

# Dental

- 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.

# Nutrition

**Moms:** Stay healthy by eating a variety of healthy foods and drinking plenty of water.

**Talk to your doctor, WIC, or a lactation specialist about any feeding problems.**

- Learn to recognize how baby fusses or cries when baby is hungry.
- Feed baby until baby seems full by turning head away from nipple, closing mouth, or relaxing hands.
- Babies go through growth spurts and need to eat more often during these times.

**Breastfeeding is the wise choice for baby's first years.**

- A breastfed newborn will need to nurse about 8-12 times in 24 hours.
- The more you nurse baby, the more milk you will produce.
- Plan for safe pumping and storage of breast milk if returning to work or school.
- Ask your doctor about Vitamin D supplement when breastfeeding.

**If formula feeding, give baby formula with iron for the first year.**

- Hold baby so you can look into their eyes while bottle-feeding. Do not prop the bottle.
- A newborn may need about 2 ounces of formula every 2-3 hours – offer more if still hungry.
- A 1-2 month old may need about 2-3 ounces of formula every 3-4 hours.
- It is OK if baby does not finish bottle.
- Put only breast milk or formula in bottle.

**Get help from WIC or Food Stamps.**

Call 1-888-942-9675 (WIC)  
Call 1-877-847-3663 (Food Stamps)

# Birth-2 months

## Growing Up Healthy



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

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

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

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

**Next Appointment:**

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

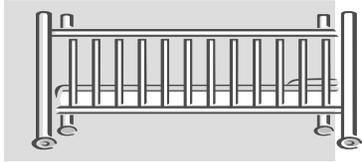
**Important phone numbers:**

Police, fire, ambulance: Call 911

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

# Health & Safety

- ❑ Put baby to sleep on back on a firm mattress with a fitted sheet.
- ❑ Do not put pillows, soft bedding, or toys in crib.
- ❑ Use a crib that does not have lead-based paint, with bars no more than 2<sup>3/8</sup> inches apart, and corner posts no more than 1/16 inches high.
- ❑ Keep crib away from windows, drapes, cords, and blinds.



- ❑ Don't overdress baby. Baby may get too warm.
- ❑ Prevent falls. Don't leave baby alone on a bed or changing table.
- ❑ Use a rear-facing car seat in the back seat and properly buckle it. Never place baby in front of an airbag.
- ❑ Never leave baby alone in a car.
- ❑ Keep small objects, keys, unsafe toys, plastic bags and balloons away from baby. Baby may choke or objects may contain lead.
- ❑ Remove string from sweatshirt hood. Do not tie pacifier around neck.
- ❑ Set water heater to less than 120°F.
- ❑ Test water before giving baby a bath. Never leave baby alone in water.
- ❑ Never leave baby alone or with a stranger or a pet.

**(Birth – 2 months)**

# What to Expect

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

Baby may not always grow or act exactly like other babies. Get to know what makes your baby special. And remember to tell baby, "I love you!"

### **Crying**

Remember, crying is one way baby talks to you. Crying means baby:

- Has a wet diaper
- Is scared
- Is hungry
- Needs to be held
- Is tired or sick
- Is being hit by another child.

### **If baby is still crying:**

- Rock baby
- Turn off the lights
- Sing or play soft music
- Wrap baby in a blanket
- 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 to see things.
- ✓ Protect baby from sun with hat or shade covering. Baby can burn easily and overheat. Do not use sunscreen.
- ✓ While awake, and with an adult present, place baby on stomach to build head control.

**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- ❑ Take baby for regular health checkups and immunizations (shots).
- ❑ Talk to doctor before giving baby any medicines or home remedies.
- ❑ Keep baby away from crowds and sick people.
- ❑ Never shake, toss, or swing baby in the air.
- ❑ Keep baby's hair, body, clothes, 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.
- ❑ Label and lock up harmful things like soaps, cleaning supplies, alcohol, vitamins, medicines, poisons, matches, and lighters. Remove poisonous plants.
- ❑ Keep baby away from tobacco smoke and products. To quit, call 1-800-NO-BUTTS (1-800-662-8887) for help.



### **Safety tips for parents:**

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

### **Additional resources and references:**

American Academy of Pediatrics, American Dental Association, etc.

# Dental

- 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.

# Nutrition

**Moms:** Stay healthy by eating a variety of healthy foods and drinking plenty of water.

**Talk to your doctor, WIC, or a lactation specialist about any feeding problems.**

- Learn to recognize how baby fusses or cries when baby is hungry.
- Feed baby until baby seems full by turning head away from nipple, closing mouth, or relaxing hands.
- Babies go through growth spurts and need to eat more often during these times.
- Baby is not ready for solid foods until about six months.

**Breast milk is the perfect food for baby**

- A breastfed baby will need to nurse about 8-12 times in 24 hours.
- The more you nurse baby, the more milk you will produce.

**If formula feeding, give baby formula with iron for the first year.**

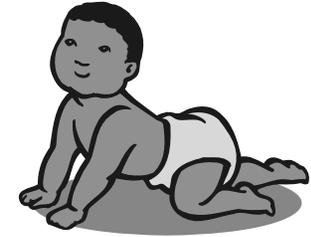
- Hold baby so you can look into their eyes while bottle-feeding. Do not prop bottle.
- As baby's appetite increases, offer a little more formula, about 3-4 ounces every 3-5 hours.
- It is OK if baby does not finish bottle.
- Put only breast milk or formula in bottle.

**Get help from WIC or Food Stamps.**

Call 1-888-942-9675 (WIC)  
Call 1-877-847-3663 (Food Stamps)

# 3-4 months

## Growing Up Healthy



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

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

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

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

**Next Appointment:**

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

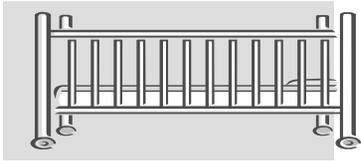
**Important phone numbers:**

Police, fire, ambulance: Call 911

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

# Health & Safety

- Put baby to sleep on back on a firm mattress with a fitted sheet.
- Do not put pillows, soft bedding, or toys in crib.
- Use a crib that does not have lead-based paint, with bars no more than 2<sup>3/8</sup> inches apart, and corner posts no more than 1/16 inches high.
- Keep crib away from windows, drapes, cords, and blinds.



- Don't overdress baby. Baby may get too warm.
- Prevent falls. Don't leave baby alone, on a bed, or changing table.
- 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.
- Never leave baby alone in a car.
- Keep small objects, keys, unsafe toys, plastic bags and balloons away from baby. Baby may choke or objects may contain lead.
- Remove string from sweatshirt hood. Do not tie pacifier around neck.
- Set water heater to less than 120°F.
- Test water before giving baby a bath. Never leave baby alone in water.
- Never leave baby alone or with a stranger or a pet.

