

YOUR BABY'S DIET

- We recommend breastfeeding your baby for at least six months. Breastfeed every 1-3 hours during the day and about three times at night.
- Breastfed babies need vitamin D drops and mom should continue prenatal vitamins. Tell your clinician if you are taking herbal treatments, supplements or medications.
- If you use formula, it should contain iron. You should always hold the bottle and not prop it up. Make formula with two ounces of water and one scoop of formula, unless your clinician tells you differently.
- Your baby only needs breast milk or formula. No water or juice.



COMMON CONCERNS

- Your baby may cry for many reasons. Hold, cuddle, talk and sing to your baby. It is OK to use a pacifier. If your baby cries and cannot be consoled, call the clinic.
- Newborns should have about five wet diapers and three soft stools per 24 hours. They push a lot when they go to the bathroom. This is normal. If your baby does not poop daily or has hard stools, call the clinic.
- The cord usually falls off after 1-3 weeks. Keep the area clean and dry.
- If your baby feels warm, remove their blankets and check their rectal temperature. Apply Vaseline and insert thermometer just past the silver tip. Wait for the beep. If it is 100.0°F or higher, it is urgent to let your clinician know.
- Your baby's nose may get stuffy. If it does, nasal suction can help remove mucus.



FAMILY HEALTH

- If you have other children, they can get jealous. Give them special attention and be patient.
- Have family and visitors wash their hands frequently.
- It is common for parents to get depressed or have worries. If you are sad more than a few days, let your clinician know.
- Please let us know if you are worried about your safety, where to live or having enough food.



SAFETY

- Never shake your baby. If you lose your patience, lay your baby down and look for someone to help you.
- Your baby should always be in a rear-facing car seat in the back of the car. Avoid putting the car seat on tables because it can fall.
- Your baby should sleep face up because some babies die when sleeping in other positions. Avoid pillows, thick blankets and toys in the bed. Change your baby's head position often so it does not get flat on one side.
- It is important for your baby to be on their tummy for brief periods when they are awake and you are watching.
- You should have a smoke detector in all bedrooms and a carbon monoxide detector on each floor. Check the batteries twice a year.
- Smoking harms babies. If someone at home smokes, they should quit. Do not use e-cigs or vape either. No one should smoke in the house or in the car.



YOUR BABY'S DIET

- We recommend breastfeeding your baby for at least six months. Breastfeed 8-12 times in 24 hours. Using a breast pump can allow you to give breast milk when you are away from your baby.
- Breastfed babies need vitamin D drops and mom should continue prenatal vitamins. Tell your clinician if you are taking herbal treatments, supplements or medications.
- If you use formula, it should contain iron. Most infants take 26-28 ounces over 24 hours. You should always hold the bottle and not prop it up. Make formula with two ounces of water and one scoop of formula, unless your clinician tells you differently.
- Do not give your baby water, juice or solid foods yet. Never give honey to infants.



COMMON CONCERNS

- Hold, cuddle, talk and sing to your baby. This helps your baby learn.
- Your baby may cry for many reasons. Do NOT use your phone or TV to calm your baby. Tell your clinician if your baby cries and cannot be consoled.
- It is normal for babies to push a lot when they go to the bathroom. Tell your clinician if your baby does not poop daily or has hard stools.
- If your baby feels warm, remove their blankets, wait five minutes and check their temperature. Wait for the beep. If it is 100.0°F or higher, give Tylenol (acetaminophen) and call the clinic within 24 hours.
- Use a bulb or nasal suction device to remove increased nasal mucus.



FAMILY HEALTH

- If you have other children, they can get jealous. Give them special attention and be patient.
- Try to keep your baby on a schedule. This may help prevent sleep problems.
- Mothers commonly get depressed. Make sure you try to take care of yourself/your partner too. If you are sad, let your clinician know.



SAFETY

- Never shake your baby. If you lose your patience, lay your baby down and look for someone to help you.
- Your baby should always be in a rear-facing car seat in the back of the car. Avoid putting the car seat on tables because it can fall.
- Your baby should sleep face up because some babies die when sleeping in other positions. Do not use any pillows or toys in the crib. Vary your baby's head position. Lower the crib mattress position.
- It is important for your baby to be on their tummy for brief periods when they are awake and you are watching.
- When bathing, never, ever leave your baby unsupervised, even for a minute. Water temperature should be warm but not hot.
- You should have a smoke detector in all bedrooms and a carbon monoxide detector on each floor. Check the batteries twice a year.
- Smoking harms babies. If someone at home smokes, they should quit. Do not use e-cigs or vape either. No one should smoke in the house or in the car.



