Dental

- Brush teeth with a child’s soft toothbrush after each meal. Use a small, jiggling motion with the bristles angled to the gums. Use a very small amount of fluoride toothpaste. Do not let your child eat it.

- Your child still needs help brushing teeth. Floss your child’s teeth daily.

- Show good dental health habits by daily brushing and flossing your own teeth.

- Take your child to see a dentist at least once a year. Ask about fluoride for your child’s teeth.

- Limit sweets to prevent dental cavities.

- Help your child give up thumbsucking.

- Store fluoride and toothpaste out of your child’s reach.

Nutrition

4 - 5 Years

- You decide when and what to serve. Your child decides whether to eat and how much.

- Do not bribe, punish or reward with food.

- Limit fast foods.

- Encourage good eating habits. Offer 3 small meals and 2-3 snacks daily. Give a variety of foods with:
  - 5-9 small servings of vegetables or fruits
  - 7-11 small servings of breads, cereals, or grains
  - 2 cups of 1% or 2% milk, cheeses or yogurt
  - 2 servings of protein foods, like lean meats, poultry, fish, eggs, dried beans, peas (legumes), or tofu

- Give water when thirsty. Limit fruit juice to one cup daily. Do not give punch, soda, and other sweet drinks.

- Buy foods low in fat, sugar and salt. Limit sweets and chips.

Growing Up Healthy

Gender: 
Weight: ______ 
Height: ______ 
Next Appointment: 
Date: _______ Time: ________

Keep emergency numbers handy:

Police, fire, ambulance: Call 911
Poison Control Number: 1-800-876-4766

- Learn Child CPR
- Put smoke alarms in hallways and every bedroom, check every 6 months.
- Have a carbon monoxide alarm.

CHDP Child Health and Disability Prevention Program
California Pub. 268 7/92 LLW/FR/DB Rev 8/97
### Health and Safety

- Use a car safety seat or seat belt for every ride.
- The back seat is the safest place for all children.
- Never put your children in the front seat if there is an airbag.
- Never leave your child alone near water. Teach your child water safety and how to swim.
- Teach your child about traffic lights and how to use a crosswalk. Have your child wear a helmet for scooters, bikes, skates, and skateboards.
- Unload and lock up guns and bullets.
- Keep your child away from loud noises.
- Label and lock up all harmful things: soaps, cleaning solutions, lye, liquor, vitamins, iron pills, other medicines, poisons, and electrical tools and matches.

### Parenting Tips

#### Teach your child to avoid strangers.

**Your child should never go with anyone without your permission.**

**What to Expect**

- Your child:
  - Enjoys jokes and is talkative.
  - Plays well with other children and has friends.
  - Can cut and paste.
  - Can play marbles, cards, and board games.
  - Has better balancing and climbing skills.
  - May want to dress alone.
  - Enjoys pretend play and is very curious.
  - May wet bed at night. If this happens regularly, ask your doctor.

**What You Can Do**

- Give your 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 happy time. Read or sing to your child.
- Have your child sleep in his or her own bed.
- Answer your child’s questions honestly, in a simple way that can be understood. Children are very curious about the differences between boys and girls and where babies come from.
- Teach your child not to accept food, give help or go with a stranger.
- Teach your child the differences between “good” versus “bad” touches. Teach your child how to say “no” to bad touches and to tell you.

> If you find yourself about to hit, shake or harm your child, call a “Hot Line” or a friend for help.

#### 4 - 5 Years

- Take your child for regular health exams and vaccines (shots).
- Watch your child run, climb, swing, jump, and play with a ball. Let your child play outside daily.
- Let your child play with other children.
- Keep your child’s skin, hair, body, and clothes clean. Wash bed sheets at least weekly.
- Have your child wash hands before eating and after using the toilet.
- Keep your child away from tobacco smoke. Stop all tobacco use.
- Take your child for a blood lead test.