Protect against Germs

The best way to protect yourself against germs is by washing your hands. Let's review some important times to wash your child's hands:

- After playing outside
- Before eating or touching food
- After using the bathroom
- After blowing your nose
- Whenever their hands feel dirty



Hair Care
Wash hair about once
a week and use a
specific brush/comb to
prevent the spread of
things like lice.



Drinking Water

Water helps the body and cells function. It makes up about half of one's body weight.

Teeth Brushing

Brushing your child's teeth prevents plaque buildup, cavities, and bad breath

Regular Dental Visits every 6 months help prevent cavities





Maintaining Optimal Child Health

56 *Wellness Promotion*

Physical Health

- Children should be monitored for child development milestones as well as significant weight loss, change in behaviors, fever, rashes, breathing problems, etc.
- Children should visit the doctor for a well-child visit around 7 times between the ages of 1-4.

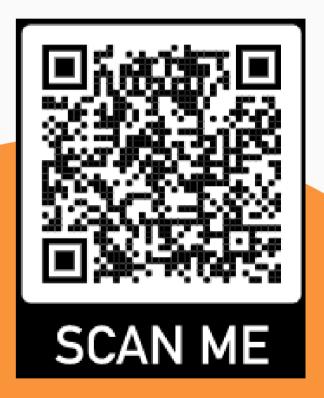
Immunizations

Following immunization schedules protects children from illnesses like the flu, chicken pox, and RSV



Hygiene

- incorporate a tooth brushing routine with your child
- make bath time fun; involve your child and use toys



Scan The Code Above To View The CDC's Growth Milestones Document