(3 – 4 months)

# What to Expect

**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. Baby can burn easily and overheat. Do not use sunscreen.
- ✓ While awake, place baby on stomach to build head control.
- ✓ Remember to tell baby, "I love you!"



**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- Take baby for regular health checkups and immunizations (shots).
- Talk to doctor before giving baby any medicines or home remedies.
- Keep baby away from crowds and sick people.
- Never shake, toss, or swing baby in the air.
- Keep baby's hair, body, clothes, 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.
- Label and lock up harmful things like soaps, cleaning supplies, alcohol, vitamins, medicines, poisons, matches, and lighters. Remove poisonous plants.
- Keep baby away from tobacco smoke and products.
- To quit, call 1-800-NO-BUTTS (1-800-662-8887) for help.



## Safety tips for parents:

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



**Additional resources and references:**  
American Academy of Pediatrics, American Dental Association, etc.

## Healthy baby teeth are important.

- ❑ Put baby to bed without a bottle.



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

- ❑ 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.

**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 during the first year.

- ONLY breast milk, formula, or water in bottle.
- Feed baby until baby seems full by turning head away from nipple, closing mouth, or relaxing hands.
- Offer more formula, 4-6 ounces every 3-5 hours, as baby's appetite increases.
- Baby may nurse longer as appetite increases.

### Ask doctor if baby is ready for solid foods.

#### Babies are usually ready when they:

- Sit up and hold head steady
- Open mouth for food
- Close lips over spoon
- Hold food in mouth and swallow.

### Talk to doctor about starting solid foods.

- Offer baby one new food at a time.
- Wait 2 to 7 days before starting another new food.
- Stop giving the new food if baby has an allergic reaction like a skin rash, diarrhea, or breathing problems.
- Wait until baby is at least a year old to give foods that can cause severe allergic reactions such as cow's milk, peanuts, tree nuts, eggs, fish, and wheat.
- Include foods with iron such as baby cereal and pureed baby meats.
- Offer pureed foods 2-3 times a day in 10-15 minute mealtimes.

### Get help from WIC or Food Stamps.

Call 1-888-942-9675 (WIC)  
Call 1-877-847-3663 (Food Stamps)

# 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

# Health & Safety

- Put baby to sleep on back on a firm mattress with a fitted sheet.
- Do not put pillows, soft bedding, or toys in crib.
- Use a crib that does not have lead-based paint, with bars no more than 2<sup>3/8</sup> inches apart, and corner posts no more than 1/16 inches high.
- Keep crib away from windows, drapes, cords, and blinds.
- Mattress should be at lowest level before baby can sit alone.
- Childproof home. Use electrical outlet covers and childproof locks on cabinets, drawers, and toilet lids.
- Keep electrical cords, curling irons, irons, hot liquids, pot handles, open flames and table cloths out of reach. Shorten curtain and window blind cords.
- Label and lock up harmful things like soaps, cleaning supplies, alcohol, vitamins, medicines, poisons, matches, and lighters. Remove poisonous plants.
- Don't overdress baby. Baby may get too warm.
- Prevent falls. Don't leave a baby alone on a bed or changing table.
- Use a rear-facing car seat in the back seat until baby is age 1 and 20 pounds. Never place baby in front of an airbag.
- Never leave baby alone in a car.
- Keep small objects, keys, unsafe toys, plastic bags and balloons away from baby. Baby may choke or objects may contain lead.
- Remove string from sweatshirt hood. Do not tie pacifier around neck.

(5-6 months)

# What to Expect

## 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.
- ✓ Play games like pat-a-cake and peek-a-boo with baby.
- ✓ Give baby attention and love.
- ✓ Keep baby protected from sun with hat and shade covering. Do not use sunscreen until 6 months.
- ✓ Keep out of direct sun. Baby can burn easily and overheat.



**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- Take baby for regular health checkups and immunizations (shots).
- Talk to doctor before giving baby any medicines or home remedies.
- Keep baby away from crowds and sick people.
- Do not pick up baby by arms. Never shake, toss, or swing baby in the air.
- Do not use an infant walker or hanging jumper. They can cause injuries.
- Use stair gates and window guards.
- Keep baby's hair, body, clothes, and bedding clean.
- Wash your hands with soap and water after changing diapers.
- Never leave baby alone or with a stranger or a pet.
- Test water before giving baby a bath. Never leave baby alone in water.
- Set water heater to less than 120° F.
- Keep baby away from loud noises and music to protect hearing.
- Keep baby away from tobacco smoke and products.
- To quit, call 1-800-NO-BUTTS (1-800-662-8887) for help.

## Safety tips for parents:



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

**Additional resources and references:** American Academy of Pediatrics, American Dental Association, etc.

### 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.

### SHARING CAN SPREAD CAVITY GERMS:



**Toothbrushes   Spoons   Cups**

- 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 during the first year.

- If formula feeding, baby will now take 6-8 ounces 3-4 times daily.
- Baby may nurse less as solids increase.
- Teach baby to drink from a small cup or training cup while baby sits up.
- Give breast milk, formula, or water in cup.
- Limit 100% fruit juice to ¼ - ½ cup a day.
- Do **not** give soda or other sweetened drinks.
- Stop offering food when baby turns head away and closes mouth.

### Give baby 3 small meals and 2-3 snacks a day from a variety of healthy foods.

- Allow 10-15 minutes for a meal or snack.
- Give iron-fortified infant cereals and smooth (strained or pureed) meats, fruits, vegetables, or cooked beans by spoon.
- Do not add salt or sugar to foods.
- Give small pieces of toast or unsalted crackers for finger foods.

### A baby learns from watching others.

- Wash baby's hands before meals.
- Sit baby with the family at meals.

### Do not give foods that can cause choking:

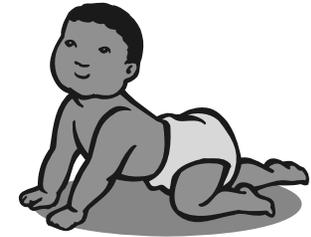
- Round foods (hot dogs, grapes)
- Foods with pits (cherries, olives)
- Hard foods (candy, raw vegetable sticks)
- Sticky foods (peanut butter).

