

## 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.

## “Disease Prevention

### 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





# 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



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