



Reasons to go to ER: Green, Blood or Projectile Vomiting; Difficulty Breathing; No Urination in 3-4 hours; Frustration that may lead to harm your child; Fever is no longer medical emergency unless your child looks sick and does not respond to Tylenol.

## 4 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

### How Your Family Is Doing

FAMILY FUNCTIONING

- Take time for yourself.
- Take time together with your partner.
- Spend time alone with your other children.
- Encourage your partner to help care for your baby.
- Choose a mature, trained, and responsible babysitter or caregiver.
- You can talk with us about your child care choices.
- Hold, cuddle, talk to, and sing to your baby each day.
- Massaging your infant may help your baby go to sleep more easily.
- Get help if you and your partner are in conflict. Let us know. We can help.

### Feeding Your Baby

NUTRITIONAL ADEQUACY AND GROWTH

- Feed only breast milk or iron-fortified formula in the first 4–6 months.

#### If Breastfeeding

- If you are still breastfeeding, that's great!
- Plan for pumping and storage of breast milk.

#### If Formula Feeding

- Make sure to prepare, heat, and store the formula safely.
- Hold your baby so you can look at each other while feeding.
- Do not prop the bottle.
- Do not give your baby a bottle in the crib.

#### Solid Food (Avoid cow's milk, honey)

- You may begin to feed your baby solid food when your baby is ready.
- Some of the signs your baby is ready for solids
  - Opens mouth for the spoon.
  - Sits with support.
  - Good head and neck control.
  - Interest in foods you eat.

- Use saline rinse for congestion and colds.
- Start brushing gums with wash cloth twice daily.

NUTRITIONAL ADEQUACY AND GROWTH

- Avoid foods that cause allergy—peanuts, tree nuts, fish, and shellfish
- Avoid feeding your baby too much by following the baby's signs of fullness
  - Leaning back
  - Turning away
- Ask us about programs like WIC that can help get food for you if you are breastfeeding and formula for your baby if you are formula feeding.

### Safety

SAFETY

- Use a rear-facing car safety seat in the back seat in all vehicles. (until 2 years of age)
- Always wear a seat belt and never drive after using alcohol or drugs.
- Keep small objects and plastic bags away from your baby.
- Keep a hand on your baby on any high surface from which she can fall and be hurt.
- Prevent burns by setting your hot water heater so the temperature at the faucet is 120°F or lower.
- Do not drink hot drinks when holding your baby.
- Never leave your baby alone in bathwater, even in a bath seat or ring.
- The kitchen is the most dangerous room. Don't let your baby crawl around there; use a playpen or high chair instead.
- Do not use a baby walker.

### Your Changing Baby

INFANT DEVELOPMENT

- Keep routines for feeding, nap time, and bedtime.
- Put your baby to sleep awake or drowsy, on his back, and in a safe crib at the same time each day for naps and nighttime.

#### Crib/Playpen

- Lower your baby's mattress before he can sit upright.
- Make sure the sides are always up on the crib.

INFANT DEVELOPMENT

- Do not use loose, soft bedding or toys such as quilts, pillows, or pillow-like bumper pads.
- If using a mesh playpen, make sure the openings are less than ¼ inch apart.

#### Playtime

- Learn what things your baby likes and does not like.
- Encourage active play.
  - Offer mirrors, floor gyms, and colorful toys to hold.
  - Tummy time—put your baby on his tummy when awake and you can watch.
- Promote quiet play.
  - Hold and talk with your baby.
  - Read to your baby often.

#### Crying

- Give your baby a pacifier or his fingers or thumb to suck when crying.

### Healthy Teeth

ORAL HEALTH

- Go to your own dentist twice yearly. It is important to keep your teeth healthy so that you don't pass bacteria that causes tooth decay on to your baby.
- Do not share spoons or cups with your baby or use your mouth to clean the baby's pacifier.
- Use a cold teething ring if your baby has sore gums with teething.

## What to Expect at Your Baby's 6 Month Visit

### We will talk about

- Introducing solid food
- Getting help with your baby
- Home and car safety
- Brushing your baby's teeth
- Reading to and teaching your baby

NEXT WELL- 6 Months (Immunizations)

Poison Help: 1-800-222-1222

Child safety seat inspection:  
1-866-SEATCHECK; seatcheck.org

NO TV until 2 years of age!!

Appointment Line and After Hours Provider:  
410-293-2273

Sign up for Relay Health to e-mail communicate with your provider at  
[www.RELAYHEALTH.com](http://www.RELAYHEALTH.com)

Review your labs on [TRICAREONLINE.COM](http://TRICAREONLINE.COM)



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# Starting Solid Foods



Until now, your baby's diet has been made up of breast milk and/or formula. But once your baby reaches 4 to 6 months of age, you can begin adding solid foods. Read on to learn more about introducing solid foods.

## When can my baby eat solid foods?

Most babies are ready to eat solid foods at 4 to 6 months of age. Before this age instead of swallowing the food, they push their tongues against the spoon or the food. This tongue-pushing reflex is necessary when they are breastfeeding or drinking from a bottle. Most babies stop doing this at about 4 months of age. Energy needs of babies begin to increase around this age as well, making this a good time to introduce solids.

You may start solid foods with any feeding. Try scheduling feedings during family meals. Or if your baby is easily distracted, you may want to pick a quiet time when you can focus on feeding your baby. However, keep in mind that as your child gets older, she will want to eat with the rest of the family.

## Feeding your baby solid foods

To prevent choking, make sure your baby is sitting up when you introduce solid foods. If your baby cries or turns away when you give him the food, do not force the issue. It is more important that you both enjoy mealtimes than for your baby to start solids by a specific date. Go back to nursing or bottle-feeding exclusively for a time before trying again. Remember that starting solid foods is a gradual process and at first your baby will still be getting most of his nutrition from breast milk and/or formula.

It is important for your baby to get used to the process of eating—sitting up, taking bites from a spoon, resting between bites, and stopping when full. Always use a spoon to feed your baby solid foods. These early experiences will help your child learn good eating habits throughout life.

Some parents try putting baby cereal in a bottle. This is not a good idea. Feeding your baby this way can cause choking. It also may increase the amount of food your baby eats and can cause your baby to gain too much weight. However, cereal in a bottle may be recommended if your baby has reflux. Check with your child's doctor.

## How to start

Start with half a spoonful or less and talk to your baby through the process ("Mmm, see how good this is!"). Your baby may not know what to do at first. She may look confused, wrinkle her nose, roll the food around her mouth, or reject it altogether. This is a normal early reaction to solid foods.

One way to make eating solids for the first time easier is to give your baby a little breast milk and/or formula first, then switch to very small half-spoonfuls of food, and finish with more breast milk and/or formula. This will prevent your baby from getting frustrated when she is very hungry.

Do not be surprised if most of the first few solid-food feedings wind up on your baby's face, hands, and bib. Increase the amount of food gradually, with just a teaspoonful or two to start. This allows your baby time to learn how to swallow solids.

## What kinds of foods should my baby eat?

For most babies it does not matter what the first solid foods are. By tradition, single-grain cereals are usually introduced first. However, there is no medical evidence that introducing solid foods in any particular order has an advantage for your baby. Though many pediatricians will recommend starting vegetables before fruits, there is no evidence that your baby will develop a dislike for vegetables if fruit is given first. Babies are born with a preference for sweets, and the order of introducing foods does not change this. If your baby has been mostly breastfeeding, he may benefit from baby meat, which contains more easily absorbed sources of iron and zinc that are needed by 4 to 6 months of age. Please discuss this with your child's doctor.

Baby cereals are available premixed in individual containers or dry, to which you can add breast milk, formula, or water. Premixed baby cereals are convenient, while dry cereals are richer in iron and allow you to control the thickness of the cereal. Whichever type of cereal you use, make sure that it is made for babies because these cereals contain extra nutrients your baby needs at this age.

