

Dental

- Don't put baby to bed with a bottle.
- Wipe baby's gums gently with a soft, clean, wet cloth every day.
- For babies that are breastfeeding, it's best to wait until one month of age to use a pacifier.
- If baby uses a pacifier:
 - Don't dip it in anything sweet, like sugar.
 - Only give a clean pacifier. If it falls out, wash it. Don't blow on, lick, or put in your mouth to "clean".
- Germs that cause cavities can be spread from your mouth to your baby's. Don't share anything that has been in your mouth with your baby.



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

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouth washes to prevent cavities in your mouth.

Resources for Parents

- For more 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).

Nutrition

Breastfeeding is best.

- Moms: Eat healthy foods and drink lots of water.
- Nurse 8-12 times in 24 hours. The more you nurse, the more milk you will make.
- Ask your doctor about vitamin D for baby.
- Pump and freeze milk for later use.

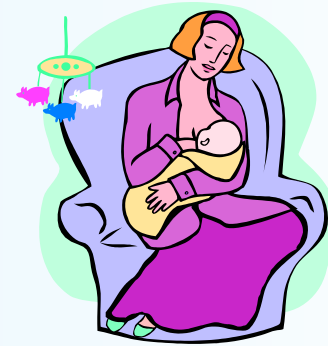
If formula feeding, give formula with iron.

- Always hold baby close while feeding.
- Do not prop the bottle.
- Put only breast milk or formula in the bottle.
- Feed newborn baby about 2 ounces of formula every 2-3 hours – watch for baby cues*
- Feed a 1-2 month old baby about 2-3 ounces of formula every 3-4 hours.
- It's OK if baby doesn't finish every bottle.
- No honey or corn syrup. It can make baby very sick.

Seek help early for any feeding problems.

- Feed baby more as baby grows.
 - * Learn baby cues when hungry or full.
 - Hungry: Rooting, sucking, hand movements, or fussing. Crying is a late cue.
 - Full: Turns head away, closes mouth, relaxes hand or falls asleep.

Growing Up Healthy



Birth-2 Months

Today's Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222

WIC: 1-888-942-9675

Food Stamps – Supplement Nutritional Assistance Program:
1-877-847-3663



Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee. Rev 06/2014.



Health

Keeping Baby Healthy

- 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 your hands with soap and water after changing diapers.
- 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.

Preventing Injury

- 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

Taking care of a new baby can give you joy, worry, and stress.

Baby may not always grow or act like other babies. Hold, cuddle, and play with baby. Get to know what makes your baby special.

Crying

Crying is one way baby talks to you. It could mean baby:

- Is hungry.
- Has a wet diaper.
- Is tired or sick.
- Needs to be held.
- Is scared.

If baby keeps crying:

- Wrap baby in blanket.
- Rock baby.
- Sing or play soothing music.
- Stroke baby's back gently.
- Take baby for a ride in stroller or car.
- Call the doctor.

Tips and Activities

- Give baby colorful soft toys.
- Take baby outdoors.
- Protect baby with hat or shade covering to prevent sunburns or overheating. Don't put sunscreen until baby is 6 months old.
- Under adult supervision, put baby on stomach to build head control.



Safety

Sleep Safety

- 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.

Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

Environmental Safety

- Use clean, safe drinking water for baby formula. Use cold tap water and run for 1-3 minutes before using.
- Test drinking water for lead, nitrates, and coliforms, if from a private well.
- If breastfeeding, avoid eating king mackerel, shark, swordfish, and tilefish because they contain high levels of mercury. Eat up to 2 meals a week of fish and shellfish that are low in mercury, but limit albacore "white" tuna to 1 meal per week. Check local fish advisories about the safety of fish caught by family and friends.

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.

Dental

- Rock baby to sleep or give a clean pacifier at nap or at bedtime. Don't put baby to bed with a bottle.
- Wipe baby's gums gently with a soft, clean, wet cloth every day.
- If baby uses a pacifier:
 - Don't dip it in anything sweet, like sugar.
 - Only give a clean pacifier. If it falls out, wash it. Don't blow on, lick, or put in your mouth to "clean".
- Germs that cause cavities can be spread from your mouth to your baby's. Don't share anything that has been in your mouth with your baby.



Don't put pacifier in own mouth to "clean".

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

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouth washes to prevent cavities in your mouth.

Resources for Parents

- For more 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).

Nutrition

Breastfeeding is best.

- Moms: Eat healthy foods and drink lots of water.
- Nurse 8-12 times in 24 hours. The more you nurse, the more milk you will make.
- Ask your doctor about vitamin D for baby.
- Pump and freeze milk for later use.

If formula feeding, give formula with iron.

- Always hold baby close while feeding.
- Do not prop the bottle.
- Feed baby 3-4 ounces of formula every 3-5 hours – watch for baby cues*.
- It's OK if baby doesn't finish every bottle.
- No honey or corn syrup. It can make baby very sick.

Seek help early for any feeding problems.

- Feed baby more as baby grows.
- Breast milk and formula are the only food baby needs. Wait until baby is 6 months old to feed solid foods.
 - * Learn baby cues when hungry or full.
 - Hungry: Rooting, sucking, hand movements, or fussing. Crying is a late cue.
 - Full: Turns head away, closes mouth, relaxes hand or falls asleep.



Growing Up Healthy



3-4 Months

Today's Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222

WIC: 1-888-942-9675

Food Stamps – Supplemental Nutritional Assistance Program:
1-877-847-3663



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Health

Keeping Baby Healthy

- Always put baby on clean surface.
- 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 your hands with soap and water after changing diapers.
- 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.

Preventing Injury

- Check labels to make sure toys are lead-free.
- 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

All babies are different.

Babies develop at their own rates. Baby may not always grow or act exactly like other babies and may need time to warm up to people and activities. Get to know what makes your baby special. Call your doctor if there are any concerns.

Baby may:

- Lift head when on stomach.
- Smile, laugh, coo, and babble.
- Sit with support.
- Play with hands.
- Turn body from side to side.
- Splash in the tub.
- Bring objects to mouth.
- Kick feet while lying on back.