### Get help from WIC or Food Stamps.

Call 1-888-942-9675 (WIC)

Call 1-877-847-3663 (Food Stamps)

# 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

# Health & Safety

- Use a rear-facing car seat in the back seat until baby is age 1 and at least 20 pounds. Never place baby in front of an airbag.
- Never leave baby alone in a car
- Put baby to sleep on back on a firm mattress with a fitted sheet.
- Use a crib that does not have lead-based paint, with bars no more than 2<sup>3/8</sup> inches apart, and corner posts no more than 1/16 inches high.
- Keep crib away from windows, drapes, cords, and blinds. Remove crib toys.
- Mattress should be at lowest level before baby can sit alone.
- Prevent falls. Don't leave baby alone on a bed or changing table.
- Keep small objects, keys, unsafe toys, plastic bags and balloons away from baby. Baby may choke or objects may contain lead. Remove string from sweatshirt hood. Do not tie pacifier around neck.
- Childproof home. Use electrical outlet covers and childproof locks on cabinets, drawers, and toilet lids.
- Keep electrical cords, curling irons, irons, hot liquids, pot handles, open flames and table cloths out of reach. Shorten curtain and window blind cords.
- Label and lock up harmful things like soaps, cleaning supplies, alcohol, vitamins, medicines, poisons, matches, and lighters. Remove poisonous plants. Set water heater to less than 120°F.

*(7-9 months)*

# What to Expect

**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 with baby.
- ✓ Give toys that move such as large balls or rolling toys.
- ✓ Give empty boxes, pots, pans to play with.
- ✓ Let baby crawl to have strong legs and arms.
- ✓ Baby should wear soft shoes.
- ✓ Take baby for walks. Baby will love the outdoors. Baby is old enough to wear sunscreen.
- ✓ Baby can burn easily and overheat.
- ✓ 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.

**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- Take baby for regular health checkups and immunizations (shots).
- Talk to doctor before giving baby any medicines or home remedies.
- Do not pick up baby by arms. Never shake, toss, or swing baby.
- Do not use an infant walker or hanging jumper. They may cause injuries.
- Use stair gates and window guards.
- Never leave baby alone in the bathtub, pool, near a bucket of water or toilet. Pool/spa should be fenced with a self-latching gate.
- Keep baby's hair, body, clothes, and bedding clean.
- Wash your hands with soap and water after changing diapers.
- Keep baby away from loud noises and music to protect hearing.
- Don't overdress baby. Baby may get too warm.
- Never leave baby alone or with a stranger or a pet.
- Keep baby away from hot things.
- Keep baby away from tobacco smoke and products. To quit, call 1-800-NO-BUTTS (1-800-662-8887) for help.



**Safety tips for parents:**

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



**Additional resources and references:** American Academy of Pediatrics, American Dental Association, etc.

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 during the first year.

- If formula feeding, baby will now take 4-6 ounces 3-4 times daily.
- Baby may nurse less as solids increase.
- Help baby give up the bottle and drink only from a cup by 12 months.
- Ask doctor when to start giving cow's milk (about 1 year of age).
- Give baby a small cup of breast milk, formula, or water to drink with food.
- Limit 100% fruit juice to ¼ - ½ cup per day.
- Do **not** give soda or other sweetened drinks.

Give baby 3 small meals and 2-3 snacks a day from a variety of healthy foods.

- Gradually give baby different food textures such as pureed, mashed, and soft lumps to help baby learn how to chew foods.
- Include an iron-rich food with each meal, such as cooked and finely chopped meats or baby cereal, mashed tofu or beans.
- Give small piece of toast or unsalted crackers for finger foods.

Do not give foods that can cause choking:

- Round foods (hot dogs, grapes)
- Foods with pits (cherries, olives)
- Hard foods (candy, raw vegetable sticks)
- Sticky foods (peanut butter).

Get help from WIC or Food Stamps.

Call 1-888-942-9675 (WIC)  
Call 1-877-847-3663 (Food Stamps)

## 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

# Health & Safety

- Use a rear-facing car seat until baby is age 1 AND at least 20 pounds. Change to forward-facing car seat in back seat and never near an airbag.
- Never leave baby alone in a car.
- Put baby to sleep on back on a firm mattress with a fitted sheet. Remove crib toys, mobiles and soft bedding.
- Use a crib that does not have lead-based paint, with bars no more than 2<sup>3/8</sup> inches apart, and corner posts no more than 1/16 inches high.
- Keep crib away from windows, curtains, blinds and cords.
- Mattress should be at lowest level before baby can sit alone.
- Keep small objects, keys, unsafe toys, plastic bags and balloons away from baby. Baby may choke or objects may contain lead.
- Remove string from sweatshirt hood. Do not tie pacifier around neck.
- Childproof home. Use electrical outlet covers and childproof locks on cabinets, drawers, and toilet lids.
- Keep electrical cords, curling irons, irons, hot liquids, pot handles, open flames and table cloths out of reach. Shorten curtain and window blind cords.
- Label and lock up harmful things like soaps, cleaning supplies, alcohol, vitamins, medicines, poisons, matches, and lighters. Remove poisonous plants.
- Never leave baby alone or with a stranger or a pet.
- Prevent falls. Don't leave baby alone on a bed or changing table.

**(10 – 12 months)**

# What to Expect

***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 with baby.
- ✓ Give toys that move like large balls or rolling toys.
- ✓ Give empty boxes, pots and pans to play with.
- ✓ Let baby crawl to have strong legs and arms.
- ✓ Baby should wear soft shoes.
- ✓ Take baby for walks. Baby will love the outdoors.
- ✓ Protect baby from sun with hat, clothes, and sunscreen. Baby can burn easily and overheat.
- ✓ 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.

**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- Take baby for regular health exams and immunizations (shots). Have baby's blood tested for lead.
- Talk to doctor before giving baby any medicine or home remedies.
- Do not pick up baby by arms. Never shake, toss, or swing baby in the air.
- Do not use an infant walker or hanging jumper. They may cause injuries.
- Use stair gates and window guards.
- Keep baby's hair, body, clothes, bedding, and toys clean.
- Don't overdress baby. Baby may get too warm.
- Wash your hands with soap and water after changing diapers.
- Never leave baby alone in the bathtub, pool, near a bucket of water or toilet. Pool/spa should be fenced with a self-latching gate.
- Keep baby away from loud noises and music to protect hearing.
- If biking with baby, make sure baby is strapped in and wears a helmet.
- Set water heater to less than 120°F.
- Keep baby away from hot things.
- Keep baby away from tobacco smoke and products. To quit, call 1-800-NO-BUTTS (1-800-662-8887) for help.