## Using a high chair

The following are safety tips when using a high chair:

- Make sure the high chair you use cannot be tipped over easily.
- If the chair folds, be sure it is locked each time you set it up.
- Whenever your child sits in the chair, use the safety straps, including the crotch strap. This will prevent your child from slipping down, which could cause serious injury or even death. Never allow your child to stand in the high chair.
- Do not place the high chair near a counter or table. Your child may be able to push hard enough against these surfaces to tip the chair over.
- Never leave a young child alone in a high chair and do not allow older children to climb or play on it because this could also tip it over.
- A high chair that hooks on to a table is not a good substitute for a freestanding one. If you plan to use this type of chair when you eat out or when you travel, look for one that locks on to the table. Be sure the table is heavy enough to support your child's weight without tipping. Also, check to see whether your child's feet can touch a table support. If your child pushes against the table, it may dislodge the seat.

Once your baby learns to eat one food, gradually give him other foods. Generally, meats and vegetables contain more nutrients per serving than fruits or cereals.

Many pediatricians recommend against giving eggs and fish in the first year of life because of allergic reactions, but there is no evidence that introducing these nutrient-dense foods after 4 to 6 months of age determines whether your baby will be allergic to them. Give your baby one new food at a time, and wait at least 2 to 3 days before starting another. After each new food, watch for any allergic reactions such as diarrhea, rash, or vomiting. If any of these occur, stop using the new food and consult with your child's doctor.

Within a few months of starting solid foods, your baby's daily diet should include a variety of foods each day that may include the following:

- Breast milk and/or formula
- Meats
- Cereal
- Vegetables
- Fruits
- Eggs and fish

## Finger foods

Once your baby can sit up and bring her hands or other objects to her mouth, you can give her finger foods to help her learn to feed herself. To avoid choking, make sure anything you give your child is soft, easy to swallow, and cut into small pieces. Some examples include small pieces of banana, wafer-type cookies, or crackers; scrambled eggs; well-cooked pasta; well-cooked chicken finely chopped; and well-cooked and cut up yellow squash, peas, and potatoes. Do not give your baby any food that requires chewing at this age. (See "Choking hazards.")

At each of your child's daily meals, she should be eating about 4 ounces, or the amount in one small jar of strained baby food. Limit giving your child foods that are made for adults. These foods often contain more salt and other preservatives.

If you want to give your baby fresh food, use a blender or food processor, or just mash softer foods with a fork. All fresh foods should be cooked with no added salt or seasoning. Though you can feed your baby raw bananas (mashed), most other fruits and vegetables should be cooked until they are soft. Refrigerate any food you do not use, and look for any signs of spoilage before giving it to your baby. Fresh foods are not bacteria-free, so they will spoil more quickly than food from a can or jar.

### **Warning: Do not feed your baby home-prepared beets, turnips, carrots, spinach, or collard greens in the first year of life.**

In some parts of the country, these vegetables have large amounts of nitrates, chemicals that can cause an unusual type of anemia (low blood count) in young babies. Baby food companies are aware of this problem and screen the produce they buy for nitrates. They also avoid buying these vegetables in parts of the country where nitrates have been found. Thus it is safer to use commercially prepared forms of these foods during the first year of life.

## What changes can I expect after my baby starts solids?

When your child starts eating solid foods, his stools will become more solid and variable in color. Due to the added sugars and fats, they will have a much stronger odor too. Peas and other green vegetables may turn the stool a deep-green color; beets may make it red. (Beets sometimes make urine red as well.) If your baby's meals are not strained, his stools may contain undigested pieces of food, especially hulls of peas or corn, and the skin of tomatoes or other vegetables. All of this is normal. Your child's digestive system is still immature and needs time before it can fully process these new foods. If the stools are extremely loose, watery, or full of mucus, however, it may mean the digestive tract is irritated. In this case, reduce the amount of solids and introduce them more slowly. If the stools continue to be loose, watery, or full of mucus, consult your child's doctor to see if your child has a digestive problem.

## Should I give my baby juice?

Babies do not need juice. Babies younger than 6 months should not be given juice. However, if you choose to give your baby juice, do so only after 6 months of age and offer it only in a cup, not in a bottle. To help prevent tooth decay, do not put your child to bed with a bottle. If you do, make sure it contains only water.

