

DENTAL

Dental

- A child should have a “dental home” and be seen twice a year or as advised by dentist.
- Healthy teeth are needed to chew, speak and save room for adult teeth.
- Baby teeth must last 6 – 10 years.
- Ask about fluoride varnish, drops, and tablets for child. Store fluoride and toothpaste out of child’s reach.
- Use a dab of fluoride toothpaste. Have child spit it out, not swallow it.
- Brush child’s teeth along gums twice a day, morning and before bedtime.
- Give healthy snacks, nothing sweet or sticky.
- Ask child’s doctor or dentist for advice if thumb/finger sucking continues.



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

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

NUTRITION

Nutrition

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

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



Offer healthy beverages.

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

Make family meals a happy time.

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

Physical activity and weight

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



Growing Up Healthy

4-5 years



Today’s Date: _____

Name: _____

Age: _____

Length: _____ Weight: _____

Body Mass Index (BMI) Percentile: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

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

WIC: 1-888-942-9675

Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3683



Developed by the Nutrition, Dental, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee. Translation funded by the California Office of Multicultural Health. Rev 06/2010



Keeping Child Healthy

- Take child for regular health checkups and immunizations (shots).
- Talk to doctor before giving child medicines or home remedies.
- Keep child's hair, body and clothes clean. Wash bedding once weekly.
- Keep child away from tobacco smoke and products.
- Use sunscreen when outdoors.
- Have child wash hands with soap and water after using toilet, before eating.

Injury Prevention

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



4-5 years

Teach child to avoid strangers.

A child should never go with anyone without your permission.

Child may:

- Enjoy jokes and be talkative.
- Play well with other children and have friends.
- Be able to cut and paste.
- Play blocks, cards, and board games.
- Have better balancing and climbing skills.
- Want to dress alone.
- Enjoy pretend play and be very curious.
- Wet bed at night. If this happens regularly, talk to doctor.

Tips and Activities

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



Water Safety

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

Car Safety

- Children can ride in a forward-facing car seat until they reach the upper weight or height limit of the seat, usually around age 4 and 40 pounds.
- CA law requires children to use a car or booster seat, in the back seat, until they are age 6 or 60 pounds.

Safety Tips for Parents:

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

Resources for Parents:

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

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