

Infants, 0-3 years old

# Staying Healthy California

**Your Doctor** would like to share this tip sheet with you. Practicing this information will help you keep your child healthy. Let your doctor or nurse know if you take your child to see a traditional healer (like an acupuncturist, herbalist, or curandero). Tell your doctor if your child is taking any herbs or teas.



## Safety in the Home

- Cleaning supplies, medicines, and matches should be kept in a locked cabinet out of your child's reach.
- Pull-cords on drapes and blinds may cause strangulation (choking).
- Turn your water heater to less than 120° F (degrees Fahrenheit).
- Never leave your baby alone in the tub.
- Test temperature of bath water with forearm or elbow.
- Make sure to walk around the back of the car to check for children before backing out.
- There should be a working smoke detector in your home in case of fire. Batteries should be changed regularly.
- Children should never play near pools or hot tubs that are not covered or are not enclosed by a locked gate.
- All stairs should have gates. Windows above the first floor should have guards.

For more information call:  
**The National Safety Council**  
1-800-621-7619



## Abuse & Violence Prevention

- If you keep a gun in your home, keep it unloaded with the safety on. Ammunition (bullets) should be stored separately.
- Store all firearms out of children's reach and in a locked cabinet or drawer.
- If you suspect that your child has been a witness to or victim of abuse or violence, you should notify the police or Child Protective Services right away.

For more information, look in the community resource section of your telephone book for the number to **Child Protective Services**, or call:

**Prevent Child Abuse California**  
1-800-244-5373



## Nutrition for Infants

- Avoid giving your child hard candy or other foods that may cause choking (for example: nuts, popcorn, whole grapes, hot dogs, etc.).
- Breastmilk or formula is the only food your child should receive until 5-6 months of age.
- Watch for allergic reactions when starting new foods.
- Use a spoon to introduce solid foods to your baby.
- Do not add honey, sugar, or salt to your baby's food.



## Nutrition for Toddlers

- Your child should drink formula, whole milk, or eat yogurt at least twice a day.
- Children over 14 months should drink from a cup instead of a bottle.
- Watch your child during meal times for signs that he or she is full. Do not force food on your child.
- Establish a schedule for your child's meal times. Try to provide meals and snacks at the same time each day.

Staying Healthy California is an educational health service by the Staying Healthy Assessment Coalition. Send comments to: Staying Healthy Assessment Coalition c/o Office of Clinical Preventive Medicine, California Department of Health Services, 714 P Street, Room 1492, Sacramento, CA 95814

- Your child should eat a variety of 5 fruits and vegetables everyday.

For more information call:

**American Dietetic Association**  
**1-800-366-1655**



## Safety on the Go

- Place your child in the back seat of your car. This is generally the safest place in a crash.
- Children under 4 years of age and 40 pounds should always ride in a safety seat. Children under 1 year and less than 20 pounds should always ride in a rear facing safety seat.
- Make sure your child is in a car safety seat every time he or she rides in the car.
- Make sure you are using it the right way. Read the directions, or call your local police department for help.
- Never place a rear facing infant seat in the front seat of a vehicle with an air bag.
- Keep the strap from the car seat over your child's shoulders. The harness should be adjusted so you can slip only one finger underneath the straps at your child's chest. Place the chest clip at armpit level.

For more information call:

**Safety Seat Assistance**  
**1-800-745-7233**

**National Highway Traffic Safety Administration**  
**1-800-424-9393**



## General Health & Safety

- Make sure to take your child to the doctor for his/her immunizations. When the baby is born, ask to see a schedule.
- You should keep a bottle of Syrup of Ipecac (used to cause vomiting) on hand in case of poison ingestion.

For more information call:

**Poison Control Center**  
**1-800-876-4766**

- You should always apply sunscreen with SPF (Sun Protection Factor) of 15 or greater when you take your child outside.
- Try to limit your child's exposure to second hand smoke. Second hand smoke is the smoke that is inhaled by nonsmokers from people who smoke around them. If you smoke, try to quit or go outside to smoke. Studies show that children exposed to second hand smoke have more medical problems, like ear infections and asthma.

For more information call:

**American Cancer Society**  
**1-800-ACS-2345**

**California Smokers Helpline**  
**1-800-766-8222 (English)**  
**1-800-456-6386 (Spanish)**

- Always put your baby on his or her back while sleeping.

For more information about SIDS (Sudden Infant Death Syndrome), call **1-800-505-2742**.



## Dental Care

- Babies should never be put to bed with a bottle containing formula, milk, juice, or soda.
- Cleaning your child's teeth with a wash cloth or child's soft toothbrush each day will help prevent tooth decay.
- Check your child's teeth for white spots or dark stains. Call your child's dentist if you see unusual spots.
- Ask your doctor/dentist if your baby should take a fluoride supplement.

NOTES FROM YOUR DOCTOR: