



SUMMER TIPS TO KEEP TODDLERS SAFE AND HEALTHY

As part of his agenda for 2005, "**The Year of the Healthy Child**" U.S. Surgeon General Richard H. Carmona, M.D., M.P.H. outlined a dozen tips to help keep toddlers safe and healthy over the summer months.

- 1- TEACH HEALTHY EATING.** Provide 3 nutritious meals & 2-3 healthy snacks daily. Feed toddlers at the same time as other family members and let them decide how much to eat. Avoid foods and drinks that are high in sugar. Be a good role model by eating healthy yourself.

VISIT www.healthierus.gov/dietaryguidelines/index.html



- 2- BEGIN A HABIT OF GOOD ORAL HEALTH.** Brush your child's teeth twice a day with a soft toothbrush. Begin brushing your child's teeth when teeth first appear and continue until age 3 or 4 when you can teach your child how to brush. Introduce fluoridated toothpaste at age 2.

VISIT

www.nidcr.nih.gov/HealthInformation/OralHealthInformationIndex/ChildrensOralHealth/HealthyMouth/default.htm



- 3- DON'T SMOKE & DON'T ALLOW ANYONE ELSE TO SMOKE AROUND YOUR CHILD.** Diseases of the respiratory system (aggravated by second-hand smoke) are the leading causes of child hospitalization and one of the leading causes of toddler doctor visits. Also, smoking kills half of all lifetime smokers, costing them more than 12 years of their life. For help to quit smoking, **VISIT** www.cdc.gov/tobacco/how2quit.htm



- 4- NEVER LEAVE YOUR TODDLER UNATTENDED.** As children grow, so does their natural curiosity to explore. It just takes a few seconds for an inquisitive toddler to get into a dangerous situation.

VISIT www.hhs.gov/safety/index.shtml#injury

- 5- GIVE POSITIVE FEEDBACK.** Praise good behavior and accomplishments. Hug, talk, read, explore, and play together. This also begins to ensure a healthy bond between parent and child. Also, when choosing a caregiver, discuss their attitudes about discipline and be sure that they agree with

your point of view.

VISIT www.mentalhealth.samhsa.gov/publications/allpubs/Ca-0048/default.asp

- 6- ALWAYS USE A CAR SAFETY SEAT.** Be sure your child rides in an age-and weight-appropriate child safety seat, correctly installed in the back seat, on every trip. If you have any questions about how to install your child safety seat, many local fire and police departments will help you.



VISIT www.cdc.gov/ncipc/factsheets/childpas.htm

- 7- SAFETY-PROOF YOUR HOUSE.** To prevent accidental poisoning, move all medications and cleaning products to high shelves. To prevent burns, set the temperature of your hot water heater to 120 degrees Fahrenheit, never leave cups of hot liquid on tables or counter edges, and never carry hot liquids or food while holding your child. To prevent choking, be sure that any toys your child plays with do not have parts that are small enough to choke on. You can test any toy part by simply dropping it through a paper towel roll. If it goes through, the piece is too small and could become a choking hazard. Do not give toddlers under age 2 foods that may cause choking, like hard candy, large pieces of raw vegetable or fruit, or tough meat. To prevent drowning, install a toilet lid lock on every toilet in the home. Drowning can happen in less than a couple of inches of water.



VISIT www.hhs.gov/safety/index.shtml#injury

- 8- MAKE SURE YOUR CHILD HAS A PRIMARY HEALTH PROVIDER.**

Prevention is

the key to a healthy childhood. So make sure that your child has a primary health provider, such as a pediatrician or family practitioner, who knows your child before your child has an illness, injury, or developmental delay that requires medical attention. **VISIT** www.ahrq.gov/ppip/childguide/



- 9- FULLY IMMUNIZE YOUR CHILD.** Make sure your child gets all immunizations on time. Talk with your child's primary health provider about keeping up to date on all vaccinations.

VISIT www.cdc.gov/nip/recs/child-schedule.htm#Printable

- 10- LEARN CHILD FIRST AID AND CPR.** The life you save could be your child's. Use the national toll-free poison control line at 1-800-222-1222.

VISIT www.nlm.nih.gov/medlineplus/firstaid.html



11- PRACTICE PREVENTION AND SAFETY. Teach your child safety tips, including always swimming with a buddy, and wearing a bicycle helmet. Teach them about sun safety, including wearing a hat outdoors and using SPF 30 sunscreen. Make sure your toddler knows his or her name, parents' name, and phone number. Help him or her to recognize police and fire officials as trusted individuals, while raising caution to other strangers. Get your child's fingerprints taken and keep a recent photograph in your wallet.

VISIT www.healthfinder.gov/scripts/SearchContext.asp?topic=160&refine=1



12- MANAGE YOUR OWN STRESS. Parenting is the most difficult job in the world. As much as you love your child, it is often stressful to be a parent. Develop effective stress management strategies and ask for help when you need it. **VISIT**

http://www.nichd.nih.gov/publications/pubs/parenting/parenting_advice.cfm

AND AFTER ALL THAT.....DON'T FORGET TO

HAVE FUN!

Hug, talk, read, explore, and play together. You'll be creating a lifetime of memories.