## **Safety tips for parents:**



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

**Additional resources and references:** American Academy of Pediatrics, American Dental Association, etc.

## 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.

## Give child a small cup for drinking liquids.

- Talk to the doctor about the type of milk or fortified milk alternative to use.
- 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 sweetened drinks.

## Follow a regular mealtime routine with 3 meals and 2-3 small snacks each day.

- Give a variety of healthy foods including a fruit or vegetable with each meal or snack.
- Give child a spoon for learning to feed self.
- Give soft finger foods such as ripe fruit, cooked vegetables, meat, or veggie loaf, soft chicken, fish, cheese, or tofu.
- Limit eating between meals and snacks.

## Make mealtime an enjoyable family time.

- Teach child to wash hands before meals.
- Eat together at the table and share family time.
- Offer child new foods.
- Show mealtime manners.
- Your child learns from watching you.

## Do not give foods that can cause choking:

- Round foods (hot dogs, grapes)
- Foods with pits (cherries, olives)
- Hard foods (candy, raw vegetable sticks)
- Sticky foods (peanut butter).

## Get help from WIC or Food Stamps.

Call 1-888-942-9675 (WIC)

Call 1-877-847-3663 (Food Stamps)

# 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

# Health & Safety

- Children 1 year of age and at least 20 pounds can ride forward facing, in the back seat. Never in front of an airbag.
- Never leave child alone in a car.
- 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. 
- Use stair gates and window guards.
- Childproof home. Use electrical outlet covers and childproof locks on cabinets, drawers, and toilet lids.
- Keep electrical cords, curling irons, irons, hot liquids, pot handles, open flames and table cloths out of reach. Shorten curtain and window blind cords.
- Label and lock up harmful things like soaps, cleaning supplies, alcohol, vitamins, medicines, poisons, matches, and lighters. Remove poisonous plants.
- Keep small objects, keys, unsafe toys, plastic bags and balloons away from child. Child may choke or objects may contain lead.
- Remove string from sweatshirt hood. Do not tie pacifier around neck.
- Never let child walk or run with anything in the mouth.
- Never shake, toss or swing child in the air. Do not pick up child by arms.
- Never leave child alone or with a stranger or a pet.
- Prevent falls. Don't leave child alone on a bed or changing table.

(13 – 15 months)

# What to Expect



**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.
- ✓ 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.”

**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- Take child for regular health exams and immunizations (shots).
- Talk to doctor before giving child any medicines or home remedies.
- Carry child or hold hand near cars.
- Check behind car before backing out.
- Keep child's hair, body, clothes, and bedding clean.
- Wash your hands with soap and water after changing diapers. 
- Wash child's toys often.
- Watch child play, climb and swing.
- If biking with child, make sure child is strapped in and wears a helmet. Have child wear a helmet when using tricycle and scooter.
- Use sunscreen when outdoors.
- Keep child away from tobacco smoke and products. To quit, call 1-800-NO-BUTTS (1-800-662-8887) for help.
- Set water heater to less than 120°F.
- Keep child away from loud noises and music to protect hearing.

## Safety tips for parents:



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

**Additional resources and references:** American Academy of Pediatrics, American Dental Association, etc.

**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.

**Use a 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 sweetened drinks.

**Parents decide what food is served and when.**

- Follow a regular mealtime routine with 3 meals and 2-3 small snacks each day.
- Serve small amounts. Let child feed self.
- Give a variety of healthy foods including:
  - A fruit or vegetable with each meal or snack.
  - Whole wheat bread and pasta, whole grain crackers and cereals, corn tortillas, or whole grain brown rice.
  - Protein and iron-rich foods such as lean meats, poultry, fish, eggs, tofu, seeds, nuts, nut butter, and beans.
- Limit eating between meals and snacks.
- Limit foods high in sugar and fat.

**Make mealtime an enjoyable family time.**

- Teach child to wash hands before meals.
- Eat together, talk together.
- Offer child new foods. Be patient, as learning to like new foods takes time.
- Show mealtime manners.
- Your child learns from watching you.

**Do not give foods that can cause choking.**

- Round foods (hot dogs, grapes)
- Foods with pits (cherries, olives)
- Hard foods (candy, raw vegetable sticks)
- Sticky foods (peanut butter).

**Get help from WIC or Food Stamps.**

Call 1-888-942-9675 (WIC)  
Call 1-877-847-3663 (Food Stamps)

# 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

# Health & Safety

- If child weighs more than 20 pounds, child can ride in a forward-facing car seat in the back seat. Use a car seat every time a child rides in a car and never place in front of an airbag.
- Never leave child alone in a car.
- 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.
- Use stair gates and window guards.
- Childproof home. Use electrical outlet covers and childproof locks on cabinets, drawers, and toilets.
- Keep electrical cords, curling irons, irons, hot liquids, pot handles, open flames, and table cloths out of reach. Shorten curtain and window blind cords.
- Label and lock up harmful things like soaps, cleaning supplies, alcohol, vitamins, medicines, poisons, matches and lighters. Remove poisonous plants.
- Keep small objects, keys, unsafe toys, plastic bags and balloons away from child. Child may choke and objects may contain lead.
- Remove string from sweatshirt hood. Do not tie pacifier around neck.
- Never let child walk or run with anything in their mouth.
- Never leave child alone or with a stranger or a pet.
- Prevent falls. Don't leave child alone on a bed or changing table.
- Set water heater to less than 120° F.



(16 - 23 months)

# What to Expect



**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, and be curious.
- ✓ Leave a key word out of a story or rhyme and let child fill in the word. For example, “Mary had a \_\_\_\_\_.”
- ✓ Tell child before you plan to change activities.
- ✓ No TV. TV is **NOT** a “babysitter.”

**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- Take child for regular health exams and immunizations (shots). Have child get a blood lead test at age 2.
- Talk to doctor before giving child any medicines or home remedies.
- Carry child or hold hand near cars.
- Check behind car before backing out.
- Keep child's hair, body, clothes, toys, and bedding clean.
- Wash your hands with soap and water after changing diapers.
- Wash child's hands with soap and water after using toilet.
- Never shake, toss or swing child in the air. Do not pick up child by the arms.
- Use sunscreen when outdoors.
- Watch child play on safe climbing equipment and swings.
- If biking with child, make sure child is strapped in and wears a helmet. Have child wear a helmet, when using tricycle or scooter.
- Keep child away from loud noises and music to protect hearing.
- Keep child away from tobacco smoke and products. To quit, call 1-800-NO-BUTTS (1-800-662-8887) for help.