Tips and Activities

- Play games, like peek-a-boo with baby.
- Cuddle, talk, sing, read, play soft music, and play gently with baby.
- Give baby colorful soft toys.
- Take baby outdoors.
- Protect baby with hat or shade covering. Don't put sunscreen until baby is 6 months old.
- Under adult supervision, put baby on stomach to build head control.



Safety

Sleep Safety

- 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.

Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

Environmental Safety

- Use clean, safe drinking water for baby formula. Use cold tap water and run for 1-3 minutes before using.
- Test drinking water for lead, nitrates, and coliforms, if from a private well.
- If breastfeeding, avoid eating king mackerel, shark, swordfish, and tilefish because they contain high levels of mercury. Eat up to 2 meals a week of fish and shellfish that are low in mercury, but limit albacore "white" tuna to 1 meal per week. Check local fish advisories about the safety of fish caught by family and friends.

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.

Dental

Healthy baby teeth are important.

- For teething pain, rub gums gently or give a cold, clean, teething ring.
- Ask doctor or dentist about fluoride varnish or drops for baby.
- Sharing toothbrushes, spoons, or cups can spread cavity germs.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Don't put baby to bed with a bottle.
- Wipe baby's gums and teeth gently with a soft, clean, wet cloth or a toothbrush with a rice-grain size of fluoride toothpaste twice a day. Wipe off any excess toothpaste.
- If baby uses a pacifier:
 - Don't dip it in anything sweet, like sugar.
 - Only give a clean pacifier. If it falls out, wash it. Don't blow on, lick, or put in your mouth to "clean".

Hold baby while feeding. Propping bottle or leaving breast milk in the mouth can cause cavities.

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

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouth washes to prevent cavities in your mouth.

Resources for Parents

- For more 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).

Nutrition

Keep feeding baby breast milk or formula with iron to age 1.

- Baby nurses longer as baby grows. Offer more formula, 4-6 ounces every 3-5 hours, as baby grows.

Only breast milk, formula, or water in bottle. No juice or soda.

Starting solid foods

Baby is ready when he/she:

- Sits up and holds head.
- Opens mouth for food.
- Closes lips over spoon.
- Shows interest in your food.



Feeding tips

- Give one new food at a time every 7 days.
- Give iron-rich foods, like baby cereal and pureed meats.
- Feed 2-3 times a day in 10-15 minute meals.
- Baby is full when baby spits food, looks away, or eats slower.
- Look for any bad reactions (skin rash, diarrhea, or breathing problems) with new foods.
- Do not give cow's milk, nuts, eggs, fish, and wheat until baby is one year old due to possible reactions.
- No honey or corn syrup. It can make baby very sick.

Growing Up Healthy

5-6 Months



Today's Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222

WIC: 1-888-942-9675
Food Stamps – Supplemental Nutritional Assistance Program:
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Health

Keeping Baby Healthy

- Always put baby on a clean surface.
- 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 your hands with soap and water after changing diapers.
- 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

- Do not use infant walkers or hanging jumpers as they can cause injuries.
- Check labels to make sure toys are lead-free.
- 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

All babies are different.

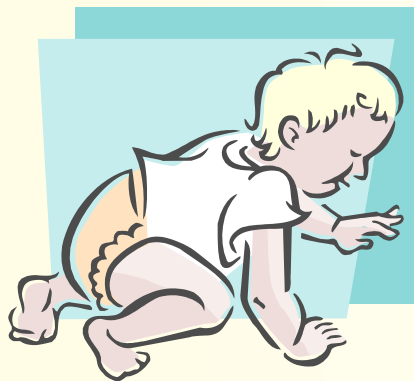
Baby may not always grow or act exactly like other babies and may need time to warm up to people and activities. Call your doctor if there are any concerns.

Baby may:

- Reach for objects.
- Sit up with support.
- Bring objects to mouth.
- Roll over.
- Feel and shake objects.
- Squeal, laugh, and smile.

Tips and Activities

- Babies learn more quickly when you spend time with them. Play, talk, sing, and read to baby.
- Give baby colorful soft toys that make soft noises when moved or squeezed.
- Check toys for loose parts that baby may swallow or choke on. Keep small toys out of baby's reach.
- Put baby on a clean blanket on floor to play. Let baby crawl and to build strong legs and arms.
- Protect baby with hat or shade covering. Don't put sunscreen until baby is 6 months old.
- Give baby attention and love.



Safety

Sleep Safety

- 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.

Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

Protect Baby

- Breathing carbon monoxide can cause sudden sickness and death.
 - Never warm up a car in the garage, even with the door open.
 - Never use a generator indoors, in any closed-off space, or near windows or doors.
- Dust may contain lead and other harmful chemicals and allergens. Clean floors and surfaces often and wash your and your baby's hand often.

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.

Dental

Healthy baby teeth are important.

- Lift baby'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 or drops for baby.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Don't put baby to bed with bottle.
- Clean all sides of baby's teeth twice a day. Use a child's toothbrush and a rice-grain size of fluoride toothpaste. Wipe off any excess toothpaste.
- Don't dip pacifier in anything sweet like sugar.

Sharing can spread cavity germs.



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

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouth washes to prevent cavities in your mouth.

Resources for Parents

- For more 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).

Nutrition

Keep feeding baby breast milk or formula with iron to age 1.

- If formula feeding, baby will now take 6-8 ounces 3-4 times daily.
- Baby may nurse less as solids increase.
- Teach baby to use a cup for breast milk, formula, or water.
- Do not give baby soda, juice, or other sugary drinks.

Give baby healthy foods in 3 small meals and 2-3 small snacks a day.

- Give iron-rich baby cereals and pureed meats, fruits, vegetables, or cooked beans by spoon.
- Give finger foods: small pieces of peeled, soft fruit, toast or unsalted crackers.
- Do not add salt or sugar to foods.
- Stop giving food when baby turns head away and closes mouth.
- Sit baby with family at meal or snack times for 10-15 minutes.



