

## Dental



**Take baby to dentist by age one!**

**Healthy “baby” teeth are important.**

- Brush all sides of baby’s teeth twice a day. Use a child’s toothbrush and a tiny rice-grain size of fluoride toothpaste. Wipe off any 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. Keep fluoride out of child’s reach.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Don’t put baby to bed with a bottle.
- If baby uses a pacifier:
  - Don’t dip it in anything sweet
  - Only give a clean pacifier. If it falls out, wash it; do not “clean” it with your mouth. Keep extras on hand.
- Germs that cause cavities can be spread from your saliva to your baby’s mouth. Don’t spread cavity germs by sharing anything that has been in your mouth with your baby.

**Parents: Stop the spread of cavity germs by taking care of your own teeth.**

- Brush with fluoride toothpaste every morning and night and floss before bedtime.
- Make a dental appointment for yourself.
- Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

## Nutrition

**Breastfeeding is best.**

- Baby may breastfeed less often.
- Breastfeeding helps baby stay healthy and feel safe.

**Keep feeding baby formula with iron to age 1.**

- If formula feeding, baby usually takes 4-6 ounces 3-4 times daily.
- By age one; baby only drinks from small cup, except if breastfeeding.
- It’s OK to give baby cow’s milk at age 1.
- Give baby breast milk, formula, or water in a cup with meals.
- Do not give baby juice, soda or other sugary drinks.
- No honey. It can make baby very sick.

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

- Give pureed, mashed, and soft lumpy foods to help baby learn to chew.
- At each meal, give iron-rich foods, like cooked and finely chopped meats or chicken or mashed tofu or beans.
- Give baby finger foods: small pieces of soft, peeled fruit, toast or unsalted crackers.
- Keep food plain - do not add sugar or salt.
- Meals can be messy. Babies learn to eat by touching their food. Be patient as baby learns.

**Some foods cause choking. Do not feed baby:**

- Round food (hot dogs, grapes, popcorn, nuts)
- Pitted food (cherries, olives)
- Hard food (candy, raw vegetables)
- Sticky food (nut butters, candy)

Women, Infants, and Children (WIC):  
Call 1-888-942-9675  
Food Stamps-Supplement Nutritional  
Assistance Program (SNAP): 1-877-847-3663

## Growing Up Healthy: 10 to 12 Months



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](#), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](#); visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



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# Health

## Keeping Baby Healthy

- Don't let baby eat paints chips or dirt, or play in bare dirt.
- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry. Wash toys often.
- Wash your hands with soap and water after changing diapers and before baby eats.
- Keep baby away from:
  - Loud noises and music to protect hearing
  - Tobacco smoke and nicotine products
  - Crowds and sick people
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

## Preventing Injury

- Check labels to make sure toys are lead-free.
- If biking, make sure baby is properly buckled in and wearing a helmet.
- Do not use infant walkers or hanging jumpers as they can cause injuries.
- Never leave baby alone:
  - On a bed or changing table
  - With a stranger or a pet
- Never shake, toss, or swing baby in the air. Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby. Remove string from sweatshirt hood.

# What to Expect

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

Baby may be afraid of new people and cry when you leave. Comfort baby and make baby feel safe. Say goodbye when you leave.

## Baby may:

- Get into a sitting position.
- Poke with fingers
- Bang together two objects
- Stand when holding onto couch
- Copy speech and sounds
- Say "ma-ma" and "da-da"

## Tips and Activities

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



# Safety

## Sleep Safety

- Set mattress at lowest level.
- 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 free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

## Bath Safety

- Set water heater to less than 120°F and check water before putting baby in bath.
- Never leave baby alone in bath, pool, or near water or toilet.
- Put a fence with a self-latching gate around a pool or spa.

## Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat until age two and at least 40 pounds or 40 inches tall. Never put baby in front of an airbag.

## Environmental Safety

- Have baby tested for lead poisoning at 12 months and 24 months.
- Do not let young children eat fish that contain high levels of mercury, like king mackerel, shark, swordfish, and tilefish.
- Remove any chemicals from fruits/vegetables by peeling or washing them in cold water.

## Prepare for Emergencies

- Be prepared. Plan for emergencies. Learn CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months.