YOUR BABY'S DIET

- We recommend breastfeeding your baby for at least six months. Breastfed babies need Vitamin D drops. Tell your clinician if you are taking herbal treatments, supplements or medications. Using a breast pump can allow you to give breast milk when you are away from your baby.
- Bottle fed babies usually take 30-32 ounces per day. You should always hold the bottle. Do not prop it up or leave it with your baby to hold.
- Formula or breast milk are the only nutrition needed at this age. Only give your baby formula or breast milk to drink. Ask your clinician if you think your baby is ready to start first foods.
- Signs your baby may be ready for solid food:
 - Sits up with support.
 - Good head and neck control.
 - Interested in foods you eat.
- Starting foods:
 - Start foods one at a time. Offer healthy foods that are very soft.
 - Ask your clinician if your baby should try high allergy foods like peanuts and eggs.
 - Offer food 2-3 times per day.
 - Do not share spoons with your baby.
 - Your baby may need to try a food 10-15 times before they like it.



COMMON CONCERNS

- Your baby may cry for many reasons. Do NOT use your phone or TV to calm your baby. Tell your clinician if your baby cries and cannot be consoled.
- Your baby may be biting a lot and drooling. This is part of teething, but the first teeth will probably not appear yet.
- Babies push a lot when they go to the bathroom. This is normal. Let us know if your baby does not poop daily or has hard stools.



- Keep your baby on a routine with consistent feeding, nap and bedtimes.
- Play, talk and read books with your baby often.



SAFETY

- Your baby should always be in a rear-facing car seat in the back of the car. Avoid putting the car seat on tables because it can fall.
- Your baby should still sleep on their back. Do not use any pillows or toys in the crib. Vary your baby's head position.
- If your baby is awake and you are watching, it is good to put them on their tummies.
- When bathing, never, ever leave your baby unsupervised, even for a minute. Water temperature should be warm but not hot.
- Avoid prolonged sun exposure and use infant sunscreen and/or protective clothing.
- Do not place your baby on high surfaces without holding on to them.
- Keep small objects away from your babies reach so they do not choke.
- You should have a smoke detector in all bedrooms and a carbon monoxide detector on each floor. Check the batteries twice a year.
- Smoking harms babies. If someone at home smokes, they should quit. Do not use e-cigs or vape either. No one should smoke in the house or in the car.



YOUR BABY'S DIET

- It is good to keep breastfeeding your baby.
- You should always hold the bottle. Do not prop it up or leave it in the crib at night. You can start using a cup during the day.
- Give healthy, soft foods during meal times.
- Do not give your baby juice. It can cause cavities and obesity.
- Do not give your baby honey. It can make babies sick.



- Your baby should still sleep on their back with no toys or pillows.
- Never leave your baby unsupervised in water, even for a minute. Keep the lid of the toilet down and the door to the bathroom closed.
- Avoid prolonged sun exposure and use infant sunscreen and/or protective clothing.
- To avoid falls:
 - Do not put the car seat on tables.
 - Do not use a baby walker.
 - Avoid laying your baby down on furniture.



COMMON CONCERNS

- Your baby may be biting a lot and drooling. If you think your baby is teething and is very fussy, talk to your clinician about pain relief options.
- It is okay for your baby to suck their thumb or use a pacifier.
- Babies commonly pull on their ears. If your baby has a fever or acts like the ear hurts, let your clinician know.
- We do not recommend cold and cough medicines for infants, but you can use a humidifier and a bulb or nasal suction to remove the mucus from your baby's nose.
- Read, play and talk to your baby often.
- Do not use screens to entertain your baby until they are at least 18 months old.



