

Dental

“Adult” front teeth and back molars are coming in and must last a lifetime. Keep them healthy.

- Help child brush teeth with a pea-size dab of fluoride toothpaste twice a day, in the morning and before bedtime.
- Help child floss before bedtime.
- Have child use mouth guard for sports, like tee-ball and soccer.
- A child needs a “dental home”. Visit the dentist twice a year, or as advised by dentist.



Ask dentist about sealants and fluoride for child.

- Give healthy drinks and snacks, not sweet or sticky.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

Parents: Set a good example.

- Brush with fluoride toothpaste every morning and night.
- Floss before 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 1-3 small snacks.

- Child decides how much and which food to eat.
- Start the day with breakfast.
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 often to try new tastes.
- Limit fried and fast foods plus snacks high in sugar and fat.

Offer healthy beverages.

- Offer water often.
- Drink 2 cups of nonfat or low fat milk a day plus 1 additional low fat dairy product.
- Whole fruit is best. Limit 100% fruit juice to $\frac{3}{4}$ cup a day for a 6-year-old and 1 cup a day for a 7-8-year-old.
- Do not give soda or other sugary drinks.

Make family meals a happy time.

- Let child help prepare meals and snacks.
- Eat together, talk together, and teach table manners.
- Teach child to wash hands before meals.
- Do not force child to eat or clean plate.

Physical activity and weight.

- Child gets 60 minutes or more of active play a day.
- Place consistent limits on media time and the types of media.

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

Growing Up Healthy: 6 to 8 Years



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).

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

- Start talking to child about not using drugs, alcohol, tobacco, or nicotine.
- Use sunscreen when outdoors.
- Take child for regular health check-ups and immunizations (shots).
- Keep child's hair, body, clothes, and bedding clean and dry.
- Wash child's hands with soap and water after using toilet, and before eating.
- Keep child away from tobacco smoke and nicotine products.



Preventing Injury

- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches, and lights.
- Teach child about traffic lights and how to use crosswalk.
- If gun is kept in the home, unload, lock up, and store bullets separately and hide the keys. Don't let child play with guns, bullets, or bullet casings.
- Know the social media sites and video games child uses. Keep child away from sites and games with violent or sexual images and languages.
- If child is using bike, tricycle, or scooter, have child wear a helmet and knee, wrist, and elbow guards.

What to Expect

Give child support and praise. Help child form a positive image.

Child may:

- Want to be more independent and want to spend more time with friends.
- Describe experiences and talk more about thoughts and feelings.
- Begin to have an awareness of the future.
- Play board games and learn to be a part of a team.
- Want to test balance and climbing skills.
- Enjoy activities that require planning.
- Want to dress alone.



Tips and Activities

- Give child a few simple chores, making their bed, setting the table, and helping set or clean table.
- Take walks and encourage conversation about what they see and think.
- Help child develop a bedtime routine.
- Help child learn patience by letting others go first.
- Read to child and read to each other.
- Teach child to dial 911 in an emergency. Teach child to remember his/her full name, address, and phone number.
- Teach child the different between "good" and "bad" touches. Teach child how to say "no" to bad touches and tell you.
- Spend time every day talking to your child could do if they are being bullied or see someone else being bullied.

Safety

Teach child to avoid strangers

- Teach child to never go with anyone without your permission.

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.
- Teach child water safety and how to swim.

Car Safety

- Use a booster seat in the backseat until child is 4'9" and can sit against vehicle seat back with knees bent and can wear lap and shoulder belt correctly. Child cannot ride in front seat until 12 years old.
- The lap belt must fit low and flat on hips/upper thighs, with shoulder belt across the shoulder and chest not on face or neck.

Environmental Safety

- Fluorescent light bulbs have some mercury inside. If one breaks in your home, follow the clean-up and removal steps described at [Environmental Protection Agency](#)
- Protect child's skin from sunburn and cover up with hats and clothing. Stay away from the sun during peak hours (10AM – 3PM).
- Check labels to make sure toys are lead-free.



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.