## Safety tips for parents:

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



**Additional resources and references:** American Academy of Pediatrics, American Dental Association, etc.

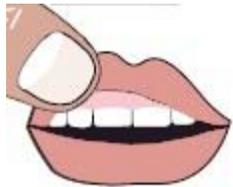
# Dental

# Nutrition

# 2 years

## 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.



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

- 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.

**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 and when.

- Follow a regular mealtime routine with 3 meals and 2-3 small snacks each day.
- Serve small amounts.
- Limit eating between meals and snacks.
- Limit foods high in sugar and fat.

## Give a variety of healthy foods including:

- 2 cups nonfat/lowfat milk in a cup each day.
- A fruit and/or vegetable with each meal or snack.
- Whole wheat bread and pasta, whole grain crackers and cereals, corn tortillas, or whole grain brown rice.
- Protein and iron-rich foods such as lean meats, poultry, fish, eggs, tofu, seeds, nuts, nut butter, and beans.

## Use a cup for all drinks.

- Offer water often and milk with all meals.
- Limit 100% fruit juice to ½ - ¾ cup a day.
- Avoid soda or other sweetened drinks.

## Make mealtime an enjoyable family time.

- Teach child to wash hands before meals.
- Eat together, talk together.
- Offer the same foods as the rest of the family.
- Teach mealtime manners.
- Your child learns from watching you.

## Do not give foods that can cause choking:

- Round foods (hot dogs, grapes)
- Foods with pits (cherries, olives)
- Hard foods (candy, raw vegetable sticks)
- Sticky foods (peanut butter).

## Get help from WIC or Food Stamps.

Call 1-888-942-9675 (WIC)  
Call 1-877-847-3663 (Food Stamps)

# Growing Up Healthy



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

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

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

Height: \_\_\_\_\_ 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

# Health & Safety

- Never leave child alone in the bathtub, pool, or near a bucket of water or toilet. Pool/spa should be fenced with a self-latching gate.
- Use stair gates and window guards.
- Never call medicine "candy."
- Use a forward-facing car seat placed properly in the back seat every time child rides in a car. Make sure child is correct weight and height for the car seat.
- Never leave child alone in car.
- Keep electrical cords, curling irons, irons, hot liquids, pot handles, open flames, and table cloths out of reach. Shorten curtain and window blind cords.
- Label and lock up all harmful things like soaps, cleaning supplies, alcohol, vitamins, medicines, poisons, matches, and lighters. Remove poisonous plants.
- Keep small objects, keys, unsafe toys, plastic bags, and balloons away from child. Child may choke or objects may contain lead.
- Remove string from sweatshirt hood. Do not tie pacifier around neck.
- Never let child walk or run with anything in the mouth.
- Never leave alone or with a stranger or with a pet.
- Set water heater to less than 120° F.



(2 years)

# What to Expect

**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 behaviors.
- ✓ 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.

**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- Take child for regular health exams and immunizations (shots).
- Talk to doctor before giving child any medications or home remedies.
- Carry child or hold hand near cars.
- Check behind car before backing out.
- Wash child's hands with soap and water after using toilet.
- Wash your hands with soap and water after changing diapers.
- Keep child's hair, body, clothes, toys, and bedding clean.
- Protect child away from loud noises and music to protect hearing
- Have child wear a helmet, when using tricycle or scooter.
- If biking with child carrier or trailer, make sure child is strapped in and wears a helmet.
- Watch child play, climb and swing.
- Use sunscreen when outdoors.
- Give child rest or nap time during the day.
- Keep child away from tobacco smoke and products. To quit, call 1-800-NO-BUTTS (1-800-662-8887) for help.

## Safety tips for parents:



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

**Additional resources and references:** American Academy of Pediatrics, American Dental Association, etc.

**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.



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

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

**Parents decide what food is served and when.**

- Follow a regular mealtime routine with 3 meals and 2-3 small snacks each day.
- Serve small amounts.
- Limit eating between meals and snacks.
- Limit foods high in sugar and fat.

**Give a variety of healthy foods including:**

- 2 cups nonfat/lowfat milk in cup each day
- A fresh fruit and/or vegetable with each meal or snack.
- Whole wheat bread and pasta, whole grain crackers and cereals, corn tortillas, or whole grain brown rice.
- Protein and iron-rich foods such as lean meats, poultry, fish, eggs, tofu, seeds, nuts, nut butter, and beans.

**Offer healthy beverages.**

- Offer water often and milk with all meals.
- Limit 100% fruit juice to ½ - ¾ cup a day.
- Avoid soda and other sweetened drinks.

**Make mealtime an enjoyable family time.**

- Teach child to wash hands before meals.
- Eat together, talk together.
- Offer child new foods. Be patient, as learning to like new foods takes time.
- Teach mealtime manners.
- Your child learns from watching you.

**Help child maintain a healthy weight and physical fitness.**

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

**Get help from WIC or Food Stamps.**

Call 1-888-942-9675 (WIC)

Call 1-877-847-3663 (Food Stamps)

# Growing Up Healthy



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

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

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

Height: \_\_\_\_\_ 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

# Health & Safety

- ❑ 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.
- ❑ Use stair gates and window guards.
- ❑ Keep plastic bags, balloons, small objects, and unsafe toys away from child. Child may choke or objects may contain lead.

- ❑ Remove string from sweatshirt hood.
- ❑ Never let child walk or run with anything in the mouth.

- ❑ Have child wear a helmet, knee, wrist, and elbow guards when using scooters, bikes, skates, and skateboards.



- ❑ If biking with child carrier or trailer, make sure child is strapped in and wears a helmet.

- ❑ Use electrical outlet covers. Keep electrical cords, curling irons, irons, hot liquids, pot handles, and open flames out of reach. Shorten curtain and window blind cords.

- ❑ Label and lock up all harmful things like soaps, cleaning supplies, alcohol, vitamins, medicines, poisons, matches, and lighters. Remove poisonous plants.

- ❑ If it is necessary to keep a gun, unload and lock up gun and store bullets separately. Hide keys.

- ❑ Use a forward-facing car seat properly placed in the back seat every time child rides in a car. Make sure child is correct weight and height for the car seat.

(3 years)

# What to Expect

**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.
- ✓ Encourage play with blocks, simple puzzles, and crayons.
- ✓ Arrange special time for you and child.
- ✓ Let child pick up toys and clothes.
- ✓ Answer child's questions honestly and in a simple way.



