

## 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](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.



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# 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).

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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.



**Choking hazards**

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

# 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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# Health

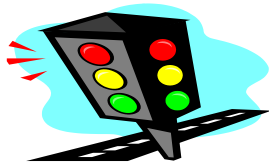
## Keeping Child Healthy

- 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.