healthy



4-5 years

Today’s Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_

Body Mass Index (BMI) Percentile: \_\_\_\_\_

### Next Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9675

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

**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 tobacco smoke and products.
- Use sunscreen when outdoors.
- Have child wash hands with soap and water after using toilet, before eating.

**Injury Prevention**

- Use childproof safety latches, locks on cabinets, outlet covers.
- Use stair gates and window guards.
- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches and lighters.
- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Teach child about traffic lights and how to use a crosswalk.
- Have child wear a helmet, knee, wrist, and elbow guards when using scooters, skates, skateboards and bikes.

**Teach child to avoid strangers.**

A child should never go with anyone without your permission.

**Child may:**

- Enjoy jokes and be talkative.
- Play well with other children 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.

**Tips and Activities**

- Give child a few simple chores, like picking up toys or clothes and helping set or clean the table.
- Take walks and talk about what you see.
- Play outside with your child daily.
- Encourage child to play with other children.
- Make bedtime a calm time. Read or sing.
- Child needs 11-13 hours of sleep each night.
- Answer child's questions honestly, in a simple way that can be understood.
- Teach child their full name.
- Teach child the difference between "good" and "bad" touches. Teach child how to say "no" to bad touches and to tell you.

**Water Safety**

- Set water heater to less than 120°F.
- Never leave child alone near water. Teach child water safety and how to swim. Pool/spa should be fenced with a self-latching gate.

**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, usually around age 4 and 40 pounds.
- CA law requires children to use a car or booster seat, in the back seat, until they are age 6 or 60 pounds.

**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 or about to harm your child, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.

To quit smoking, call  
1-800-NO-BUTTS (1-800-662-8887)

- A child should have a “dental home” and be seen twice a year or as advised by dentist.
- Adult back and front teeth are coming in and must last a lifetime. Keep them healthy by preventing cavities.



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

- Help child brush teeth twice a day, morning and before bedtime.
- Brush with a dab of fluoride toothpaste.
- Help child floss before bedtime.
- Have child use a mouthguard for sports like tee-ball and soccer.
- Give healthy drinks and snacks, nothing sweet or sticky.
- 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.

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

- Serve small portions.
- Healthy foods include:
  - Fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Offer child new foods to try new tastes.
- Start the day with breakfast.
- Limit fast foods and snacks high in sugar and fats.

### Offer healthy beverages.

- Offer water often and 3 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.
- Let child help prepare meals.
- Eat together, talk together, teach manners.
- Turn off the TV at meals.



### Physical activity and weight

- Get 60 minutes of active play a day.
- Limit TV/video games/ computer to 2 hours a day (except for homework).

## Growing Up Healthy



Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_

Body Mass Index (BMI) Percentile: \_\_\_\_\_

### Next Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Important phone numbers:

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**Keeping Child Healthy**

- Take child for regular health checkups and immunizations (shots).
- Keep child's hair, body and clothes clean. Wash bed sheets weekly.
- 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.
- Start talking to child about not using drugs, alcohol, or tobacco.

**Injury Prevention**

- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches and lighters.
- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Teach child about traffic lights and how to use a crosswalk.
- Have child wear mouth guard, helmet, knee, wrist, and elbow guards when using scooters, skates, skateboards or bikes.

**Teach child to avoid strangers**

**A child should never go with anyone without your permission**

**Child may:**

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

**Tips and Activities**

- Give child simple chores, such as setting the table, making their bed, helping prepare family meals.
- Take walks. Talk to your child to talk about what they see and think.
- Help child develop a bedtime routine. Use a set bedtime.
- Help child learn patience by letting others go first.
- Read to child. Read to each other.
- Teach child how to dial 911 in an emergency. Child should know full name, address and phone number.
- Teach child the difference between “good” and “bad” touch; how to say “no” to bad touch, and to tell you.

**Water Safety**

- Set water heater to less than 120°F.
- Never leave child alone near water. Teach child water safety, how to swim, and to wear a life vest when boating.

**Car Safety**

- Use a booster seat in the back seat until child weighs 80 to 100 pounds, is 4 feet 9 inches, and can sit against vehicle seat back with knees bent over edge of seat (usually between 8-10 years)
- The lap belt should fit low and flat on hips/upper thighs, with shoulder belt across the shoulder and chest not on face or neck.

**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 or about to harm your child, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.

To quit smoking, call  
1-800-NO-BUTTS (1-800-662-8887)



## Dental

- A child should have a “dental home” and be seen twice a year or as advised by dentist.
- Adult teeth are coming in and they must last a lifetime. Keep them healthy by preventing cavities.
- Ask about sealants and fluoride for child.
- Brush teeth along gums every morning and before bedtime. Brush tongue, too.
- Floss teeth before bedtime.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Limit snacks that cause cavities like chips, sour and sticky candies, sports drinks, and sodas.

**Parents:** Set a good example, brush morning and night. Floss before bedtime.

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



## Nutrition

### Parents and kids select healthy food with 3 meals and 1-3 snacks.

- Healthy foods include:
  - Fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Start the day with breakfast.
- Limit fast foods and snacks high in sugar and fats.

### Choose healthy beverages.

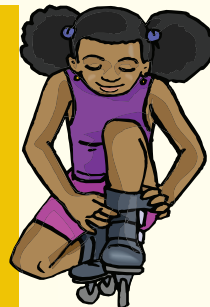
- Drink water often.
- Drink 3-4 cups of nonfat or low fat milk a day.
- 100% fruit juice is the best choice; avoid soda and other sweet drinks.

### Make family meals a happy time.

- Wash hands before meals.
- Plan and prepare meals together.
- Eat together, talk together, manners count.

### Physical activity and weight

- Get 60 minutes of active play a day.
- Limit TV, video games, computer to 2 hours a day (except for homework).



WIC: 1-888-942-9675

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

## Growing Up Healthy



Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_

Body Mass Index (BMI) Percentile: \_\_\_\_\_

### Next Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

## Preteen Health

- Take child for regular health checkups and immunizations (shots).
- Teach child to keep nails, hair, genitals, and body clean; to wear clean clothes.
- Wash bed sheets weekly.
- Remind child to wash hands with soap and water before eating and after using toilet.
- Talk about puberty and its changes.
- Talk about HIV/AIDS and sexually transmitted infections.
- Talk about sexual development and responsible sexual behavior.

## Injury Prevention

- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches and lighters.
- Supervise use of power tools, matches and lighters.
- Guns are not toys. Teach child not to touch guns and to tell an adult if they find one.
- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Remind child to wear helmet, knee, wrist, and elbow guards when using scooters, skates, skateboards or bikes.
- Warn child about danger of hearing loss with loud music.
- Teach child to swim, never swim alone, and to wear a life vest when boating.

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



## Child 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.

## Tips and Activities

- Give child lots of praise and affection.
- Make time for daily homework.
- Assign chores appropriate to age.
- Encourage child to join a group sport.
- Encourage 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.
- Be a good role model. Avoid drugs, alcohol, and tobacco.

## Preteen Safety/Peer Pressure

- Warn child about the dangers of drugs, alcohol, and tobacco use. Encourage questions.
- Talk about avoiding gang activities, peer pressure, bullying, and group violence.
- Talk to child about personal safety and the dangers of hitchhiking.
- Teach child to tell a trusted adult about a stranger and never to accept anything from strangers.

## Car Safety

- Use a booster seat in the back seat until child weighs 80 to 100 pounds, is 4 feet 9 inches, and can sit against vehicle seat back with knees bent over edge of seat (usually between 8-10 years)
- The lap belt should fit low and flat on hips/upper thighs, with shoulder belt across the shoulder and chest not on face or neck.

## Safety Tips for Parents:

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

## Resources for Parents:

If you feel overwhelmed, or about to harm your child call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.

To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)



## Dental

- Teens should have a “dental home” and be seen twice a year or as advised by dentist.
- Ask dentist about fluoride, sealants, braces, and mouth guards.
- Be responsible, brush teeth and tongue twice a day, morning, and before bedtime.
- Floss daily to reduce germs that cause bad breath, gum disease, and cavities.
- Replace toothbrush every three months or after illness.
- Limit snacks that cause cavities like chips, sour and sticky candies, sodas, sports, and coffee drinks.
- Use a mouth guard for all sports.
- Oral piercing can cause chipped teeth, bad breath, and pain.



Tobacco can cause bad breath, stains on teeth, gum disease, sores, and cancer.

Do not smoke or chew tobacco.

## Nutrition

### Eat healthy food at regular times with 3 meals and planned snacks.

- Healthy foods include:
  - Fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Make time to eat breakfast – students learn better with breakfast.
- Limit fast foods and snacks high in sugar and fats. Eat well when eating out.
- Avoid restricting food.



### Choose health beverages.

- Drink water often.
- Drink 3-4 cups of nonfat/low fat milk a day.
- 100% fruit juice is the best choice; avoid soda and other sweet drinks.
- Limit beverages with caffeine: coffee, tea, and energy drinks.

### Eat at home often.

- Plan and prepare a variety of foods.
- Turn off the TV. Eat and talk together.

### Keep a healthy weight with a healthy lifestyle.

- 60 minutes of physical activity: Walk, run, dance, swim, bike, play sports - find something you enjoy and stick with it!
- Limit TV/video/computer time to 2 hours a day (except for homework).



## Staying Healthy



Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_

Body Mass Index (BMI) Percentile: \_\_\_\_\_

### Next Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9675

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

**Teen Health**

- Get regular health checkups and immunizations (shots).
- Keep nails, hair, genitals, and body clean. Wear clean clothes.
- Wash bed sheets weekly.
- Talk with parents or trusted adult about HIV/AIDS and sexually transmitted infections.
- If you are pregnant, see a doctor for early and regular prenatal care.
- Think carefully before getting a tattoo or piercing.
- Use sunscreen. Avoid tanning.

**Injury Prevention**

- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches and lighters.
- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Guns are not toys. A gunshot can cause injury or death. Take a Gun Safety course: CA Department of Fish and Game (916-653-1235) or local sporting store.
- Wear helmet, knee, wrist, and elbow guards when using skates, skateboards bikes, and motorcycles.
- Protect your hearing. Avoid loud noises or music.
- Learn to swim. Never swim alone. Wear a life vest when boating. Remember: alcohol and water activities don't mix.
- Learn CPR

Teens should spend time with family. Parents and teens should talk and listen to each other.

**You may:**

- Want more independence and more time with friends.
- Be growing and notice changes in your body.
- Be concerned about how you look.
- Have an increased appetite.
- Tend to think in the present and not about consequences.
- Disagree with parents and be frustrated.
- Have questions about drugs, alcohol, and sexual activity. If so, talk with a trusted adult.

**Tips and Activities for Parents**

- Praise and reward teens for making positive choices.
- Make sure teen attends school every day. Allow time for daily homework.
- Respect teen's privacy.
- Discuss and set rules, limits, and penalties.
- Put computer in a place where you can monitor use. Use computer's parental controls.
- Have talks about drugs, alcohol, sex, peer pressure and ways to say "no."
- Teach teen the importance of delaying sexual activity.
- Talk about responsible sexual behavior, such as abstinence or condom use.
- Be a good role model. Avoid drugs, alcohol, and tobacco.

**Teen Safety/Peer Pressure**

- **Never** hitchhike or participate in other risky activities. Be aware of your surroundings at all times.
- Do not accept open drinks from others or leave drink unattended. Be aware that date rape happens. It can happen to you. Take a self-defense class.
- Talk with trusted adults about avoiding gang activities, bullying, or group violence.

**Car Safety**

- Always wear a seat belt!
- Follow the Graduated Driver's License Law.
- Don't use cell phones, laptops, or text while driving.
- Never drink and drive. If the driver drinks, find another ride.

**Resources for Parents:**

If you feel overwhelmed, or about to harm your child call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.