Limit juice intake to no more than 4 ounces a day and offer it only with a meal or snack. Any more than this will reduce her appetite for other, more nutritious foods, including breast milk and/or formula. Too much juice also can cause diaper rash, diarrhea, or excessive weight gain.

Give your child extra water if she seems to be thirsty between feedings. During the hot months when your child is losing fluid through sweat, offer water 2 or more times a day. If you live in an area where the water is fluoridated, these feedings also will help prevent future tooth decay.

## Good eating habits start early

Babies and small children do not know what foods they need to eat. Your job as a parent is to offer a good variety of healthy foods that are rich in the nutrients that they need. Watch your child for cues that she has had enough to eat. Do not overfeed!

### **Choking hazards**

Do not feed children younger than 4 years round, firm foods unless they are chopped completely. Round, firm foods are common choking dangers. When infants and young children do not grind or chew their food well, they may try to swallow it whole. The following foods can be choking hazards:

- Hot dogs (including meat sticks [baby food "hot dogs"])
- Nuts and seeds
- Chunks of meat or cheese
- Whole grapes
- Popcorn
- Chunks of peanut butter
- Raw vegetables
- Fruit chunks, such as apple chunks
- Hard, gooey, or sticky candy
- Chewing gum

Begin to build good eating habits. Usually eating 5 to 6 times a day (3 meals and 2 to 3 snacks) is a good way to meet toddlers' energy needs. Children who "graze," or eat constantly, may never really feel hungry. They can have problems from eating too much or too little.

If you are concerned that your baby is overweight or becoming overweight, talk with your child's doctor before making any changes to his diet. During these months of rapid growth, your baby needs a balanced diet that includes fat, carbohydrates, and protein. Continue to give breast milk and/or formula for the first year. After 1 year of age, if you have a family history of obesity, cardiovascular disease, or high cholesterol, your child's doctor may suggest using reduced fat milk. After 1 year of age you may also reduce the amount of food your child eats at each meal. However, it is important that he continue to get the balanced diet he needs. Talk with your child's doctor about this. Your child's doctor will help you determine if your child is eating too much, not eating enough, or eating too much of the wrong kinds of foods.

Because prepared baby foods have no added salt, they are not a source of added salt. However, as your baby eats more and more "table foods," he will imitate the way you eat, including using salt and nibbling on salty snacks. For your child's sake as well as your own, eat a healthy diet yourself and decrease your intake of fat and salty snack foods. Provide a good role model by eating a variety of healthy, nutrient-rich foods.

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## From your doctor

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# Home Safety Checklist

Is your house a safe place for your child to live and play? The following safety checklist can help you prevent serious injuries or even death. Though it addresses common safety concerns, it's important to remember that every house is different and no checklist is complete. Because there may be other safety concerns in your house, a more thorough safety check is recommended at least every 6 months.

## Your child's bedroom

### Changing table

- Never leave your child unattended. Keep supplies within arm's reach and always use the safety belt to help prevent falls. Try to keep a hand on your child at all times, even when using the safety belt.
- Make sure drapery and blind cords are out of reach. Loose cords can strangle children. Keep the cords tied up high with no loops. Check the cords in other rooms as well.
- If you use baby powder, pour it out carefully and keep the powder away from baby's face. Published reports indicate that talc or cornstarch in baby powder can injure a baby's lungs.

### Crib

- Lower the risk of sudden infant death syndrome (SIDS). All healthy babies younger than 1 year should sleep on their backs—at nap time and at night. The safest place to sleep is in a crib with a firm mattress with a fitted sheet. Keep pillows, quilts, comforters, sheepskins, and stuffed toys out of your baby's crib. They can cover your baby's face—even if she is lying on her back. Also, bulky items left in the crib could be used as a step for climbing out when your baby is able to stand.
- Don't hang anything with strings or ribbon over cribs.
- Make sure the crib has no raised corner posts or cutouts. Loose clothing can get snagged on these and strangle your baby. Also, the slots on the crib should be no more than  $2\frac{3}{8}$  inches apart. Widely spaced slots can trap small heads.



- Use a mattress that fits snugly in the crib so your baby cannot slip in between the sides of the crib.
- Tighten all the screws, bolts, and other hardware securely to prevent the crib from collapsing.