- It is time to childproof your home:
 - Put a safety plug in all of your outlets.
 - Put a safety gate at the bottom and/or top of stairs.
 - Put small/delicate items, detergents and medicines up and out of reach.
 - Put safety latches on cupboard and the bathroom doors.
 - Attach a safety strap to the back of your TV.
- Keep small objects away from your babies reach so they do not choke.
- Add the poison control number **(800) 222-1222** to your contacts now. Call the number immediately if your child swallows anything that might be dangerous.
- You should have a smoke detector in all bedrooms and a carbon monoxide detector on each floor. Check the batteries twice a year.
- Smoking harms babies. If someone at home smokes, they should quit. Do not use e-cigs or vape either. No one should smoke in the house or in the car.



SAFETY

- Your baby should always be in a rear-facing car seat in the back of the car. Plan for a new car seat when your infant is about 20 pounds. Avoid putting the car seat on tables because it can fall.



YOUR BABY'S DIET

- It is good to keep breastfeeding your baby on a schedule, though you should stop feeding at night. Besides breast milk or formula, your baby needs a regular diet of soft foods.
- You should always hold the bottle, and not prop it up because this can cause tooth decay and ear infections. Your baby should not take the bottle at night. Your baby should be drinking from a cup.
- Your baby can eat soft foods. Avoid choking hazards including hard foods like peanuts and popcorn. Peanut butter is OK. Do not give your baby honey.
- Do not give your baby juice. It causes tooth decay and obesity.
- Messy eating is normal.
- If your baby is not hungry, it is OK if they eat very little sometimes.

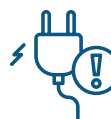


- Becoming nervous around strangers is normal.
- Babies often have colds. We do not recommend cold and cough medicines, but you can continue to use the bulb to remove the mucus from your baby's nose, and give them acetaminophen (Tylenol) if they are fussy.
- It is important that someone read to them several times a day for your child's brain development. This is very important.
- Do not use screens to entertain your child until they are at least 18 months old.



SAFETY

- Your baby should always be in a rear-facing car seat in the back of the car until they are at least two years old.
- Keep yourself safe in the car too. Never drink and drive, and do not use your mobile phone while driving.
- Never leave your baby alone in the car. Keep your bag or phone in the backseat to help you never forget your baby in the back.
- Never leave your baby unsupervised in water, even for a minute. Keep the lid of the toilet down and the door to the bathroom closed.
- Avoid prolonged sun exposure and use infant sunscreen and/or protective clothing.
- To avoid falls:
 - Do not put the car seat on tables.
 - Do not use a baby walker.
 - Avoid laying your baby down on furniture.
- Make sure your home is child proofed:
 - Put a safety plug in all of your outlets.
 - Put a safety gate at the bottom and/or top of stairs.



COMMON CONCERNS

- The majority of babies have teeth by nine months. If your baby does not have teeth yet, do not worry. If their teeth are bothering them, you can give them a dose of acetaminophen (Tylenol) or use a teether.
- If your baby has teeth already, you can begin to brush them twice a day with a cloth or soft brush with fluoride toothpaste. You may now use dental floss.
- It is okay for your baby to suck their thumb or use a pacifier.
- Babies commonly pull on their ears. If your baby has a fever or acts like the ear hurts, let your clinician know.



- Put small/delicate items, detergents and medicines up and out of reach.
- Put safety latches on cupboard and the bathroom doors.
- Attach a safety strap to the back of your TV.
- Keep small objects away from your baby's reach so they do not choke.
- Call the poison control hotline at **(800) 222-1222** immediately if your child swallows anything that might be dangerous.
- You should have a smoke detector in all bedrooms and a carbon monoxide detector on each floor. Check the batteries twice a year.
- Smoking harms babies. If someone at home smokes, they should quit. Do not use e-cigs or vape either. No one should smoke in the house or in the car.



BEHAVIOR

- Tell your baby in a nice way what to do instead of what not to do, such as, **“It is time for bed,”** instead of **“Stop playing at bedtime.”**
- Be consistent.
- Use distraction at this age. Sometimes you can change what your baby is doing by offering something else such as a favorite toy.
- Use “No!” only when your baby is going to get hurt or hurt others.