Some foods cause choking. Do not feed baby:

- **Round (hot dogs, grapes, popcorn, nuts),**
- **Pitted (cherries),**
- **Hard (candy, raw vegetables), or**
- **Sticky (nut butters) foods.**

Growing Up Healthy



7-9 Months

Today's Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222

WIC: 1-888-942-9675
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Health



Keeping Baby Healthy

- 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 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.
- 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.

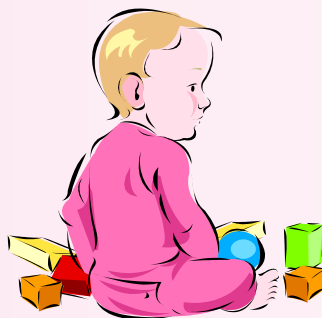
Baby may be afraid of new people and cry when you leave. Comfort baby and make baby feel safe. Say goodbye when you leave.

Baby may:

- Eat small pieces of soft food.
- Crawl.
- Sit alone without support.
- Bring objects to mouth.
- Turn when name is called.
- Move objects from hand to hand.

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 a 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

- 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, window sills, 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.

Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

Environmental Safety

Protect baby from contact with household and paint products.

- Store insect killers, cleaning products, or household chemicals in their original packages and keep out of child's reach.
- Do not use insect killers or other household products near children or pets. If needed, use insect baits/traps/gels instead of sprays/dust.
- Choose safe cleaning products. Stay away from products with ammonia, chlorine, or a skull and cross bone.
- Don't let baby eat or play where there's paint dust, peelings, or chips.

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.

Dental



Take baby to dentist by age one!

Healthy baby teeth are important.

- Lift baby'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 or drops for baby. Keep 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 bottle.
- Clean all sides of baby's teeth twice a day. Use a child's toothbrush and a rice-grain size of fluoride toothpaste. Wipe off any excess toothpaste.
- Don't dip pacifier in anything sweet like sugar.

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

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouth washes to prevent cavities in your mouth.

Resources for Parents

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- To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887).

Nutrition

Keep feeding baby breast milk or formula with iron to age 1.

- If formula feeding, baby will now take 4-6 ounces 3-4 times daily.
- Baby may nurse less as solid foods increase.
- By age one; baby only drinks from small cup.
- 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 soda, juice, or other sugary drinks.



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, such as cooked and finely chopped meats or chicken or mashed tofu or beans.
- Give finger foods: small pieces of soft, peeled fruit, toast or unsalted crackers.

Some foods cause choking. Do not feed baby:

- **Round (hot dogs, grapes, popcorn, nuts),**
- **Pitted (cherries),**
- **Hard (candy, raw vegetables), or**
- **Sticky (nut butters) foods.**

Growing Up Healthy



10-12 Months

Today's Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222

WIC: 1-888-942-9675
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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.

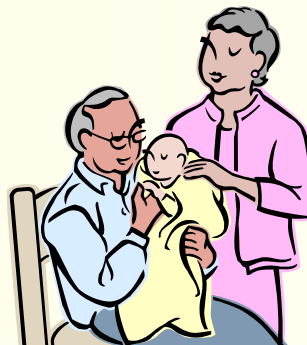
Baby may be afraid of new people and cry when you leave. Comfort baby and make baby feel safe. Say goodbye when you leave.

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 one and at least 20 pounds. 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.
- Babies and children are more easily hurt by chemicals than adults. Remove any chemicals from fruits/vegetables by peeling or washing them in cold water.

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.

Dental

Baby teeth must last 6-10 years.

- A child needs a “dental home”. Visit the dentist twice a year, or as advised by dentist.
- Sharing toothbrushes, straws, spoons, or cups can spread cavity germs. Do not chew food for child.
- 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 or drops for child. Keep out of child’s reach.
- Clean all sides of child’s teeth twice a day. Use a child’s toothbrush and rice-grain size of fluoride toothpaste. Wipe off any excess toothpaste.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

Keep child’s teeth healthy to chew, speak, and save room for adult teeth.

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

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouth washes to prevent cavities in your mouth.

Resources for Parents

- For more 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).

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, such as meats, 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.

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.

Child uses a small cup for all drinks.

- Give ½-¾ cup cow’s milk or fortified milk alternative in a cup 3-4 times a day.
- Limit 100% fruit juice to ½-¾ cup a day.
- Do not give soda or other sugary drinks.

Some foods cause choking. Do not feed baby:

- Round (hot dogs, grapes, popcorn, nuts),
- Pitted (cherries),
- Hard (candy, raw vegetables), or
- Sticky (nut butters) foods.

Growing Up Healthy

13-15 Months



Today’s Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222

WIC: 1-888-942-9675
 Food Stamps – Supplemental Nutritional Assistance Program:
 1-877-847-3663



Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee. Rev 06/2014.



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 one and at least 20 pounds. 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.

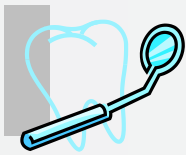
Prepare for Emergencies

- Be prepared. Plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months.



Dental

Baby teeth must last 6-10 years.



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

- Keep child’s teeth healthy to chew, speak, and save room for adult teeth.
- Give child healthy snacks, not sweet or sticky.
- Sharing toothbrushes, straws, spoons, or cups can spread cavity germs. Do not chew food for child.
- 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 or drops for child. Keep out of child’s reach.
- Clean all sides of child’s teeth twice a day. Use a child’s toothbrush and a rice-grain size of fluoride toothpaste. Wipe off any excess toothpaste.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

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

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouth washes to prevent cavities in your mouth.

Resources for Parents

- For more 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).

Nutrition

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

- Serve small portions and let child feed self.
- Healthy foods include:
 - Fruit or vegetables at meal or snacks.
 - Whole grain bread, cereal, or pasta.
 - Protein and iron-rich foods, such as meats, fish, eggs, bean, and tofu.
- Offer child new foods to try new tastes.
- 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.

Child uses a small cup for all drinks.

- Offer water often and 2 cups of non-fat or low-fat milk a day.
- Limit 100% fruit juice to ½-¾ cup a day.
- Do not give soda or other sugary drinks.

