

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 Medi-Cal dentist, call 1-800-322-6384 or visit www.smilecalifornia.org
- 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 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.