### Other bedroom items

- Night-light.** Keep night-lights away from drapes or bedding where they could start a fire. Buy only *cool* night-lights that do not get hot.
- Smoke alarms.** Install smoke alarms outside every bedroom (or any area where someone sleeps), in furnace areas, and on every level of your home, including the basement. Buy alarms with long-life lithium batteries. Standard batteries should be changed every year. Test alarms every month to make sure they are working properly.
- Window guards.** Make sure window guards are secured to prevent a child from falling out the window.

- Outlets.** Use plug protectors in all outlets in your home. Children can be burned or shocked from sticking their fingers or other objects into the holes.
- Toy chest.** The best toy chest is a box or basket without a lid. However, if it has a lid, make sure it has safe hinges that hold the lid open and do not pinch. The chest should also have air holes just in case your child gets trapped inside.
- Humidifier.** Use a cool-mist humidifier to avoid burns. Clean it often to avoid bacteria and mold growth.

## The kitchen

- Store sharp knives or other sharp utensils and dishwasher detergent and other cleaning supplies in a cabinet with child locks.
- Keep chairs and stools away from counters and the stove where a child could climb up and get hurt.
- Use the back burners and point pot handles toward the back of the stove to keep them out of your child's reach. Keep your child away from the stove when someone is cooking.
- Keep electrical appliances out of your child's reach and unplugged when not in use. Appliance cords should be tucked away so they cannot be reached by a child.
- Use a high chair that is sturdy and has a seat belt with a crotch strap.
- Keep a working fire extinguisher in the kitchen and know how and when to use it.

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## The bathroom

- Always stay within arm's reach of your infant or young child when he is in the bathtub. Many bathtub drownings happen (even in a few inches of water) when a parent leaves an infant or young child alone or with another young child.
- Keep the bathroom door closed when not in use. Keep the toilet seat cover down and consider using a toilet lid latch. Use a doorknob cover to keep your child out of the bathroom when you are not there.
- Use a nonskid bath mat in the bathtub and on the floor.
- Keep all medicines, toiletries, cosmetics, and cleaning supplies out of your child's reach. Store these items in cabinets with child locks. Make sure all medicines have child-resistant caps on them.
- Unplug and store hair dryers, curling irons, and other electrical appliances out of your child's reach.
- Make sure the outlets in the bathroom have ground fault interrupters (GFIs).
- The hottest temperature at the faucet should be no more than 120°F to avoid burns. In many cases you can adjust your hot water heater.

## The family room

- Pad edges and corners of tables.
- Keep houseplants out of your child's reach because some may be poisonous.
- Make sure TVs and other heavy items (such as lamps) are secure so they don't tip over.
- Check electrical cords. Replace any cords that are worn, frayed, or damaged. Never overload outlets. Cords should run *behind* furniture and not hang down for children to pull on them. Remove unused cords.

- Place a barrier around the fireplace or other heat sources.
- Store matches and lighters out of your child's reach or in a cabinet with child locks. Teach your child that matches and lighters are to be used by adults only.

## Throughout the home

Take a look throughout your home and check for the following:

- A home is safest without firearms. If you must have a gun, make sure the gun is stored unloaded and unlocked in a safe or with a trigger lock, and bullets are locked in another place.
- Block all stairs with gates.
- Make sure all the rooms in your home are free from small parts, plastic bags, small toys, coins, and balloons that your child could choke on. Frequently check in, around, and under furniture.
- Make sure to have a plan of escape from your home in case of a fire. Review and practice the plan with your family.
- Post the number for Poison Control (1-800-222-1222) on all your phones.



- Teach your child how to call 911 in an emergency.
- Only use candles when an adult is in the room. Blow out candles if you leave the room or go to sleep.
- Teach your child to never pick and eat anything from an indoor or outdoor plant.

## The playground

- Make sure swings are made of soft materials, such as rubber, plastic, or canvas.
- Use wood chips, mulch, or shredded rubber under play equipment. It should be at least 9 inches deep for play equipment up to 7 feet high. Frequently rake the material back under the swings and slides to keep it the right depth.
- Make sure home playground equipment is put together correctly, sits on a level surface, and is anchored firmly to the ground.