Physical activity and weight

- Child gets 60 minutes of active play.
- No screen time (TVs, computers, video games, phones, and tablets) until 2 years of age.

Some foods cause choking. Do not feed baby:

- Round (hot dogs, grapes, popcorn, nuts),
- Pitted (cherries),
- Hard (candy, raw vegetables), or
- Sticky (nut butters) foods.

Growing Up Healthy

16-23 Months



Today’s Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222

WIC: 1-888-942-9675
Food Stamps – Supplemental Nutritional Assistance Program:
1-877-847-3663



Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee. Rev 06/2014.



Health

Keeping Child Healthy

- Use sunscreen when outdoors.
- Don't let child eat paints chips or dirt, or play in 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 your hands with soap and water after changing diapers and before child eats. Wash child's hands with soap and water after using toilet.
- 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

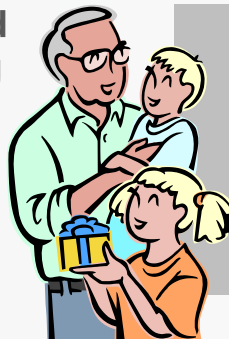
- Carry or hold child's hand when near cars.
- Keep electrical cords, pot handles, and other hot things out of child's reach.
- Check labels to make sure toys are lead-free.
- If biking, make sure child is properly buckled in and wearing a helmet.
- Never leave child alone, with a stranger, or a pet.
- 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:

- 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.
- 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.

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.
- Never leave child alone in car.
- Properly buckle child in a rear-facing car seat in the back seat until age one and at least 20 pounds. 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 and wash your pet and pet's 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.

Dental

Baby teeth must last 6-10 years.

- Brush child's teeth along gums twice a day with a rice-grain size of fluoride toothpaste.
- A child needs a dental home. Visit the dentist twice a year, or as advised by dentist.
- Keep child's teeth healthy to chew, speak, and save room for adult teeth.
- Give child healthy snacks, nothing sweet or sticky.
- Sharing toothbrushes, straws, spoons, or cups can spread cavity germs. Do not chew food for child.
- Ask doctor or dentist about fluoride varnish or drops for child. Keep out of child's reach.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.



Lifts the lips and look at all sides of teeth. Call dentist if there are any white, brown, or black spots.

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

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouth washes to prevent cavities in your mouth.

Resources for Parents

- For more 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).

Nutrition

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



- Serve small portions and let child feed self.
- Healthy foods include:
 - Fruit or vegetables at meal or snacks.
 - Whole grain bread, cereal, or pasta.
 - Protein and iron-rich foods, such as meats, fish, eggs, bean, and tofu.
- Offer child new foods to try new tastes.
- Limit fried and 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.

Child uses a small cup for all drinks.

- Offer water often and 2 cups of non-fat or low-fat milk a day.
- Limit 100% fruit juice to 1/2-3/4 cup a day.
- Do not give soda or other sugary drinks.

Physical activity and weight

- Child gets 60 minutes of active play.
- Limit screen time (TV, computer, video games, phone, and tablets) to no more than 2 hours a day.

Some foods cause choking. Do not feed child:

- **Round (hot dogs, grapes, popcorn, nuts),**
- **Pitted (cherries),**
- **Hard (candy, raw vegetables), or**
- **Sticky (nut butters) foods.**

Growing Up Healthy



2 Years

Today's Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222

WIC: 1-888-942-9675

Food Stamps – Supplement Nutritional Assistance Program:
1-877-847-3663



Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee. Rev 06/2014.



Health

Keeping Child Healthy

- Use sunscreen when outdoors.
- Don't let child eat paints chips or dirt, or play in 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.
- 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 gun is kept in the home, unload, lock up, and store bullets separately and hide the keys.
- Use stair gates and window guards
- 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 child is using bike, tricycle, or scooter, make sure child is wearing a helmet.
- Never leave child alone, with a stranger, or a pet.
- 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

A child has lots of energy. Be patient. Give praise.



- "No" is a favorite word of a two year old. Offer few choices to avoid child answering "no."
- If child is very quiet and always sad, talk to the doctor.

Child may:

- Have mood swings (feel up and then down)
- Open doors, throw a ball overhand, and climb stairs
- Stack 5-6 blocks
- Speak in 2-3 word sentences and sing songs
- Repeat what you say
- Play near other children and not share

Tips and Activities

- Be consistent and patient. When child does something wrong, say why it is wrong, and direct child to another activity.
- Talk to child about using the toilet or potty chair. A child may not be potty trained until three years old.
- Give child rest or nap time.
- Play, talk, sing, and read stories with child daily.
- Offer simple toys that child can take apart and put back together.



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.
- Never leave child alone in car.
- Use a 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.

Environmental Safety

- Ask your doctor for or inquire where in the community you can get a blood test for child. Have child tested for lead at 12 months and 24 months.
- If your child has asthma, work with doctor to learn what triggers your child's asthma attacks.
 - Develop and share action plan with school and childcare workers.
 - Everyday triggers of asthma attacks include: cockroaches, pet dander, dust mites, mold, and secondhand smoke.
- Protect your child from contact with insect killers
 - If you have insects in your home, get rid of clutter, empty garbage bags often, fix leaks, and keep food in tightly sealed containers.

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.

Dental

Child teeth are important to chew, speak, and save room for adult teeth.

- Child teeth must last 6-10 years.
- Brush child's teeth along gums twice a day with a rice-grain size 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.
- Sharing food, cups, straws, or toothbrushes spread cavity germs.
- Lift the 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 or brush teeth.

Parents: Set a good example and brush in the morning and evening. Floss before bedtime.



Give healthy snacks – not sweet or sticky.

Resources for Parents

- For more 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).

Nutrition

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

- Serve small portions and let child feed self.
- Healthy foods include:
 - Fruit or vegetables at meal or snacks.
 - Whole grain bread, cereal, or pasta.
 - Protein and iron-rich foods, such as meats, fish, eggs, bean, and tofu.
- Offer child new foods to try new tastes.
- Limit fried and 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.