YOUR BABY'S DIET

- It is okay to keep breastfeeding your child, though you should stop feeding at night. Besides breast milk or formula, your child also needs a regular diet of soft foods.
- From the age of 1-2 years, it is recommended to use whole milk, which usually comes with a red top.
- Avoid juice and other sweetened drinks. They cause tooth decay and obesity.
- Now it is very important to stop the bottle in order to avoid cavities and ear infections. Your child should only drink from a cup. Your child will be irritable for a couple of days when you stop the bottle, but they will quickly forget about the bottle if they do not see one.
- Your child can eat most foods. Avoid hard foods like peanuts and popcorn. Also, avoid chips, candy and soda.
- Let them decide how much to eat so they learn to listen to their body when they are full.
- Keeping teeth healthy is important:
 - Nothing to eat or drink at night except water.
 - Stop the bottle.
 - Start brushing their teeth twice each day with a soft brush and a smear of fluoride toothpaste.
- Make your child's first dental appointment now. Call the OneWorld Pediatric Dental clinic **(402) 502-5836**.



COMMON CONCERNS

- Your child should sleep all night. It is good to develop a bedtime routine. Two important parts of this routine are to brush their teeth and to read a book.
- Children begin to grow slower and so they often eat less at this age. Ask your clinician about your baby's growth in order to know if they are eating enough.



- It is important that someone read to them several times a day for your child's brain development. This is very important.
- Do not use screens to entertain your child until they are at least 18 months old.
- Take time for yourself and your partner.



SAFETY

- Your child should always be in a rear-facing car seat in the back of the car until they are at least two years old.
- Avoid prolonged sun exposure. Use sunscreen, sun shirts and hats.
- Never leave your baby unsupervised in water, even for a minute. Keep the lid of the toilet down and the door to the bathroom closed.
- Keep your baby within arm's reach around water. Empty buckets, pools and tubs when done using them.
- To avoid falls:
 - Do not put the car seat on tables.
 - Do not use a baby walker.
 - Avoid laying your baby down on furniture.
- Make sure your home is child proofed:
 - Put a safety plug in all of your outlets.
 - Put a safety gate at the bottom and/or top of stairs.
 - Put small/delicate items, detergents and medicines up and out of reach.
 - Put safety latches on cupboard and the bathroom doors.
 - Attach a safety strap to the back of your TV.
- Keep small objects away from your baby's reach so they do not choke.



PEDIATRIC HEALTH & WELL-BEING

12
MONTHS

- Call the poison control hotline at **(800) 222-1222** immediately if your child swallows anything that might be dangerous.
- You should have a smoke detector in all bedrooms and a carbon monoxide detector on each floor. Check the batteries twice a year.
- Smoking harms babies. If someone at home smokes, they should quit. Do not use e-cigs or vape either. No one should smoke in the house or in the car



BEHAVIOR

- Give lots of praise for good behavior.
- Ignore annoying behavior.
- Give short time outs for dangerous behavior.
- Do not hit or spank your child. Try not to yell.



YOUR BABY'S DIET

- It is okay to keep breastfeeding your child, though you should stop feeding at night. Besides breast milk or formula, your child also needs a regular diet of soft foods.
- From the age of 1-2 years, it is recommended to use whole milk, which usually comes with a red top.
- Avoid juice and other sweetened drinks. They cause tooth decay and obesity.
- If your child is still taking a bottle, it is very important to stop it in order to avoid cavities. Your child should only drink from a cup. Your child will be irritable for a couple of days when you stop the bottle, but they will quickly forget about the bottle if they do not see one.
- Your child can eat most foods. Avoid hard foods like peanuts and popcorn. Also, avoid chips, candy and soda.
- Let them decide how much to eat so they learn to listen to their body when they are full.
- Keeping teeth healthy is important:
 - Nothing to eat or drink at night except water.
 - Stop the bottle.
 - Brush teeth twice each day with a soft brush and a smear of fluoride toothpaste.
- If you have not taken your child to a dentist yet, it is time to do so. Call the OneWorld Pediatric Dental clinic **(402) 502-5836**.

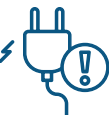


- It is important that someone read to them several times a day for your child's brain development. This is very important.
- Do not use screens to entertain your child until they are at least 18 months old.
- Children are not usually ready to stop using diapers until after two years of age. It is fine if they want to sit on the toilet, but there is no hurry with this.
- Take time for yourself and your partner.