**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- ❑ Take child for regular health exams and immunizations (shots).
- ❑ Talk to doctor before giving child any medications or home remedies.
- ❑ Use sunscreen when outdoors.
- ❑ Play outside with your child daily.
- ❑ Let child play with other children.
- ❑ Never leave child alone or with a stranger or a pet.
- ❑ Hold child's hand near cars.
- ❑ Check behind car before backing out.
- ❑ Keep child's hair, body, and clothes clean. Wash bed sheets at least once weekly.
- ❑ Set water heater to less than 120° F.
- ❑ Have child wash hands with soap and water after using toilet.
- ❑ Keep child away from loud noises and music to protect hearing.
- ❑ Keep child away from tobacco smoke and products. To quit, call 1-800-NO-BUTTS (1-800-662-8887) for help.



## Safety tips for parents:



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

**Additional resources and references:**  
American Academy of Pediatrics, American Dental Association, etc.

- 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.



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

- Give healthy snacks, nothing sweet or sticky.
- Ask child’s doctor or dentist for advice if thumb/finger sucking continues.

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

### **Make mealtime an enjoyable family time.**

- Let child help with food preparation, setting the table, and cleaning up.
- Eat together, talk together.
- Expect good mealtime manners.
- Turn off the TV while eating meals.

### **Follow a regular mealtime routine with 3 meals and 1-3 small snacks each day.**

- Give a variety of healthy foods.
- Limit foods high in sugar and fat.
- Make time to serve breakfast.
- Participate in the school’s free or reduced price breakfast and lunch programs.

### **Include in each meal:**

- Fruit and/or vegetable.
- Whole wheat bread and pasta, whole grain crackers and cereals, corn tortillas, or whole grain brown rice.
- Nonfat or lowfat milk, lowfat yogurt, or cheese.
- Protein and iron-rich foods such as lean meats, poultry, fish, eggs, tofu, seeds, nuts, nut butter, and beans.

### **Offer healthy beverages.**

- Offer water often during the day.
- Give  $\frac{3}{4}$  -1 cup of nonfat/lowfat milk 3 times a day.
- Limit 100% fruit juice to  $\frac{1}{2}$  -  $\frac{3}{4}$  cup a day.
- Avoid soda and other sweetened drinks.

### **Help child maintain a healthy weight and physical fitness.**

- Encourage and promote 60 minutes of regular physical activity each day.
- Limit TV and screen time to 2 hours a day.

### **Get help from WIC or Food Stamps.**

Call 1-888-942-9675 (WIC)

Call 1-877-847-3663 (Food Stamps)

# Growing Up Healthy



Today’s Date: \_\_\_\_\_

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

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

Height: \_\_\_\_\_ 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

# Health & Safety

- Children can ride in a forward-facing car seat, in the back seat, until they reach the upper weight or height limit of the seat, 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.
- Never leave child alone near water. Teach child water safety and how to swim. Pool/spa should be fenced with a self-latching gate.



- Teach child about traffic lights and how to use a cross walk.
- Have child wear a helmet, knee, wrist, and elbow guards when using scooters, bikes, skates, and skateboards.
- Keep child away from loud noises and music to protect hearing.
- Label and lock up all harmful things like soaps, cleaning supplies, alcohol, vitamins, medicines, poisons, matches, and lighters. Remove poisonous plants.
- If it is necessary to keep a gun, unload and lock up gun and store bullets separately. Hide keys.

(4-5 years)

# What to Expect

**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.
- ✓ Make bedtime a calm time. Read or sing to child.
- ✓ Child needs 11-13 hours of sleep each night.
- ✓ Answer child's questions honestly, in a simple way that can be understood.
- ✓ Teach child the difference between "good" and "bad" touches. Teach child how to say "no" to bad touches and to tell you.
- ✓ Teach child their full name.



**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- Take child for regular health exams and immunizations (shots).
- Let child play outside daily. Join child in outdoor activities.



- Use sunscreen when outdoors.
- Encourage child to play with other children.
- Keep child's hair, body, and clothes clean. Wash bed sheets weekly.
- Have child wash hands with soap and water before and after eating and using toilet.
- Talk to doctor before giving child any medications or home remedies.
- Keep child away from tobacco smoke and products. Stop use of all tobacco products such as cigarettes, cigars and chew.

**For help to quit smoking, call the California Smoker's Helpline**

1-800-NO-BUTTS  
(1-800-662-8887)

## Safety tips for parents:

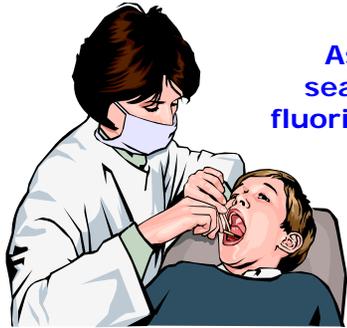
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and near bedrooms.
- Check alarms every 6 months.
- Be prepared, plan for emergencies.



**Additional resources and references:**  
American Academy of Pediatrics, American Dental Association, etc.

# Dental

- 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.

# Nutrition

## Make mealtime an enjoyable family time.

- Let child help with food preparation, setting the table, and cleaning up.
- Eat together, talk together.
- Expect good mealtime manners.
- Turn off the TV while eating meals.

## Follow a regular mealtime routine with 3 meals and 1-3 small snacks each day.

- Give a variety of healthy foods.
- Limit foods high in sugar and fat.
- Make time to serve breakfast.
- Participate in the school's free or reduced price breakfast and lunch programs.

### Include in each meal:

- Fruit and/or vegetable.
- Whole wheat bread and pasta, whole grain crackers and cereals, corn tortillas, or whole grain brown rice.
- Nonfat or lowfat milk, lowfat yogurt, or cheese.
- Protein and iron-rich foods such as lean meats, poultry, fish, eggs, tofu, seeds, nuts, nut butter, and beans.

### Offer healthy beverages.

- Offer water often during the day.
- Give 2 cups of nonfat or lowfat milk a day.
- Limit 100% fruit juice to ½ - ¾ cup a day.
- Avoid soda and other sweetened drinks.

### Help child maintain a healthy weight and physical fitness.

- Encourage and promote 60 minutes of regular physical activity each day.
- Limit TV/video/computer time to 2 hours a day (except for homework).

### Get help from WIC or Food Stamps.

Call 1-888-942-9675 (WIC)

Call 1-877-847-3663 (Food Stamps)

# 6 to 8 years

# Growing Up Healthy



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

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

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

Height: \_\_\_\_\_ 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

# Health & Safety

- Use a booster seat in the back seat until child weighs 80 to 100 lbs, is 4 feet 9 inches, and can sit against seat back with knees bent (usually between 8 – 12 years old).

The lap belt must sit low and flat on hips, with shoulder belt over the shoulder, not on face or neck.