Child uses a small cup for all drinks.

- Offer water often and 2 cups of non-fat or low-fat milk a day.
- Limit 100% fruit juice to 1/2-3/4 cup a day.
- Do not give soda or other sugary drinks.

Physical activity and weight

- Child gets 60 minutes or more of active play.
- Limit screen time (TVs, computers, video games, phone, and tablets) to no more than 2 hours a day.

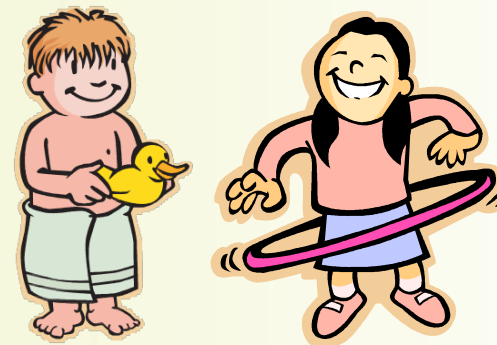


WIC: 1-888-942-9675

Food Stamps – Supplement Nutritional Assistance Program:
1-877-847-3663

Growing Up Healthy

3 Years



Today's Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222



Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee. Rev 06/2014.



Health

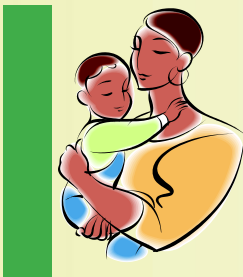
Keeping Child Healthy

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

Preventing Injury

- If gun is kept in the home, unload, lock up, and store bullets separately and hide the keys. Do not let child play with gun, bullets, or bullet casings.
- Use stair gates and window guards
- Carry or hold child's hand when near cars.
- 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 a helmet and knee, wrist, and elbow guards.
- Never leave child alone with a stranger, or a pet.
- 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.

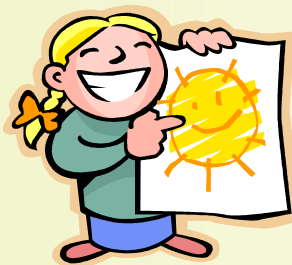
What to Expect



Show child lots of love, affection, and attention. Be patient. Give praise. If child is very quiet and always sad, talk to the doctor.

Child may:

- Get dressed without help.
- Jump in place.
- Pedal a tricycle.
- Begin to draw.
- Use 4-5 word sentences and be understood by others.
- Know their name, age, and sex.
- Talk about fears.



Tips and Activities

- Help child learn to share.
- Let child explore and try new things and play with other children.
- Encourage play with blocks, simple puzzles, and crayons.
- 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.

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. Put a fence with a self-latching gate around a pool or spa.
- Teach child water safety and how to swim.

Car Safety

- Always check behind car before backing out.
- Never leave child alone in car.
- Use a 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.

Environmental Safety

- Batteries can hurt your child. Do not let child put batteries in their mouth or swallow them.
 - Keep remotes and electronic devices out of child's reach if battery sections do not have a screw to secure them. Use tape to further secure battery section.
- Older wooden play sets and picnic tables (made before 2003) may contain arsenic. Wash child's hands after using and cover picnic tables while eating.
- Do not let child eat paint chips or play in spaces that have paint dust, peelings, or chips – they may contain lead.

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.

Dental

- Ask child's doctor or dentist for advice if thumb/finger sucking continues.
- Ask about fluoride varnish drops and tablets for child. Store fluoride and toothpaste out of child's reach.
- Child teeth must last 6-10 years.
- Brush child's teeth along gums twice a day with a rice-grain size of fluoride toothpaste. Teach child to spit, not swallow.
- Healthy teeth are needed to chew, speak, and save room for adult teeth.
- A child needs a dental home. Visit the dentist twice a year, or as advised by dentist.
- Sharing food, cups, straws, or toothbrushes spread cavity germs.



Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

Parents: Set a good example and brush in the morning and evening. Floss before bedtime.

Resources for Parents

- For more 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).

Nutrition

Parents decide what food is served at 3 meals and 1-3 small snacks.

- Start the day with breakfast.
- Serve small portions.
- Healthy foods include:
 - Fruit or vegetables at meal or snacks.
 - Whole grain bread, cereal, or pasta.
 - Protein and iron-rich foods, such as meats, fish, eggs, beans, and tofu.
- Offer child new foods often to try new tastes.
- Limit fried and fast foods and snacks high in sugar and fat.

Offer healthy beverages.

- Offer water often and 3 cups of non-fat or low-fat milk a day.
- Limit 100% fruit juice to 1/2-3/4 cup a day.
- 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.



Physical activity and weight

- Child gets 60 minutes or more of active play a day.
- Limit screen time (TVs, computers, video games, phone, and tablets) to no more than 2 hours a day.

Growing Up Healthy



4-5 years

Today's Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222



Health

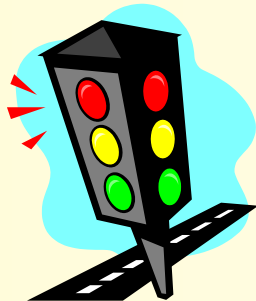
Keeping Child Healthy

- 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 bedding weekly.
- Wash child's hands with soap and water after using toilet, and before eating.
- Keep child away from tobacco smoke and nicotine products
- Talk to doctor before giving child any medicines or home remedies.



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. Do not let child play with guns, bullets, or bullet casings.
- If child is using bike, tricycle, or scooter, have child wear a helmet and knee, wrist, and elbow guards.
- Use outlet covers, childproof safety latches, and locks on cabinets and toilet seats. Use stair gates and window guards.



What to Expect

Child may:

- Enjoy jokes and be talkative.
- Play well with others and have friends.
- Be able to cut and paste.
- Play blocks, cards, and board games.
- Have better balancing and climbing skills.
- Want to dress alone.
- Enjoy pretend play and be very curious.
- Wet bed at night. If this happens regularly, talk to doctor.
- If child is very quiet and always sad, talk to doctor.



