**Dental**

“Baby” teeth are important to chew, speak, and save room for adult teeth.

- “Baby” teeth must last 6-10 years.
- Brush child’s teeth along gums twice a day.

**Use pea-size dab of fluoride toothpaste. Teach child to spit, not swallow.**

- A child needs a “dental home.” Visit the dentist twice a year, or as advised by dentist.
- Lift the lips and look at all sides of teeth. Call dentist if there are any white, brown or black spots.
- Ask doctor or dentist about the fluoride varnish and tablets for child. Keep fluoride out of child’s reach.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

**Give healthy snacks - not sweet or sticky.**

Parents:

- Stop the spread of cavity germs. Do not share 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.
- Take care of your own teeth.
  - Brush with fluoride toothpaste morning and night. Floss before bedtime.
  - Make a dental appointment for yourself.
  - Ask your dentist about fluoride, gum or mints with 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, will eat more on some days than others.
- Healthy foods include:
  - Fruit, and vegetables (half the plate)
  - Whole grain bread, cereal or pasta
  - Protein and iron-rich foods, like meats, chicken, fish, eggs, beans and tofu
- Offer child new foods (may take 10 times).
- Limit fried and fast foods plus 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.
- Sit and eat together and show table manners.
- Do not force child to eat or clean plate.
- Have child help shop and prepare meals.

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

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

**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
- For health information about kids and teens, visit 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).

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

Growing Up Healthy:

3 Years

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

Reviewed 01/2018.
**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 child’s hands with soap and water after using toilet, and before eating.
- Keep child away from:
  - Loud noises and music to protect hearing
  - Tobacco smoke and nicotine products

**Preventing Injury**
- If gun kept in the home, unload, lock up, store bullets separately, and hide the keys.
- Use stair gates and window guards
- Keep electrical cords, pot handles and other hot things out of child’s reach.
- If child is using bike, tricycle, or scooter have child wear helmet plus knee, wrist, and elbow guards.
- Never leave child alone with a stranger or pet.
- Keep medicines, cleaning supplies, and plants out of child’s reach. Use childproof safety latches and locks on cabinets.

**Talk to doctor before giving child any medicines or home remedies.**

**Environmental Safety**
- Wooden play sets and picnic tables (made before 2003) may contain arsenic. Wash child’s hands after using and cover picnic tables while eating.
- Paint may contain lead. Do not let child eat paint chips or play in spaces that have paint dust, peelings or chips.

**Tips and Activities**
- Help child learn to share.
- Let child explore and try new thing and play with other children.
- Arrange special time for you and your child and play outside with your child daily.
- Let child pick up toys and clothes.
- Answer child’s questions honestly and simply.
- Play, talk, sing and read stories with child daily.

**Choking hazards**
- Child can choke on small objects.
  - Keep keys, unsafe toys, jewelry, plastic bags and balloons away from child.

**Safety**

**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.

**Car Safety**
- Always check behind car before backing out.
- Never leave child alone in car.
- Carry or hold child’s hand when near cars.
- Use forward-facing car seat with a harness placed properly in the back seat. Make sure child is correct weight and height for the car seat.

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**Prepare for Emergencies**
- Be prepared and plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallways and bedrooms.
- Check alarms every 6 months.

Growing up Healthy 3 Years