- Never leave child alone near water. Teach child water safety and how to swim. Pool/spa should be fenced with a self-latching gate.
- Teach child about traffic lights and how to use a cross walk.
- If it is necessary to keep a gun, unload and lock up gun and store bullets separately. Hide keys.
- Keep child away from loud noises and music to protect hearing.
- Label and lock up all harmful things like soaps, cleaning supplies, alcohol, vitamins, medicines, poisons, power tools, matches and lighters. Remove poisonous plants.
- Have child wear mouth guard, helmet, knee, wrist, and elbow guards when using scooters, bikes, skates, or skateboards.
- Teach child how to dial 911 and what to do in an emergency. Be sure child knows their full name, address and phone number.

(6 – 8 years)

# What to Expect

**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 cards, board games and learn to be part of a team
- Want to test balance and climbing skills
- Enjoy activities that require planning and building.

## Tips and Activities

- ✓ Give child a few simple chores, like setting the table, making their bed, making their lunch, helping prepare family meals.
- ✓ Take walks and allow your child to talk about what they see and think.
- ✓ Help child develop a bedtime routine and use a set bedtime each night.
- ✓ Help child learn patience by letting others go first or by finishing a task before play.
- ✓ Read to child. As your child learns to read, take turns reading to each other.
- ✓ Talk with child about how to ask for help when they need it.
- ✓ Teach child the difference between “good” and “bad” touch. Teach your child how to say “no” to bad touch and to tell you.

**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- Take child for regular health exams and immunizations (shots).
- Let child play outside daily. Join child in outdoor activities.



- Use sunscreen when outdoors.
- Keep child’s hair, body, and clothes clean. Wash bed sheets weekly.
- Have child wash hands with soap and water before and after eating and after using toilet.
- Keep child away from tobacco smoke and tobacco products.
- Start talking to child about not using drugs, alcohol, or tobacco.

**For help to quit smoking, call the California Smoker’s Helpline**

1-800-NO-BUTTS  
(1-800-662-8887)

## Safety tips for parents:

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



## Additional resources and references:

American Academy of Pediatrics,  
American Dental Association, etc.

# 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.

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



- 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.

# Nutrition

## **Make mealtime an enjoyable family time.**

- Let child help with food preparation, setting the table, and cleaning up.
- Eat together, talk together.
- Expect good mealtime manners.
- Turn off the TV while eating meals.

## **Follow a regular mealtime routine with 3 meals and 2-3 small snacks each day.**

- Give a variety of healthy foods.
- Limit foods high in sugar and fat.
- Make time to serve breakfast.
- Participate in the school’s free or reduced price breakfast and lunch programs.

### **Include in each meal:**

- Fruit and/or vegetable.
- Whole wheat bread and pasta, whole grain crackers and cereals, corn tortillas, or whole grain brown rice.
- Nonfat or lowfat milk, lowfat yogurt, or cheese.
- Protein and iron-rich foods such as lean meats, poultry, fish, eggs, tofu, seeds, nuts, nut butter, and beans.

### **Offer healthy beverages.**

- Offer water often during the day.
- Give 3 cups of nonfat or lowfat milk a day.
- Limit 100% fruit juice to 1-1½ cups a day.
- Avoid soda and other sweetened drinks.

### **Help child maintain a healthy weight and physical fitness.**

- Encourage and promote 60 minutes of regular physical activity each day.
- Limit TV/video/computer time to 2 hours a day (except for homework).

### **Get help from WIC or Food Stamps.**

Call 1-888-942-9675 (WIC)  
Call 1-877-847-3663 (Food Stamps)

# 9 to 12 years

# Growing Up Healthy



Today’s Date: \_\_\_\_\_

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

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

Height: \_\_\_\_\_ 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

# Health & Safety

- Teach child how to swim. Never swim alone. Wear a life vest when boating.
- Use a booster seat in the back seat until child weighs 80 to 100 lbs, is 4 feet 9 inches, and can sit against seat back with knees bent (usually between 8-12 years old).

The lap belt must sit low and flat on hips, with shoulder belt over the shoulder, not over the face or neck.

- Do not allow child to ride in bed of pick-ups.
- Remind child to wear a helmet, knee, wrist, and elbow guards when using skates, bikes, scooters, and skateboards.
- If it is necessary to keep a gun, unload and lock up gun and store bullets separately. Hide keys.
- Teach child not to touch guns and to tell an adult if they find one.
- Supervise use of power tools, poisons, matches and lighters.
- Warn child about danger of hearing loss with loud music.
- Talk to child about personal safety and the dangers of hitchhiking.
- Talk about avoiding gang activities, peer pressure, and group violence.
- Teach child not to accept anything from strangers or go with them, and to tell you or a trusted adult about a suspicious stranger.



(9-12 years)

# What to Expect

***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 own 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.
- ✓ Encourage activities such as dancing, playing a musical instrument, crafts, or hobbies.
- ✓ Assign reasonable chores.
- ✓ Allow child free time. Avoid over scheduling.
- ✓ Teach child to accept responsibility for all of his or her choices and actions.
- ✓ Talk about puberty, the changes it brings, and other concerns.
- ✓ Be a good role model. Child will want to copy your actions. Avoid drugs, alcohol, and tobacco.
- ✓ Teach child the importance of delaying sexual activity.
- ✓ Talk about responsible sexual behavior, such as abstinence or condom use.
- ✓ Talk with child about HIV/AIDS and sexually transmitted infections.

**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- Teach child how to swim. Never swim alone. Wear a life vest when boating.
- Take child for regular health exams and immunizations (shots).
- Encourage child to join sports activities like soccer, basketball, swimming, and biking.
- Use sunscreen when outdoors.
- Wash bed sheets weekly.
- Remind child to wash hands with soap and water before each meal or snack and after using toilet.
- Teach child to keep nails, hair, genitals, and body clean and to wear clean clothes.
- Warn child about the dangers of using drugs, alcohol, and tobacco. Encourage them to ask questions.



**For help to quit smoking, call the California Smoker's Helpline**

1-800-NO-BUTTS  
(1-800-662-8887)

## Safety tips for parents:



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

**Additional resources and references:** American Academy of Pediatrics, American Dental Association, etc.

# 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 at home often.

- Turn off TV and electronics while eating.
- Learn how to prepare meals.
- Plan healthy snacks around family meals.

## Follow a regular mealtime routine with 3 meals and healthy snacks every day.

- Eat a variety of healthy foods.
- Limit foods high in sugar and fat.
- Make time to eat breakfast – students who eat breakfast learn better.
- Participate in the school's free or reduced price breakfast and lunch programs.