Tips and Activities

- Give child a few simple chores, like picking up toys or clothes and helping set or clean table.
- Take walks and talk about what you see.
- Play outside with child daily.
- Encourage child to play with other children.
- Make bed time a calm time. Read or sing.
- Child needs 11-13 hours of sleep each night.
- Teach child their full name.
- Teach child the difference between “good” and “bad” touches. Teach child how to say “no” to bad touches and tell you.
- Answer child's questions honestly and simply.
- Spend time every day talking to your child about their life and their friends. Talk about what bullying means to them and what they could do if they are being bullied or see someone else being bullied.

Safety

Teach child to avoid strangers.

Never have child 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

- Children can ride in a forward-facing car seat until they reach the upper weight or height limit of the seat as determined by manufacturer. Check label on car seat.
- Use a booster seat in the backseat until child is 4 feet 9 inches 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.

Environmental Safety

- If your child has asthma, work with doctor to learn what triggers your child's asthma attacks.
 - Develop and share action plan with school and childcare workers.
 - Everyday triggers of asthma attacks are cockroaches, pet dander, dust mites, mold, and secondhand smoke.
- Keep small magnets out of child's reach.
- Choose non-toxic art and craft supplies.

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.

Dental

Adult back and front teeth are coming in and must last a lifetime. Keep them healthy by preventing cavities.

- Help child brush teeth with a rice-grain size 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 about sealants and fluoride varnish 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 and brush in the morning and evening. Floss before bedtime.

Resources for Parents

- For more health information about kids and teens, visit www.kidshhealth.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).

Nutrition

Parents decide what food is served at 3 meals and 1-3 small snacks.

- Start the day with breakfast.
- Serve small portions.
- Healthy foods include:
 - Fruit or vegetables at meal or snacks.
 - Whole grain bread, cereal, or pasta.
 - Protein and iron-rich foods, such as meats, fish, eggs, beans, and tofu.
- Offer child new foods often to try new tastes.
- Limit fried and fast foods and snacks high in sugar and fat.

Offer healthy beverages.

- Offer water often and 3 cups of non-fat or low-fat milk a day.
- Limit 100% fruit juice to 1/2-3/4 cup a day.
- 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.

Child gets 60 minutes or more of active play a day.



Limit screen time (TVs, computers, video games, phones, and tablets) to no more than 2 hours a day, except for homework.

Food Stamps – Supplement Nutritional Assistance Program:
1-877-847-3663

Growing Up Healthy

6-8 years



Today's Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222



Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee. Rev 06/2014.



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 about their life and their friends. Talk about what bullying means to them and what they could do if they are being bullied or see someone else being bullied.

Safety

Teach child to avoid strangers.

Tell 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 www.epa.gov/cfl
- 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.

Dental

Limit snacks that cause cavities, like chips, sour and sticky candies, sports drinks, and sodas.

- Adult teeth are coming in and must last a lifetime. Keep them healthy by preventing cavities.
- Brush teeth along gums twice a day, in the morning and before bedtime. Brush tongue too. Floss before bedtime.
- Ask about sealants and fluoride varnish for child.
- A child needs a dental home. Visit the dentist twice a year, or as advised by dentist.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.



Use a mouth guard for all sports, like softball, basketball, soccer, and skateboarding.

Parents: Set a good example and brush in the morning and evening. Floss before bedtime.

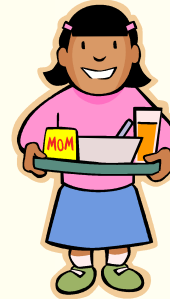
Resources for Parents

- For more 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).

Nutrition

Parents and child select healthy food with 3 meals and 1-3 snacks.

- Start the day with breakfast.
- Healthy foods include:
 - Fruit or vegetable at meal or snacks.
 - Whole grain bread, cereal, or pasta.
 - Protein and iron-rich foods, such as meats, fish, eggs, bean, and tofu.
- Limit fried and fast foods and snacks high in sugar and fat.



Choose healthy beverages.

- Drink water often.
- Drink 3-4 cups of nonfat or low fat milk a day.
- Limit 100% fruit juice to 1 – 1½ cups a day.
- Avoid soda and other sugary drinks.
- Limit beverages with caffeine: coffee, tea, and energy drinks.

Make family meals a happy time.

- Wash hands before meal.
- Plan and prepare meals together.
- Eat together, talk together, manners count.

Child gets 60 minutes or more of active play a day.

Limit screen time (TVs, computers, video games, phone, and tablets) to no more than 2 hours a day, except for homework.

Growing Up Healthy



9-12 years

Today's Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222



Health

What to Expect

Safety

Preteen Health

- Talk about puberty, body changes, sexual development and responsible sexual behavior. Also talk about sexually transmitted infections (STIs), including HIV/AIDS.
- Take child for regular health checkups and immunizations (shots).
- Teach child to keep nails, hair, genitals, and body clean and to wear clean clothes. Wash bed sheets weekly.
- Remind child to wash hands with soap and water before eating, after using toilet, and playing on floor, in dirt, or on the playground.

Preventing Injury

- Supervise use of power tools, matches, and lighters.
- Warn child about danger of hearing loss with loud music.
- Teach child to swim. Never have child swim alone and make sure child wears life vest when boating.
- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches, and lights.
- 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.



Make time to sit down and talk with child. Most of all, listen to what child has to say.

Preteen may:

- Show pride in school, sports, and other activities.
- Follow most rules at home and at school, but may test the rules.
- Be more responsible for their health, school, work, and chores.
- Want more independence and more time with friends.

Preteen Safety and Peer Pressure

- Warn child about dangers of drug, alcohol, tobacco, and nicotine use. Encourage questions.
- Talk about:
 - Avoiding gang activities, peer pressure, and group violence.
 - What bullying means to them and what they could do if they are being bullied or see someone else being bullied
 - Personal safety, including the dangers of hitchhiking.
- Teach child to tell a trusted adult about a stranger and to never accept anything from strangers.

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.