Teen: If you need support, or someone to talk to, call the California Youth Crisis Line: 1-800-843-5200

To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)



## Dental

- You should have a “dental home.” See the dentist twice a year or as advised by dentist.
- Ask dentist about fluoride, braces, mouthguards and “wisdom” teeth.
- Be responsible, brush teeth and tongue twice a day, morning and before bedtime. Floss daily.
- Replace toothbrush every three months or after illness.



**Oral piercing can cause chipped teeth, receding gums, bad breath, nerve damage, and pain.**

- Tobacco can cause bad breath, stains on teeth, gum disease, sores and disfiguring cancer.
- Use a mouth guard for all sports.
- Limit snacks that cause cavities like chips, sour and sticky candies, sodas, sports and coffee drinks.
- Drugs like meth can cause serious dental and medical problems.

## Nutrition

### Eat healthy food at regular times with 3 meals and planned snacks.

- Healthy foods include:
  - Fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Make time to eat breakfast – students who eat breakfast learn better.
- Limit fast foods and snacks high in sugar and fat.
- Avoid restricting food.

### Choose healthy beverages.

- Drink water often.
- Drink 3-4 cups of nonfat or lowfat milk a day.
- 100% fruit juice is the best choice; avoid soda and other sweet drinks.
- Limit beverages with caffeine: coffee, tea, and energy drinks.

### Eat well with friends or family.

- Plan and prepare a variety of foods at home.
- Turn off TV. Eat and talk together.
- Choose healthy foods when eating out.

### Keep a healthy weight with a healthy lifestyle.

- 60 minutes of physical activity: Walk, run, dance, swim, bike, play sports - find something you enjoy and stick with it!
- Limit TV/video/computer time to 2 hours a day (except for homework).



## Staying Healthy



Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

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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



## Staying Healthy

- Get regular health checkups and immunizations (shots).
- If you are pregnant, see a doctor for early and regular prenatal care.
- Keep hair and body clean. Wash bed sheets weekly. Wear clean clothes.
- Wash hands frequently.
- Use sunscreen. Avoid tanning.
- Stay away from tobacco smoke. Stop all tobacco use.
- Think carefully before getting a tattoo or piercing.
- Be responsible for your sexual behavior. Use protection to prevent sexually transmitted infections or unplanned pregnancies.
- Learn about HIV/AIDS and other sexually transmitted infections. Find out where to get tested.

## Injury Prevention

- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Guns are not toys. A gunshot can cause injury or death. Take a Gun Safety course: CA Department of Fish and Game (916-653-1235) or local sporting store.
- Wear helmet when using skates, skateboards and bikes.
- Protect your hearing. Avoid loud noises or music.

## Seek support for hopes and dreams.

### You May:

- Be concerned about career, school, and the future.
- Be more independent from your family.
- Be concerned about your weight and eating.
- Date and have a close circle of friends.
- Have a regular job and more financial freedom.
- Have rational arguments with others over beliefs, attitudes, and values.

### Tips and Activities

- Remember that you have choices. It is okay NOT to use drugs, alcohol, and have sexual contact with others.
- There may be times when you are confused or depressed. Speak with a trusted adult or friend.
- Find others who are positive about life.
- Talk about life events, attitudes, beliefs, and values with those you respect.
- Get involved in outdoor activities, sports, and community groups. Avoid gang activities or group violence.
- Ask for privacy and respect the privacy of others.
- If you are in school, make time to study. Stay in school.
- Plan for the future you want.

## Staying Safe

- Never hitchhike or participate in other risky activities. Be aware of your surroundings at all times.
- Date rape happens and it can happen to men and women. Ensure your safety! Do not accept open drinks from others or leave drink unattended. Take a self-defense class.

## Vehicle and Water Safety

- Always wear a seat belt!
- Always wear a helmet when riding a motorcycle
- Don't use cell phones, laptops, or text while driving.
- Never drink and drive. If the driver drinks, find another ride.
- Learn to swim. Never swim alone. Wear a life vest when boating. Remember: alcohol and water activities don't mix.
- Learn CPR

## Resources

If you feel overwhelmed, or about to harm your child call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.

If you need support, or someone to talk to, call: California Youth Crisis Line 1-800-843-5200

To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)