## The pool

- Make sure to have a 4-foot fence around all sides of the pool to separate the pool from the house. A child should not be able to climb the fence. The gate should open outward and self-close and self-latch with the latch high out of a child's reach.
- Always have rescue equipment (such as a shepherd hook or life preserver). Keep a telephone by the pool with your local emergency number (usually 911) clearly posted.
- Learn basic first aid and cardiopulmonary resuscitation (CPR). Because of the time it might take for help to arrive, your CPR skills can save your child's life. CPR performed by bystanders has been shown to improve outcomes in drowning victims.



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# First Steps to a Healthy Smile

Tooth decay is the number-one dental problem among preschoolers, but it can be prevented. Starting children with good dental habits from an early age will help them grow up with healthy smiles. The following is important information about how to care for your child's teeth from birth to 24 months of age and beyond.

## Baby teeth are important!

Tooth decay can develop as soon as the first tooth appears. It's important to care for your child's baby teeth because they act as placeholders for adult teeth. If baby teeth are lost too early, the teeth that are left may move and not leave any room for the adult teeth to come in. And tooth decay in baby teeth can be painful and cause health problems like infections, which can at times be life-threatening. It can also lead to teasing and speech development problems.

## How to care for your child's teeth

### Birth to 12 months

- Good dental habits should begin before the first tooth appears. After feedings, gently brush your baby's gums using water on a baby toothbrush that has soft bristles. Or wipe them with a clean washcloth.
- Ask about fluoride. After the first tooth appears, ask your child's doctor if your baby is getting enough fluoride. Many experts recommend using a fluoride-free toothpaste before the age of 2, but check with your child's doctor or dentist first.
- Schedule your baby's well-child visits. During these visits your child's doctor will check your baby's mouth.
- Schedule a dental checkup. If your baby is at high risk for tooth decay, your child's doctor will recommend that your baby see a dentist.

### 12 to 24 months

- Brush! Brush your child's teeth 2 times a day using water on a baby toothbrush that has soft bristles. The best times are after breakfast and before bed.
- Limit juice. Make sure your child doesn't drink more than 1 small cup of juice each day and only at mealtimes.
- Consult with your child's dentist or doctor about sucking habits. Sucking too strongly on a pacifier, a thumb, or fingers can affect the shape of the mouth and how the top and bottom teeth line up. This is called your child's "bite." Ask your child's dentist or doctor to help you look for changes in your child's bite and how to help your child ease out of his sucking habit.
- Schedule a dental checkup. Take your child for a dental checkup if he has not had one.

### 24 months

- Brush! Help your child brush her teeth 2 times a day with a child-sized toothbrush that has soft bristles. There are brushes designed to address the different needs of children at all ages, ensuring that you can select a toothbrush that is appropriate for your child.  
Encourage her to brush her teeth on her own. However, to make sure your child's teeth are clean, you should brush them again. If your child doesn't want her teeth brushed, it may help to turn it into a game. For example, the toothbrush can look upstairs and downstairs in the mouth for missing treasure in the teeth.
- Use fluoride toothpaste. You can start using fluoride toothpaste, which helps prevent cavities. Teach your child not to swallow it. Use a pea-sized amount or less and smear the paste into the bristles. Swallowing too much fluoride toothpaste can make white or brown spots on your child's adult teeth. If your child doesn't like the taste of the toothpaste, try another flavor or use plain water.
- Floss. You can begin flossing your child's teeth as soon as 2 teeth touch each other. But not all children need their teeth flossed at this age, so check with your dentist first.
- Schedule a dental checkup. Take your child for a dental checkup at least once a year.

## Eating and tooth decay

Parents, especially if they have a history of cavities, can pass germs that cause cavities and gum disease if they share food or drinks with their children. Germs can also be spread when parents lick their children's spoon, fork, or pacifier. This is why it is important for parents to not share food or drinks with their children.

