

## Dental

## Nutrition

### Healthy baby teeth are important.

- Twice a day, clean all sides of teeth. Use a child's toothbrush and a dab of fluoride toothpaste. Wipe off excess toothpaste.
- Lift baby's lips and look at all sides of teeth. Call dentist if there are white, brown, or black spots.
- Ask doctor or dentist about fluoride varnish and drops for baby.
- Put baby to bed **without** a bottle.
- Do not dip pacifier in honey or anything sweet or lick to "clean." Honey can make baby very sick.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

### SHARING CAN SPREAD CAVITY GERMS:



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

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouthwashes to prevent cavities in your mouth.

### Keep feeding baby breast milk or formula with iron to age 1.

- If formula feeding, baby will now take 6-8 ounces 3-4 times daily.
- Baby may nurse less as solids increase.
- Teach baby to use a cup for breast milk, formula, or water.
- Limit 100% fruit juice to ¼ - ½ cup a day.
- Do not give soda or other sweet drinks.

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

- Give iron rich baby cereals and pureed meats, fruits, vegetables, or cooked beans by spoon.
- Give finger foods: small pieces of toast or unsalted crackers.
- Do not add salt or sugar to foods.
- Stop giving food when baby turns head away and closes mouth.
- Sit baby with family at meal or snack for 10-15 minutes.



## 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

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

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

WIC: 1-888-942-9675

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



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**Keeping Baby Healthy**

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

**Injury Prevention**

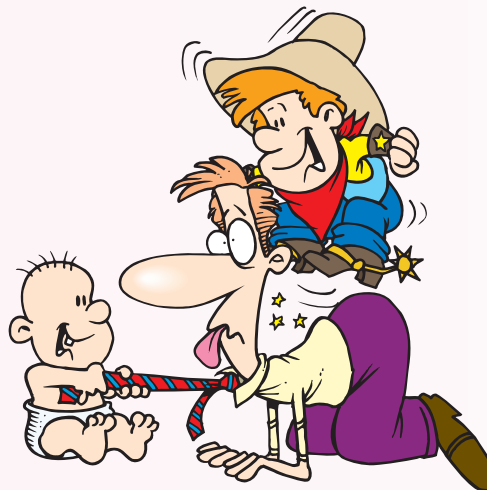
- Never leave baby alone on a bed or changing table.
- Never leave baby alone or with a stranger or a pet.
- Never pick up baby by arms, shake, toss, or swing in the air.
- Remove string from sweatshirt hood.
- Never tie pacifier around neck.
- Use childproof safety latches, locks on cabinets, outlet covers.
- Use stair gates and window guards.
- Keep medicines, cleaning supplies, plants out of the reach of children.
- Baby can choke on small objects. Keep keys, unsafe toys, plastic bags and balloons away from baby.
- Do not use an infant walker or hanging jumper. These can cause injuries.

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

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

**Tips and Activities**

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

**Sleep Safety**

- Always place baby on back to sleep on a firm mattress with fitted sheet.
- No pillows, soft bedding, or toys in crib.
- Don't overdress baby.
- Use a crib without lead-based paint, with bars no more than 23/8 inches apart.
- Set mattress at lowest level.
- Keep crib away from windows, drapes, cords, and blinds.

**Bath and Water Safety**

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

**Car Safety**

- Never leave baby alone in a car.
- Use a rear-facing car seat in the back seat until age 1 and at least 20 pounds. Never place baby in front of an airbag.

**Safety Tips for Parents:**

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

**Resources for Parents:**

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

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