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

- Don't play with mercury. Touching mercury just once can contaminate your body, clothes, and stuff to the point they cannot be cleaned. A teaspoon of mercury not cleaned up properly can make a house no longer livable. See video: www.bit.ly/No3Eu
- Check the air quality in your area with www.airnow.gov. When outdoor quality is poor, reduce the amount of time spent playing outdoors or at outdoor sports practice.

Parents: Ways to Support Your Pre-Teen

- Spend at least 15 minutes every day talking to your preteen about their life and their friends.
- Give child lots of praise and affection.
- Help child form positive image.
- Make time for daily homework.
- Assign chores appropriate to age.
- Encourage child to join a group sport and other new activities or hobbies.
- Teach child to accept responsibility for their choices and actions.
- Put computer in a place where you can monitor use. Use computer's parental controls. Discuss how to be safe while using the Internet and social media.
- Be a good role model. Avoid drugs, alcohol, tobacco, and nicotine products.

Dental

- You need to have a dental home and visit the dentist twice a year, or as advised by dentist.
- Be responsible, brush teeth and tongue twice a day. Replace toothbrush every three months or after illness.
- Floss daily to reduce germs that cause bad breath, gum disease, and cavities.
- Ask dentist about fluoride, sealants, braces, and mouth guards.
- Oral piercing can cause chipped teeth, bad breath, and pain.
- Limit snacks that cause cavities, like chips, sour and sticky candies, sodas, sports, and coffee drinks.
- Use a mouth guard for all sports.

Tobacco can cause bad breath, stains on teeth, gum disease, sores, and cancer. Do not smoke or chew tobacco.



Resources for Teens

- For more health information, visit www.kidshealth.org or www.findyouthinfo.gov.
- 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).

Nutrition

Eat healthy food at regular times with 3 meals and planned snacks.

- Healthy foods include:
 - Fruit or vegetables.
 - Whole grain bread, cereal, or pasta; brown rice, or corn tortilla.
 - Protein and iron-rich foods like meat, fish, eggs, beans, and tofu.
- Make time to eat breakfast. Students learn better with breakfast.
- Limit fast foods and snacks high in sugar and fat.
- Avoid restricting food.

Choose healthy beverages

- Drink water often.
- Drink 3-4 cups of nonfat or low-fat milk a day.
- Limit 100% fruit juice to 1 – 1½ cups a day.
- Avoid soda and other sugary drinks.
- Limit beverages with caffeine: coffee, tea, and energy drinks.

Eat at home often.

- Plan and prepare a variety of foods.
- Eat together, talk together, manners count.

Keep a healthy weight with a healthy lifestyle.

- Get 60 minutes or more of physical activity: Walk, run, dance, swim, bike, play sports. Find something you enjoy and stick with it!
- Limit screen time (TVs, computers, video games, phones, and tablets) to no more than 2 hours a day, except for homework.

Growing Up Healthy

13-16 years



Today's Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222



Health

Teen Health

- If you are pregnant, see a doctor for early and regular prenatal care.
- Think carefully before getting a tattoo or piercing.
- If you come in contact with lead through work, hobbies, or school (e.g. working on cars, home repairs, gun use, fishing weights, etc.), get a blood test for lead.
- Use sunscreen and avoid tanning.
- Talk to a parent or an adult about sexual development and responsible sexual behavior. Talk about sexually transmitted infections (STIs), including HIV/AIDS.
- Have regular health checkups and immunizations.
- Learn to keep nails, hair, genitals, and body clean and to wear clean clothes. Wash bed sheets weekly.
- If you are always sad or losing too much weight, talk to your doctor.



Preventing Injury and Bullying

- Learn CPR.
- Protect your hearing and avoid loud noises or music.
- Learn to swim. Never swim alone and wear a life vest when boating. Remember: alcohol and water activities do not mix.
- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches, and lights.
- If gun is kept in the home, unload, lock up, and store bullets separately and hide the keys. A gunshot can cause injury or death. Take a gun safety course: CA Department of Fish and Game (916-653-1235) or local sporting store.
- Wear a helmet and knee, wrist, and elbow guards when using skates, skateboards, bikes, and motorcycles.

What to Expect

Talk and listen to family, and loved ones, and peers.

You may:

- Want more independence and more time with friends.
- Be growing and noticing changes in your body.
- Be concerned about how you look.
- Have an increased appetite.
- Tend to think in the present and not about consequences.
- Disagree with parents and be frustrated.
- Have questions about drugs, alcohol, and sexual activity. If so, talk with a trusted adult.



Safety and Peer Pressure

- Don't participate in risky activities, including hitchhiking, using alcohol, tobacco, and nicotine, and dangerous driving. Be aware of your surroundings at all times.
- Don't accept open drinks from others or leave drinks unattended. Be aware that sexual assault can happen to men and women.
- Talk with trusted adults about:
 - Avoiding gang activities or group violence.
 - What bullying means to you and what to do if you are being bullied or see someone else being bullied.
 - Responsible sexual behavior, such as abstinence or condom use.
- Be a good role model. Avoid drugs, alcohol, tobacco, and nicotine products.

Safety

Car Safety

- Always wear a seat belt.
- Follow the Graduated Driver's License Law.
- Don't use electronic devices, including: cellphones, laptops, or tablets while driving.
- Never text and drive.
- Never drink and drive. If the driver drank, find another ride.

Environmental Safety

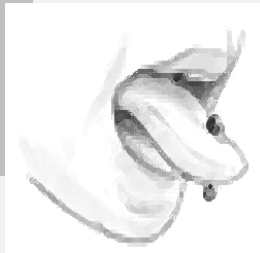
- Limit hobby activities that may expose you to toxic chemicals, such as: shooting at indoor fire ranges, building models with toxic glues, and creating stained glass pieces with lead-based solder.
- Encourage those who smoke to quit. Keep away from second hand smoke, especially inside cars.
- Protect skin from sunburn and limit outdoor activities during peak sun hours (10AM – 3PM).
- Set individual audio players to less than 60% of highest volume when listening with earplugs or headphones and limit use to 60 minutes daily.