SAFETY

- Your child should always be in a rear-facing car seat in the back of the car until they are at least two years old.
- Never leave your child unsupervised in water, even for a minute. Keep the lid of the toilet down and the door to the bathroom closed.
- Keep your child within arm's reach around water. Empty buckets, pools and tubs when done using them.
- Avoid prolonged sun exposure. Use sunscreen, sun shirt and hats.
- Turn the handles of pots and pans to the back of the stove so your children cannot reach them.
- To avoid falls:
 - Do not put the car seat on tables.
 - Do not use a baby walker.
 - Avoid laying your baby down on furniture.
- Make sure your home is child proofed:
 - Put a safety plug in all of your outlets.
 - Put a safety gate at the bottom and/or top of stairs.
 - Put small/delicate items, detergents and medicines up and out of reach.
 - Put safety latches on cupboard and the bathroom doors.



COMMON CONCERNS

- Your child should sleep all night. It is good to develop a bedtime routine. Two important parts of this routine are to brush their teeth and to read a book.
- Children begin to grow slower and so they often eat less at this age. Ask your clinician about your baby's growth in order to know if they are eating enough.



PEDIATRIC HEALTH & WELL-BEING

15
MONTHS

- Attach a safety strap to the back of your TV.
- Keep small objects away from your baby's reach so they do not choke.
- Call the poison control hotline at **(800) 222-1222** immediately if your child swallows anything that might be dangerous.
- You should have a smoke detector in all bedrooms and a carbon monoxide detector on each floor. Check the batteries twice a year.
- Smoking harms babies. If someone at home smokes, they should quit. Do not use e-cigs or vape either. No one should smoke in the house or in the car.



BEHAVIOR

- Give lots of praise for good behavior.
- Ignore annoying behavior.
- Do not hit or spank your child.
- Try not to yell.
- Give short time outs for dangerous behavior. Keep a calm voice and say, "Time out." Put your child in a safe place (chair, crib etc.) and say in only 2-4 words the concern (Ex. Do not hit). After one minute let your child play again. Do this EVERY time for serious behavior concerns like hitting, touching electrical items, eating nonfood items, etc.



YOUR BABY'S DIET

- It is okay to keep breastfeeding your child, though you should stop feeding at night. Besides breast milk or formula, your child also needs a regular diet of soft foods.
- From the age of 1-2 years, it is recommended to use whole milk, which usually comes with a red top.
- Avoid juice and other sweetened drinks. They cause tooth decay and obesity.
- If your child is still taking a bottle, it is very important to stop it in order to avoid cavities. Your child should only drink from a cup. Your child will be irritable for a couple of days when you stop the bottle, but they will quickly forget about the bottle if they do not see one.
- Your child can eat most foods. Avoid hard foods like peanuts and popcorn. Also, avoid chips, candy and soda.
- Keeping teeth healthy is important:
 - Nothing to eat or drink at night except water.
 - Stop the bottle.
 - Brush teeth twice each day with a soft brush and a smear of fluoride toothpaste.
- If you have not taken your child to a dentist yet, it is time to do so. Call the OneWorld Pediatric Dental clinic **(402) 502-5836**.

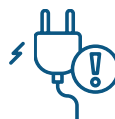


- Do not routinely use your phone or videos to entertain your toddler.
- Children are not usually ready to stop using diapers until after two years of age. It is fine if they want to sit on the toilet, but there is no hurry with this.



SAFETY

- Your child should always be in a rear-facing car seat in the back of the car until they are at least two years old.
- Never leave your child unsupervised in water, even for a minute. Keep the lid of the toilet down and the door to the bathroom closed.
- Keep your child within arm's reach around water. Empty buckets, pools and tubs when done using them.
- Avoid prolonged sun exposure. Use sunscreen, sun shirt and hats.
- Turn the handles of pots and pans to the back of the stove so your children cannot reach them.
- To avoid falls:
 - Do not put the car seat on tables.
 - Do not use a baby walker.
 - Avoid laying your baby down on furniture.
- Make sure your home is child proofed:
 - Put a safety plug in all of your outlets.
 - Put a safety gate at the bottom and/or top of stairs.
 - Put small/delicate items, detergents and medicines up and out of reach.
 - Put safety latches on cupboard and the bathroom doors.
 - Attach a safety strap to the back of your TV.
- Keep small objects away from your baby's reach so they do not choke.



COMMON CONCERNS

- Your child should sleep all night. It is good to develop a bedtime routine. Two important parts of this routine are to brush their teeth and to read a book.
- Children begin to grow slower and so they often eat less at this age. Ask your clinician about your child's growth in order to know if they are eating enough.
- It is important that someone read to them several times a day for your child's brain development. This is very important.



- Call the poison control hotline at **(800) 222-1222** immediately if your child swallows anything that might be dangerous.
- You should have a smoke detector in all bedrooms and a carbon monoxide detector on each floor. Check the batteries twice a year.
- Smoking harms babies. If someone at home smokes, they should quit. Do not use e-cigs or vape either. No one should smoke in the house or in the car.



BEHAVIOR

- Keep routine eating and sleeping times to help prevent behavior problems. Toddlers need about 11-14 hours of sleep in 24 hours.
- Give lots of praise for good behavior.
- Ignore annoying behavior.
- Do not hit or spank your child.
- Try not to yell.
- All children act out some by hitting or biting. It is important that they learn not to do this. "Time out" is a good method of discipline. Do not shout or hit your child. Keep a calm voice and say, "Time out." Put your child in a safe place (chair, crib etc.) and say in only 2-4 words the concern (Ex. Do not hit). After one minute let your child play again. Do this EVERY time for serious behavior concerns like hitting, touching electrical items, eating nonfood items, etc.



PEDIATRIC HEALTH & WELL-BEING

2-3
YEARS

YOUR BABY'S DIET

- Your child should be drinking about 16-24 ounces of milk each day, which is about 2-3 cups.
- Starting at age two, we recommend changing from whole/vitamin D milk to a lower fat milk like skim, 1% or 2%.
- Avoid juice and other sweetened drinks. They cause tooth decay and obesity.
- If your child is still using a bottle, it is very important to stop the bottle to avoid cavities.
- Your child can eat almost any kind of food now. Still avoid hard foods like peanuts and popcorn. Also avoid candy, soda and chips.
- From 2-3 years, children eat less and they reject many foods. Continue to offer a balanced diet. Avoid limiting your child to their favorite foods only. Do not force food into your child's mouth. Speak with your child's medical clinician if you have concerns about your child's diet.
- Keeping teeth healthy is important:
 - Brush teeth twice each day with a soft brush and a smear of fluoride toothpaste. It is fine to let your child help, but you should also brush their teeth so that it is done well.
- Your child should see a dentist twice yearly. If you have not taken your child to a dentist yet, it is time to do so. Call the OneWorld Pediatric Dental clinic **(402) 502-5836**.



- Watching videos or television is not good for your child. You should not accustom your child to watch screens more than one hour each day. Content should be made for young children.
- At this age, children can learn to stop using diapers. Be patient with this process and do not punish or yell at your child. Help them wipe after using the bathroom (from front to back with girls).



SAFETY

- Your child should always be in their car seat in the back seat of the car. Wait until they are four years old and 40 pounds before moving to a booster seat.
- Never leave your child unsupervised in water, even for a minute. Keep the lid of the toilet down and the door to the bathroom closed.
- Keep your child within arm's reach around water. Empty buckets, pools and tubs when done using them.
- Avoid prolonged sun exposure. Use sunscreen, sun shirt and hats.
- You should have a smoke detector in all bedrooms and a carbon monoxide detector on each floor. Check the batteries twice a year.
- Smoking harms babies. If someone at home smokes, they should quit. Do not use e-cigs or vape either. No one should smoke in the house or in the car.



COMMON CONCERNS

- Your child should sleep all night. It is good to have a bedtime routine. This routine should include keeping the naptimes and bedtime the same throughout the week, brushing their teeth and reading a story.
- During the daytime, it is good for your child to take a nap. This is a good time to begin to transition from a crib to a toddler bed.
- It is important that someone read to them several times a day for your child's brain development. This is very important.



BEHAVIOR

- The behavior of children between 2 and 3 years is a challenge. They might bite, hit, throw things, and scream. "Time out" is a good method of discipline. Do not shout or hit your child. Keep a calm voice and say, "Time out." Put your child in a safe place (chair, crib etc.) and say in only 2-4 words the concern (Ex. Do not hit). Keep in time out one minute for every year of age (three minutes for a three year old) then let your child play again. Do this EVERY time for serious behavior concerns.



