

## Dental

"Baby" teeth must last 6 to 10 years.



**A child needs a "dental home." Visit the dentist twice a year, or as advised by dentist.**

- Ask doctor or dentist about fluoride varnish and drops for child. Keep fluoride out of child's reach.
- Keep baby's teeth healthy to chew, speak and save room for adult teeth.
- 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.
- Do not 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.
- Give child healthy snacks, not sweet or sticky
- Lift child's lips and look at all sides of teeth. Call dentist if there are any white, brown or black spots.
- Medicines may have sugar or cause dry mouth. Follow with water for brush teeth.

**Parents: Stop the spread of cavity germs and take care of your own teeth.**

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

## Nutrition

Parents decide what food is served at 3 meals and 2-3 small snacks.

- Child decides how much and which food to eat.
- Healthy foods include:
  - Fruit or vegetables at meal or snacks
  - Whole grain bread, cereal, or pasta
  - Protein and iron-rich foods, like meats, chicken, fish, eggs, beans and tofu
- Child may not eat the same amount or like the same foods each day.
- Offer child a new food (may take 10 times).
- Limit fast foods and snacks high in sugar and fat
- Have child eat only during meals and snacks.

**Make family meals a happy time.**

- Teach child to wash hands before meals.
- Eat together and show table manners.
- Do not force child to eat or clean plate.

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

- Offer water often and 2 cups of whole or 2% milk a day.
- Limit 100% fruit juice to ½ cup a day.
- Do not give soda or other sugary drinks.

**Physical activity and weight**

- Child gets 60 minutes of active play.
- Avoid use of screen media other than video chatting (younger than 18 months).

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

- Round (hot dogs, grapes, popcorn, nuts)
- Pitted foods (cherries, olives)
- Hard foods (candy, raw vegetables)
- Sticky foods (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: 16 to 23 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 Child Healthy

- Use sunscreen when outdoors
- Do not let child eat paint chips or dirt, or play in the bare dirt.
- 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 child's hands with soap and water after using toilet.
- Wash your hands with soap and water after changing diapers and before feeding child.
- Keep child 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



**If biking, make sure child is properly buckled in and wearing a helmet.**

- 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.
- Never leave child alone, with a stranger, or pet.
- Keep medicines, cleaning supplies, and plants out of 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



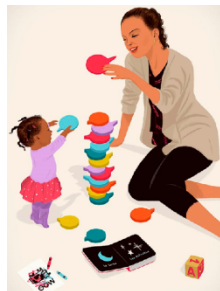
**Reward good behavior with a hug or praise.**

## Child may:

- Walk backwards.
- Kick and throw a ball
- Stack 2 – 4 blocks
- Turn single pages of a book
- Follow simple directions
- Copy what you say and do
- Cry when parent leaves. Comfort child and say goodbye
- Want to do things on their own but still cling to parent

## 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. Build towers of blocks for child to knock down and set back up.**

- Give simple toys that child can take apart and put back together.
- 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.

# Safety

## Bath and Water 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.**

- Properly buckle child in a rear-facing car seat in the back seat until age 2 and at least 40 pounds or 40 inches tall.
- Never put child in front of an airbag.

## Environmental Safety

- Check with doctor before using home remedies with child. Some home remedies can have lead, arsenic and other heavy metals that can be harmful to child.
- Keep pets clean - wash your pet and their bedding often to get rid of fleas and dirt.
- 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 infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months.