## Include in each meal:

- Fruit and/or vegetable.
- Whole wheat bread and pasta, whole grain crackers and cereals, corn tortillas, or whole grain brown rice.
- Nonfat or lowfat milk, lowfat yogurt, or cheese.
- Protein and iron-rich foods such as lean meats, poultry, fish, eggs, tofu, seeds, nuts, nut butter, and beans.

## Make healthy beverage choices.

- Drink water frequently.
- Drink 3 cups of nonfat or lowfat milk a day.
- Limit 100% fruit juice to 1-1½ cups a day.
- Avoid soda and other sweetened drinks.
- Limit beverages that contain caffeine such as coffee, tea, sodas and energy drinks.

**Keep a healthy weight by balancing healthy eating with 60 minutes of physical activity a day.**

- 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).

## Get help from WIC or Food Stamps.

Call 1-888-942-9675 (WIC)

Call 1-877-847-3663 (Food Stamps)

# 13 to 16 years

# Staying Healthy



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

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

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

Height: \_\_\_\_\_ 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

# Health & Safety

- Learn to swim. Never swim alone. Wear a life vest when boating. Remember alcohol and water activities don't mix.
- Avoid loud noises or music. It can damage hearing.
- Wear a helmet, knee, wrist, and elbow guards when using skates, motorcycles, bikes, and skateboards.



**Wear a seat belt  
for EVERY ride**

- Remember 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.
- Do not** hitchhike or participate in other risky activities. Do not accept anything from strangers or go with them. Be aware of your surroundings at all times.
- Be aware that date rape happens and that it can happen to you. Ensure your safety! Do not accept open drinks from others or leave drink unattended. Take a self-defense class.
- Talk with trusted adults about avoiding gang activities or group violence.
- Think carefully before you get a tattoo or piercing.
- 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.

*(13 – 16 years)*

# What to Expect

***Teens should spend time with family. Parents and teens should listen to what they each have to say.***

## **You may:**

- Want more independence and more time with friends.
- Be growing and developing rapidly
- Have an increase in appetite
- Tend to think in the present time and not of consequences
- Begin to seek more independence
- Disagree with parents and be frustrated
- Be very involved with friends
- Get acne and be concerned about the way you look
- Have questions about drugs, alcohol, and sexual activity. If so, talk with a trusted adult.

## **Tips and Activities for Parents**

- ✓ Give teen lots of praise and affection.
- ✓ Allow time for daily homework. Make sure teen attends school every day.
- ✓ Respect teen's privacy.
- ✓ Discuss and set rules, limits, and penalties.
- ✓ 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.

**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- Get regular health exams and immunizations (shots).
- Use sunscreen. Avoid tanning outdoors and at salons.
- Keep nails, hair, genitals, and body clean. Wear clean clothes and wash hands with soap and water before eating and after using toilet.
- Wash bed sheets weekly.
- Learn about the dangers of using drugs, alcohol, and tobacco.
- Talk with parents or a trusted adult about HIV/AIDS and other sexually transmitted infections.
- If you are pregnant, see a doctor for early and regular prenatal care.



**For help to quit smoking, call the  
California Smoker's Helpline**

1-800-NO-BUTTS  
(1-800-662-8887)

## **Safety tips:**

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



**Additional resources and references:**  
American Academy of Pediatrics, American Dental Association, etc.

# 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 meals with family often.

- Turn off TV and electronics while eating.
- Learn how to prepare foods.
- Plan healthy snacks around family meals.

## Follow a regular mealtime routine with 3 meals and healthy snacks every day.

- Eat a variety of healthy foods.
- Limit foods high in sugar and fat.
- Make time to eat breakfast – students who eat breakfast learn better.
- Plan healthy snacks and choose healthy foods when eating out

## Include in each meal:

- Fruit and/or vegetable.
- Whole wheat bread and pasta, whole grain crackers and cereals, corn tortillas, or whole grain brown rice.
- Nonfat or lowfat milk, lowfat yogurt, or cheese.
- Protein and iron-rich foods such as lean meats, poultry, fish, eggs, tofu, seeds, nuts, nut butter, and beans.

## Make healthy beverage choices.

- Drink water frequently.
- Drink 3 cups of nonfat or lowfat milk a day.
- Limit 100% fruit juice to 1-1½ cups a day.
- Avoid soda and other sweetened drinks.
- Limit beverages that contain caffeine such as coffee, tea, sodas and energy drinks.

**Keep a healthy weight by balancing healthy eating with 60 minutes of physical activity a day.**

- 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).

## Get help from WIC or Food Stamps.

Call 1-888-942-9675 (WIC)  
Call 1-877-847-3663 (Food Stamps)

# 17-20 years

# Staying Healthy



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

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

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

Height: \_\_\_\_\_ 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

# Health & Safety

- Practice car and motorcycle safety.
- Always wear a seat belt!
- 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.



- Use a helmet, knee, elbow, and wrist guards when using bikes, skates, and skateboards.
- Learn to swim. Never swim alone. Wear a life vest when boating. Remember alcohol and water activities don't mix.
- Avoid hitchhiking and other risky activities. Do not accept anything from strangers or go with them. Be aware of your surroundings at all times.
- Date rape** happens and it can happen to both men and women. Ensure your safety! **Do not** accept open drinks from others or leave drink unattended. Take a self-defense class.
- Avoid loud noises or music. It can damage hearing.
- 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.

(17 – 20 years)

# What to Expect

*Seek support for hopes and dreams.*



## You May:

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

## Tips and Activities

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

**If you find yourself feeling overwhelmed, extremely sad, or about to hit, shake, or harm a baby, call your medical primary care provider, 1-800-4-A-CHILD / (1-800-422-4453), or a friend for help.**

# Health & Safety

- Get regular health exams and immunizations (shots).
- Use sunscreen. Avoid tanning outdoors and at salons.
- Keep hair and body clean. Wear clean clothes. Wash hands with soap and water before eating and after using toilet.
- Wash bed sheets weekly.
- Think carefully before you get a tattoo or piercing.
- Learn about HIV/AIDS and other sexually transmitted infections. Find out where to get tested.
- If you are sexually active, be responsible for your sexual behavior. Use protection against sexually transmitted infections or unplanned pregnancies.
- If you are pregnant, see a doctor for early and regular prenatal care.
- Keep away from tobacco smoke. Stop all tobacco use.

**For help to quit smoking, call the California Smoker's Helpline**

1-800-NO-BUTTS  
(1-800-662-8887)

## Safety tips:

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



**Additional resources and references:** American Academy of Pediatrics, American Dental Association, etc.