

## Healthy baby teeth are important.

- Put baby to bed without a bottle.
- 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.



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

**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.

- Baby nurses longer as baby grows.
- Offer more formula, 4-6 ounces every 3-5 hours, as baby grows.

ONLY breast milk, formula or water in bottle. **(No juice or soda)**  
**Do not prop the bottle.**

## Starting solid foods

### Baby is ready when they:

- Sit up and hold head
- Open mouth for food
- Close lips over spoon
- Show interest in your food



### Feeding tips

- Give one new food at a time every 2-7 days.
- Give iron rich foods: baby cereal and pureed meats.
- Feed 2-3 times a day in 10-15 minute meals.
- Baby is full when baby spits food, looks away, or eats slower.
- Look for a bad reaction (skin rash, diarrhea, or breathing problems) with new foods.
- Do not give cow’s milk, nuts, eggs, fish, and wheat until one year old due to bad reactions.

## 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

WIC: 1-888-942-9675

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

**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.
- Keep baby away from crowds and sick people.
- 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.
- 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.
- Keep baby away from crowds and sick people.
- Do not use an infant walker or hanging jumper, which can cause injuries.

**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.
- Give baby attention and love
- Protect baby from sun with hat and shade covering. No sunscreen until 6 months.

**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.
- Keep crib away from windows, drapes, cords, and blinds.

**Bath Safety**

- Set water heater to less than 120°F.
- Check water before putting baby in bath.
- Never leave baby alone in bath.

**Car Safety**

- Never leave baby alone in a car.
- Use a rear-facing car seat in the back seat, properly buckled in; never 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)