

Children, 4-8 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.



## Smile Care

- Brush your child's teeth after each meal. Brush with a soft bristle tooth brush in small, circular motions. Floss your child's teeth daily. Teach your child how to brush and floss.
- Remind your child that it is not healthy to swallow toothpaste.
- Every year, take your child to the dentist.
- Ask the dentist about fluoride and sealants for your child's teeth.

- Never leave your child alone near water. Teach your child water safety and how to swim.
- Check with your doctor if you worry about your child's weight.



## Tobacco

- Do not allow smoking around your children.
- Talk to your children about the dangers of smoking.

For more information, call:  
American Cancer Society 1-800-227-2345  
American Lung Association 1-800-LUNG-USA



## Nutrition

- Have your child drink nonfat milk or eat yogurt or cheese at least 3 times a day.
- Feed your child at least 5 fruits or vegetables each day. Good ideas include: half a pear, a small handful of carrot sticks, or a half cup of applesauce.
- Limit sweets, fried food, and fast food. Buy foods low in fat, sugar, and salt.
- Water is better than drinks with a lot of sugar, like sodas and punch or sports drinks.



## Home and School

- Get to know your child's teachers and school counselors.
- Teach your child the importance of following the rules at home and school.
- Read with your child every day. Talk about school work and daily activity.



## Exercise and Weight

- Watch your child while he or she is playing. Playing in the fresh air is a good choice.
- Encourage your child to play a sport that he or she enjoys. Many schools and local parks and recreation facilities have organized teams.



## Violence and Abuse

- If your child has been abused by any one, tell your child's doctor, the police, or Child Protective Services right away.
- Avoid physical discipline. Don't take your anger out on your child.

- Teach your child that violence is not a healthy solution.
- To prevent sexual abuse, teach your child the difference between "good" and "bad" touches. Teach your child how to say "no" to bad touches.

For more information, look in the community resource section of your telephone book for the number to **Child Protective Services**, or call:  
**Child Abuse Prevention Center**  
**1-800-244-5373**



## Child-proof Your Home

- Keep matches locked up in a place where kids can't get to them.
- Have a smoke detector in your house. Check to see if it works every 6 months. Change the batteries yearly.
- To prevent scalding (burns), make sure the hot water heater is set below 120° F (degrees Fahrenheit).
- Lock the doors to any dangerous areas.
- Block stairway entrances and use window guards above the first floor.
- Call your doctor if your child falls and has:
  - Loss of consciousness
  - Unusual Sleepiness
  - Persistent Vomiting
  - Abnormal movements
  - Dizziness

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



## Poison Control

- Many cleaning agents and chemicals are poisonous.
- Prescription and over-the-counter medications can be poisonous to children.

### How to prevent poisonings:

- Keep cleaning supplies and medicine in their original containers.
- Lock all medicine and chemicals so kids can't get to them.
- In case of accidental poisoning call the **Poison Control Center at 1-800-222-1222 or 9-1-1.**



## General Safety

- Protect your child from the sun with sunscreen, clothing, a hat, or other covering. Make sure the sunscreen has SPF (sun protection factor) of 15 or higher. Reapply after swimming.

- Never hold a child on your lap while riding in the car.
- Everybody should buckle up with both lap and shoulder belt on every trip.
- Never put your child in the front seat if your car has an airbag.
- The back seat is the safest place for all children.

For more information call:  
**Vehicle Safety Hotline**  
**1-800-424-9393**



## Biking and Skating

- ALWAYS have your child wear a helmet for scooters, bikes, skates, and skate-boards. Be sure it's on the right way. It can save your child's life! A helmet should not be too loose or too tight. It should sit on top of your child's head in a level position. The straps should always be buckled.
- Don't let your child ride in the road. Kids 10 years and younger should only ride on sidewalks and bike paths.
- Tell your child to stop and walk the bike when crossing streets.

For more information call:  
**National Child Safety Council**  
**1-800-222-1464**



## Gun Safety

- Tell your children to never touch a gun. Guns are not toys.
- Keep the gun unloaded. Never leave a bullet in a stored gun.
- Store all firearms out of childrens' reach and in a locked cabinet or drawer.

NOTES FROM YOUR DOCTOR: