

## Dental

### **“Baby” teeth must last 6-10 years.**

- A child needs a “dental home”. Visit the dentist twice a year, or as advised by your dentist.
- Clean all sides of child’s teeth twice a day. Use a child’s toothbrush and tiny rice-grain size of fluoride toothpaste. Wipe off any excess toothpaste.
- Don’t spread cavity germs by sharing anything that has been in your mouth with your toddler.
  - Do not share toothbrushes, cups, spoons, straws, etc.
  - Do not pre-chew or bite off food.
- Lift child’s lips and look at all sides of teeth. Call dentist if there are any white, brown, or black spots.
- Ask doctor or dentist about fluoride varnish and drops for child. Keep fluoride out of child’s reach.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.



**Keep baby teeth healthy to chew, talk, and save room for adult teeth.**

### **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

### **Feed healthy food at regular times with 3 meals and 2-3 small snacks.**

- Child feeds self with spoon or baby fork.
- Serve small portions.
- Give family foods and soft finger foods, like meats, chicken, fish, eggs, cheese, or tofu.
- Give soft fruit or cooked vegetables at meals and snacks.
- Offer child new foods often to try new tastes.
- Have child eat only during meals and snacks.
- Breastfeeding still helps keep baby healthy.

### **Make family meals a happy time.**

- Teach child to wash hands before meals.
- Eat together and show table manners.
- Your child learns from watching you.
- Let your child decide when full.

### **Child uses a small cup for all drinks.**

- Give ½-¾ cup whole or 2% milk or fortified milk alternative (soy or almond) in a cup 3-4 times a day.
- Limit 100% fruit juice to ½ cup a day.
- Do not give soda or other sugary drinks.

### **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)

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

# Growing Up Healthy: 13 to 15 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](http://www.denti-cal.ca.gov), 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](http://www.kidshealth.org); 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).

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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 Child Healthy

- Use sunscreen when outdoors.
- Take child for regular health check-ups and immunizations (shots).
- Keep child's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers and before child eats.
- Keep baby away from:
  - Loud noises and music to protect hearing
  - Tobacco smoke and nicotine products
- Talk to doctor before giving child any medicines or home remedies.



### Preventing Injury

- Carry or hold child's hand when near cars.
- Keep electrical cords, pot handles, and other hot things out of child's reach.
- Check labels to make sure toys are lead-free.
- If biking, make sure child is properly buckled in and wearing a helmet.
- Never leave child alone, with a stranger, or a pet.
- Never shake, toss, or swing child in the air.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Child can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from child.

## What to Expect



Reward good behavior with a hug or praise.

### Child may:

- Want to do things on their own but still cling to parent.
- Walk alone, stoop, and stand up again.
- Let you know his/her needs by ways other than crying.
- Say "ma-ma" and "da-da" with correct meaning.
- Understand more than he/she can say.
- Pull off socks and try to unbutton buttons.
- Point with index finger and poke with fingers.

### Tips and Activities

- Use consistent, loving discipline. Say "no" firmly, when needed, and direct child to new task. Never hit a child.
- Play with child. Talk, sing, and read stories.
- Give simple toys that child can take apart and put back together. Build towers of blocks for child to knock down and set back up.
- Make a safe place for child to explore, play catch with a ball, and be curious. Watch child play, climb, and swing.
- Leave a key word out of a story or rhyme and let child fill in the blank. For example, "Mary had a little \_\_\_."
- Tell child before you change activities.
- Limit watching TV.

## Safety

### Bath Safety

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

### Car Safety

- Always check behind car before backing out.
- Never leave child alone in car.
- Properly buckle child in a rear-facing car seat in the back seat until age two and at least 40 pounds or 40 inches tall. Never put child in front of an airbag.

### Environmental Safety

- Prevent child from coming in contact with lead:
  - Don't let child eat or play where there is paint dust, peelings, or chips.
  - Wash child's hands often.
  - Wet-mop floors and other outside areas often to remove paint dust.
- If child has asthma, learn what triggers child's asthma attack and ask your doctor about an asthma management plan.
- Protect child from touching any bug killers on lawns or gardens. Wait 24-48 hours before letting child play in that area.

### 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.