Growing Up Healthy

10-12 months

Dental

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.

Nutrition

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

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

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

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

Some foods cause choking, do not give:
Round (hot dogs, grapes, popcorn), Pitted (cherries), Hard (candy, raw vegetables), Sticky (peanut butter)

Today's Date: _____

Name: _____

Age: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

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

WIC: 1-888-942-9675
Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3663

CaMMH California Office of Multicultural Health

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Health

Keeping Baby Healthy

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

Injury Prevention

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

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

Safety

Sleep Safety

- Always place baby on back to sleep on a firm mattress with fitted sheet.
- No pillows, soft bedding, or toys in crib.
- Don't overdress baby.
- Use a crib 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, near 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)