The following are other ways parents can help prevent tooth decay in their babies and children:

- If you put your child to bed with a bottle, fill it only with water.
- If your child drinks from a bottle or sippy cup, make sure to fill it only with water when it's not mealtime.
- If your child wants a snack, offer a healthy snack like fruits or vegetables. (To avoid choking, make sure anything you give your child is soft, easy to swallow, and cut into small pieces no larger than one-half inch.)
- Avoid sweet or sticky snacks like candy, cookies, or Fruit Roll-Ups. There is sugar in foods like crackers and chips too. They should only be eaten at mealtime.
- If your child is thirsty, give him water or milk. If your child drinks milk at bedtime, make sure to clean his teeth afterward. Don't let your child sip drinks that have sugar and acid, like juices, sports drinks, flavored drinks, lemonade, soda pop, or flavored teas.

## What is a cavity?

Your child's teeth are protected by an outer coating called *enamel*. Tooth decay happens when germs in the mouth mix with sugar in foods and drinks. The germs then make acids that break down the enamel. Cavities are holes in the enamel caused by tooth decay.

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From your doctor

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### **Acetaminophen (Tylenol, Store Brand) Dosing Information**

**\*\*Give every 4-6 hours, as needed, no more than 5 times in 24 hours\*\***

Weight of Child	Infant Drops Old Concentration 80mg/0.8ml	Infant Oral Suspension: New Concentration 160mg/5ml	Children's Elixir 160mg/5ml	Children's Tablets 80mg =1 tablet	Junior Strength 160 mg = 1 tablet
6-11 lbs (2.7-5 kg)	0.4 ml	1 ml	1 ml		
12-17 lbs (5.5-7.7 kg)	0.8 ml	2.5ml	2.5 ml	1 tablet	
18-23 lbs (8.2-10.5 kg)	1.2 ml	3.75ml	3.75 ml	1 ½ tablets	
24-35 lbs (10.9-5.9 kg)	1.6 ml (2 droppers)	5 ml	5 ml	2 tablets	
36-47 lbs (16.4-21.4 kg)	2.4 ml (2.5 droppers)		7.5 ml	3 tablets	
48-59 lbs (21.8-26.8 kg)			10 ml	4 tablets	2 tablets
60-71 lbs (27.3-32.3 kg)			12.5 ml	5 tablets	2 ½ tablets
72-95 lbs (32.7-43.2 kg)			15 ml	6 tablets	3 tablets