Parents: Ways to Support Your Teen

- Spend at least 15 minutes every day talking to your teen about their life and their friends. Have talks about drugs, alcohol, sex, peer pressure, and ways to say "no."
- Make sure teen attends school every day. Allow time for daily homework.
- Discuss, set rules, limits, and penalties. But also praise and reward teen for making positive choices.
- Respect teen's privacy.
- Monitor teen's computer use and use parental controls. Discuss how to be safe while using the internet and social media. Know the social media sites and video games teen uses and keep teen away from sites and games with violent or sexual images and languages.

Dental

- Tobacco can cause bad breath, stains on teeth, gum disease, sores, and disfiguring cancer.
- Drugs like meth can cause serious dental and medical problems.
- Limit snacks that cause cavities, like chips, sour and sticky candies, sodas, sports, and coffee drinks.



Oral piercings can cause chipped teeth, receding gums, bad breath, nerve damage, and pain.

- Teens need to have a dental home and visit the dentist twice a year, or as advised by dentist.
- Be responsible, brush teeth and tongue twice a day. Replace toothbrush every three months or after illness.
- Floss daily to reduce germs that cause bad breath, gum disease, and cavities.
- Ask dentist about fluoride, sealants, braces, and mouth guards.
- Use a mouth guard for all sports.

Resources for Teens

- For more health information, visit www.kidshealth.org or www.findyouthinfo.gov.
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)
- If you need support, or someone to talk to, call the California Youth Crisis Line at 1-800-843-5200.

Nutrition

Eat healthy food at regular times with 3 meals and planned snacks.

- Healthy foods include:
 - Fruit or vegetables.
 - Whole grain bread, cereal, or pasta; brown rice or corn tortilla.
 - Protein and iron-rich foods like meat, fish, eggs, beans, and tofu.
- Make time to eat breakfast. Students learn better with breakfast.
- Limit fried and fast foods and snacks high in sugar and fat.
- Avoid restricting food.

Choose healthy beverages.

- Drink water often.
- Drink 3-4 cups of nonfat or low-fat milk a day.
- Limit 100% fruit juice to 1 – 1½ cups a day.
- Avoid soda and other sugary drinks.
- Limit beverages with caffeine: coffee, tea, and energy drinks.

Eat well with family and friends.

- Plan and prepare a variety of foods.
- Eat and talk together.
- Choose healthy foods when eating out.

Keep a healthy weight with a healthy lifestyle.

- Get 60 minutes of physical activity: Walk, run, dance, swim, bike, play sports, find something you enjoy and stick with it!
- Limit screen time (TVs, computers, video games, phone, and tablets) to no more than 2 hours a day, except for homework.

Staying Healthy



17-20 years

Today's Date: _____

Name: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: Call 1-800-222-1222

Health

Staying healthy

- Be responsible for your sexual behavior. Use protection to prevent sexually transmitted infections or unplanned pregnancies.
- If you are pregnant, see a doctor for early and regular prenatal care.
- Learn more about sexually transmitted infections (STIs), including HIV/AIDS. Find out where to get tested.
- Stay away from tobacco smoke. Stop all tobacco and nicotine use.
- Think carefully before getting a tattoo or piercing.
- If you come in contact with lead through work, hobbies, or school (e.g. working on cars, home repairs, gun use, fishing weights, etc.), get a blood test for lead. Also get tested for lead if you have eaten non-food items.
- Use sunscreen and avoid tanning.
- Keep hair and body clean. Wash bed sheets weekly. Wear clean clothes. Wash hands frequently.
- Get regular health checkups and immunizations.
- If you are losing too much weight, talk to your doctor.

Preventing Injury and Bullying

- Protect your hearing and avoid loud noises or music.
- If gun is kept in the home, unload, lock up, and store bullets separately and hide the keys. A gunshot can cause injury or death. Take a gun safety course: CA Department of Fish and Game (916-653-1235) or local sporting store.
- Wear a helmet when using skates, skateboards, bikes, and motorcycles.

What to Expect

Seek support to pursue your hopes and dreams.



You may:

- Be concerned about school, career, and the future.
- Be more independent from your family.
- Be concerned about your weight and eating.
- Date and have close friends.
- Have a regular job and more financial freedom.
- Have discussions with others over beliefs, attitudes, and values.

Tips and Activities

- Remember that you have choices. It's OK to NOT use drugs, alcohol, or have sexual contact with others.
- There may be times when you're confused or depressed. Speak with a trusted adult, friend, or doctor.
- Be kind and respectful to others. Avoid bullying, including cyberbullying.
- Talk about life events, attitudes, beliefs, and values with those you respect.
- Get involved in outdoor activities, sports, and community groups. Avoid gang activities or gang violence.
- Ask for privacy and respect the privacy of others.
- If you are in school, make time to study. Stay in school.
- Plan for the future you want.

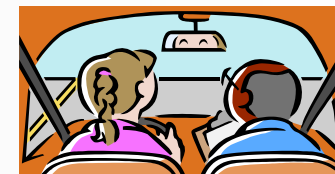
Safety

Staying Safe

- Don't participate in risky activities, including hitchhiking, using alcohol, tobacco, and nicotine, and dangerous driving. Be aware of your surroundings at all times.
- Be aware that sexual assault can happen to men and women. Ensure your safety. Don't accept open drinks from others or leave a drink unattended.
- Be safe while using the Internet and social media. Use privacy settings and choose wisely what you share publicly.

Vehicle and Water Safety

- Learn to swim and wear a life vest when boating. Never swim alone and remember: alcohol and water don't mix.
- Learn CPR.
- Always wear a seat belt in the car and a helmet when riding a motorcycle.
- Don't use electronic devices, including: cellphones, laptops, or tablets while driving.
- Never text and drive.
- Never drink and drive. If the driver drank, find another ride.



Environmental Safety

- Avoid:
 - Sun exposure when working outdoors.
 - Using tanning parlors / salons.
 - Secondhand smoke in restaurants and bars.
 - Pesticides and noise from lawn care and farm work.
 - Using toxic personal care products, or limit frequency of use.