PEDIATRIC HEALTH & WELL-BEING

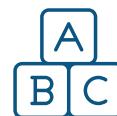
4-5
YEARS

YOUR CHILD'S DIET

- Your child should eat three regular low fat meals and two snacks per day. Avoid junk foods (Candy, chips, soda).
- Avoid juice and other sweetened drinks. They cause tooth decay and obesity.
- Keeping teeth healthy is important: Brush your child's teeth twice daily, even when they do not want to. It is fine to let your child do it, but you should brush their teeth also so that it is done well until they are about 6-9 years old.
- Your child should see a dentist twice yearly. Call the OneWorld Pediatric Dental clinic (402) 502-5836.



- Read with your child at least 20 minutes daily and practice the following to help your child get ready for school:
 - First and last name
 - Date of birth
 - Address & telephone number
 - ABC's: Start with capital letters (ABCD) then teach lower case letters (abcd).
 - Numbers 1-20
 - Colors: Red, orange, yellow, green, blue, purple, white, black, brown and pink
 - Shapes: Circle, square, rectangle, triangle, star, heart, diamond and crescent
 - Opposites such as: Up:down, inside:outside, big:little, cold:hot



COMMON CONCERNS

- Your child should be toilet trained at this point. They still need your help with hygiene. It is normal for many children to still have occasional accidents at night.
- Kids need on average 10-13 hours of sleep. Nightmares are common at this age. Calm and reassure your child. Then, if needed, talk about the dream during the day. Nightlights may help. No scary TV shows or videos.
- Screen time is not good for children. In general, limit television to no more than one hour each day.
- Sexual exploration is common at this age. It is important to start talking about privacy and appropriate/inappropriate touching.
- It is important to teach your child limits and rules. We recommend using "Time out" (sitting away from the group for one minute per year of age) as your main form of discipline.
- Consider Preschool/Head Start for your four year old. Children start kindergarten when they are five years old by August 1st of the same year.



SAFETY

- Children over four years old and at least 40 pounds may sit in a booster seat in the back seat of the car. Your child should continue to use the booster seat until they are at least eight years old.
- Children should always wear a helmet when riding a bike, scooter, skateboard, etc.
- Teach your child about safety. The best way to keep your child safe is be open with your child AND LISTEN to their concerns. Remind them that they can tell you anything and you will still love them. Children who do not feel they are listened to or who do not think their needs are met in the home are more susceptible to people who might hurt them, gangs or other dangerous situations.
- Drowning is the second leading cause of accidental death among children ages 1-14. A child can drown in as little as one inch of water. Talk to your child about water safety. Now is the time to start teaching children how to swim.
- Smoking harms children. If someone at home smokes, they should quit. Do not use e-cigs or vape either. No one should smoke in the house or in the car.



PEDIATRIC HEALTH & WELL-BEING

6-9
YEARS

YOUR CHILD'S DIET

- Your child needs three meals and two healthy snacks a day. Offer these foods:
 - 2.5 cups from the fruit and vegetable group.
 - 2 cups/servings of dairy (Milk, cheese, yogurt). Milk should be low fat (1% or skim).
 - Avoid fried food, sweets and sugared drinks such as natural juice & soda.
- It is common for children to lose their teeth at this age. Continue brushing their teeth two times a day. You may now use dental floss.
- Continue going to the dentist two times a year.



COMMON CONCERNS

- Talk to your doctor if you have questions about your child's physical development.
- School and friends are important at this age. If you have problems regarding this, talk to us or your child's teachers about it.
- Your child needs to sleep between 9.5-11.5 hours per night. Some children will still wet the bed at times.
- It is important to let your child make decisions for themselves in certain situations. They should also help with household chores (Take out the trash, wash dishes, clean their room).
- It is important to let your child know that there are rules to follow. Try to be consistent.
- Do not let your child watch screens (TV, video games, phone, tablet and computer) for more than two hours a day. It is better to be active or play outside.
- Your child needs to be highly active for 20 minutes or more three times or more a week. Encourage them to play sports, dance, swim, etc.
- If you are worried about your child's weight, we can help.



SAFETY

- In the car, your child should always be in their booster seat in the back seat of the car. Your child should continue to use the booster seat until they are at least 4'9" tall (often until 8-12 years old) and be in the back seat of the car until they are 10 years old.
- Smoking harms children. If someone at home smokes, they should quit. Do not use e-cigs or vape either. No one should smoke in the house or in the car.