### **Ibuprofen (Motrin, Advil, Store Brand) Dosing Information**

**\*\*Give every 8 hours, as needed, no more than 4 times in 24 hours\*\***

**\*\*NOT ADVISED FOR PATIENTS UNDER 6 MONTHS OF AGE \*\***

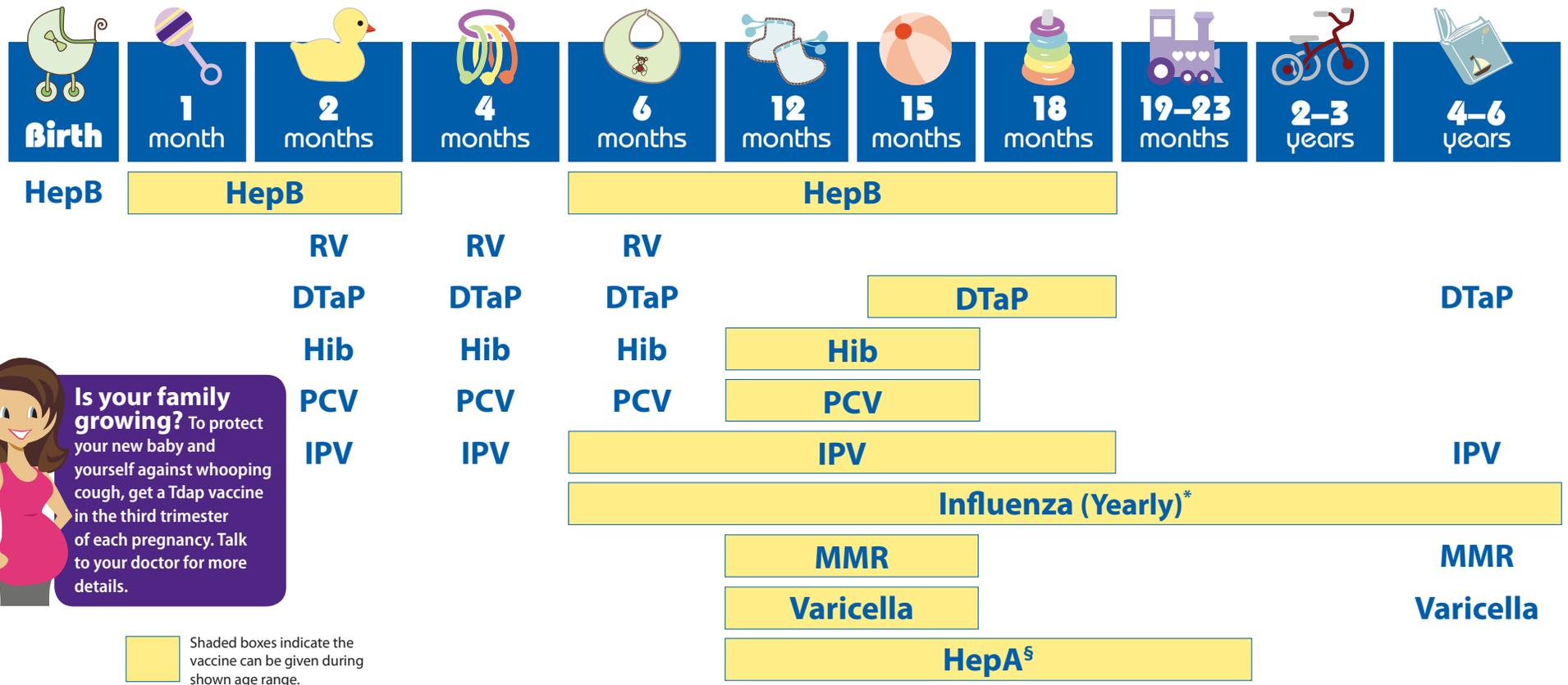
Weight of Child	Infant Drops 50mg/1.25ml	Children's Elixir 100mg/5ml	Children's Tablets 50mg/1 tablet	Junior Strength 100mg/1 tablet
Under 11 lbs (5kg)	*NOT ADVISED			
12-17lbs (5.5-7.7kg)	1.25 ml	2.5 ml		
18-23lbs (8.2-10.5kg)	1.875 ml	3.75 ml	1 tablet	
24-35 lbs (10.9-15.9 kg)	2.5 ml	5 ml	2 tablets	
36-47 lbs (16.4-21.4 kg)	-	7.5 ml	3 tablets	
48-59 lbs (21.8-26.8 kg)	-	10 ml	4 tablets	2 tablets
60-71 lbs (27.3-32.3 kg)	-	12.5 ml	5 tablets	2 ½ tablets
72-95 lbs (32.7-43.2 kg)	-	15 ml	6 tablets	3 tablets

### **Diphenhydramine (Benadryl, Generic, Store Brand) Dosing Information**

**\*\*Give every 6 hours as needed, no more than 4 times in 24 hours\*\***

Weight of Child	Liquid 12.5mg/5ml	Chewable 12.5mg/tablet	Capsule 25mg/capsule
13.2-15.3 lbs	3 ml	-	-
15.4-17-5 lbs	3.5 ml	-	-
17.6-19 lbs	4 ml	-	-
20-24 lbs	3.75 ml	-	-
25-37 lbs	5 ml	1 tablet	-
38-49 lbs	7.5 ml	1 ½ tablets	-
50-99 lbs	10 ml	2 tablets	1 capsule
100+ lbs	-	4 tablets	2 capsules

# 2014 Recommended Immunizations for Children from Birth Through 6 Years Old



**Is your family growing?** To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

**NOTE:** If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

**FOOTNOTES:** \* Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.  
 § Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

*If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.*

SEE BACK PAGE FOR MORE INFORMATION ON VACCINE-PREVENTABLE DISEASES AND THE VACCINES THAT PREVENT THEM.



For more information, call toll free **1-800-CDC-INFO** (1-800-232-4636) or visit <http://www.cdc.gov/vaccines>



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention



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