



Healthy Babies and Children

Public Health Team / 2018



**Questions
about health
or nutrition?**

**Call 8-1-1 or visit
HealthLinkBC.ca**




Excellent health and care for everyone, everywhere, every time.





Brush my teeth morning and night.



**Electronic
devices
take away
from the
time we
spend
together.**



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**I can start
drinking
from an
open cup
when I'm
6 months
old.**





**I can have my first eye exam
when I am 6 to 9 months old.**

A close-up photograph of a woman with long, dark, wavy hair. She is smiling broadly, showing her teeth, and resting her chin on her right hand. She is wearing a dark purple or maroon top. The background is a blurred, light-colored woven texture.

All women who could become pregnant...

...should take a daily multivitamin with folic acid, to prevent birth defects.

**Have my hearing checked early
so I can learn right from birth.**



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A photograph of a woman with dark curly hair, wearing a white tank top and gold hoop earrings, sitting on a light-colored couch. She is breastfeeding a baby who is wearing a white long-sleeved shirt. The woman is looking down at the baby with a gentle expression. The background is a plain, light-colored wall.

**I like it
when you
hold me and
look at me
when you
feed me.**



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**Breastmilk
is good for
me until I
am at least
2 years old.**

**When I am
6 months
old, I can
have small
amounts
of water.**



Photo courtesy of champuru.net

Show me how to run and play!

KJ14




Slide 12

KJ14

Run and Play are not proper nouns (uncapitalized)

Krenz, Janet, 26-Mar-2018



**When I am 6 months old,
offer me iron-rich foods like
meat, beans or eggs
2 or more times every day.**



Before my teeth come in, clean my gums each day with a soft, wet cloth.

My hearing can be tested at any age.



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A young child with a joyful expression is reading a large, colorful book. The child is wearing a light blue shirt. The background is softly blurred, showing a person in a yellow shirt. The overall scene is bright and positive, emphasizing the joy of reading.

**I like activities
without
screens.**



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I don't need juice.

It can harm my teeth, even when diluted.



**I can have an eye exam
even if I can't read.**



**My baby teeth
are important!**

**I need them to
eat, talk, smile
and hold space
for my adult
teeth.**



Please keep pillows, soft bumper pads, toys and loose bedding out of my sleep area.

A close-up photograph of a baby with light hair and a joyful expression, sitting at a table. The baby is wearing a blue and white striped shirt. In front of the baby is a yellow bowl and a blue plate. The background is slightly blurred, showing a patterned cloth with blue and green circles.

**Wait until I'm
about 6 months
old to give me
solid foods.**



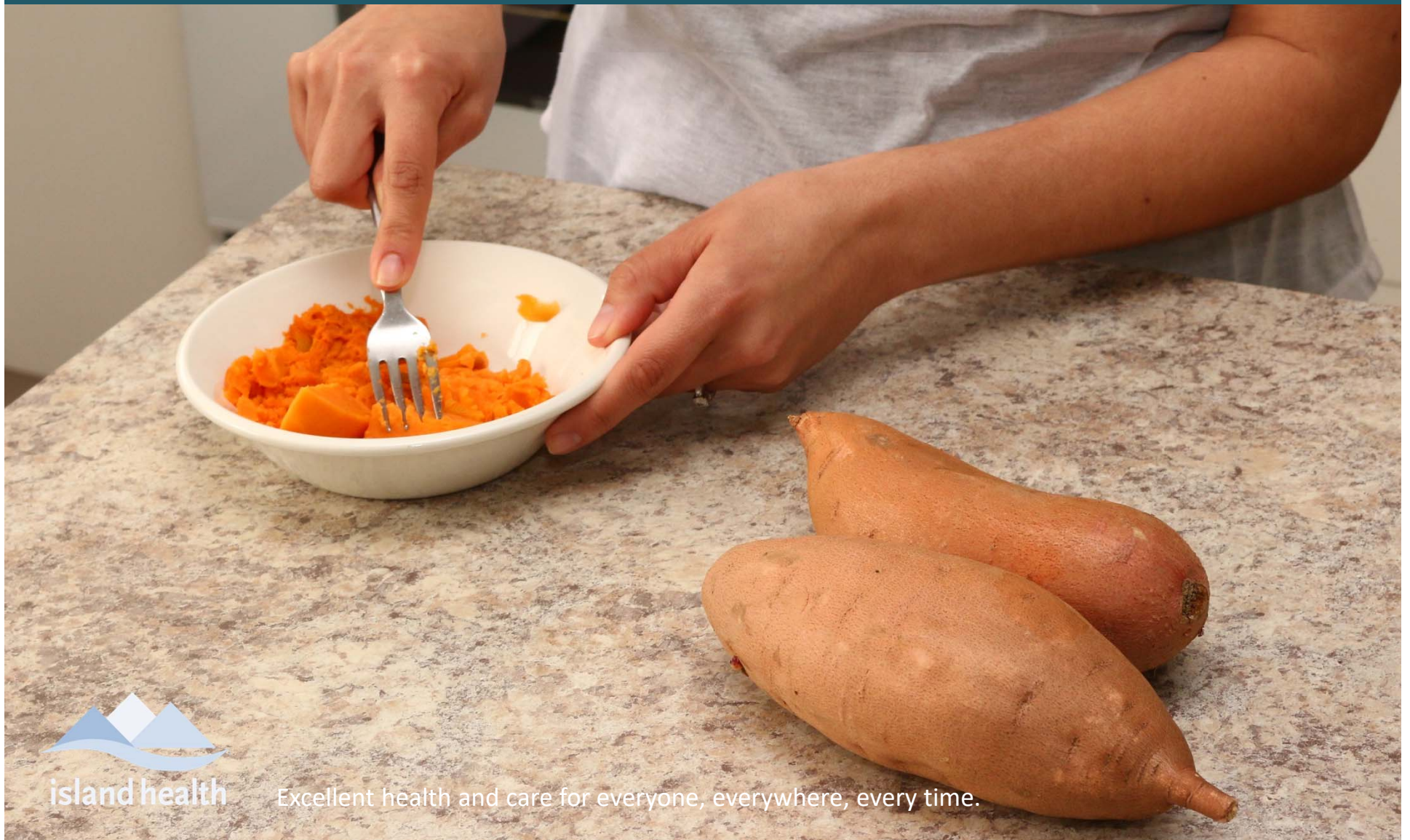
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Start brushing my teeth with fluoride toothpaste as soon as they come in.

I can have soft, mashed and minced foods when I am 6 months old.





**Give me a
Vitamin D
supplement
(400 IU) every
day if I drink
breastmilk.**



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Dental Health Questions?

BC Dental Association
YourDentalHealth.ca


Canadian Dental Association
CDA.ca

HealthLink BC
HealthLinkBC.ca

Island Health
viha.ca



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**If I eat a sweet or
sticky snack, let
me drink water
or brush my
teeth.**

**I learn
new words,
ideas and
skills when
you read to
me.**



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**My eye exams are free
until I am 18 years old.**



Bacteria that cause cavities can be passed to me when we share:

- Spoons
- Soothers
- Food
- Toothbrushes



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I learn to eat by feeding myself.

**Always
place me
on my back
when I
sleep and
nap.**





**‘Pretend’ play
lets me explore
new ideas and
grows my brain.**

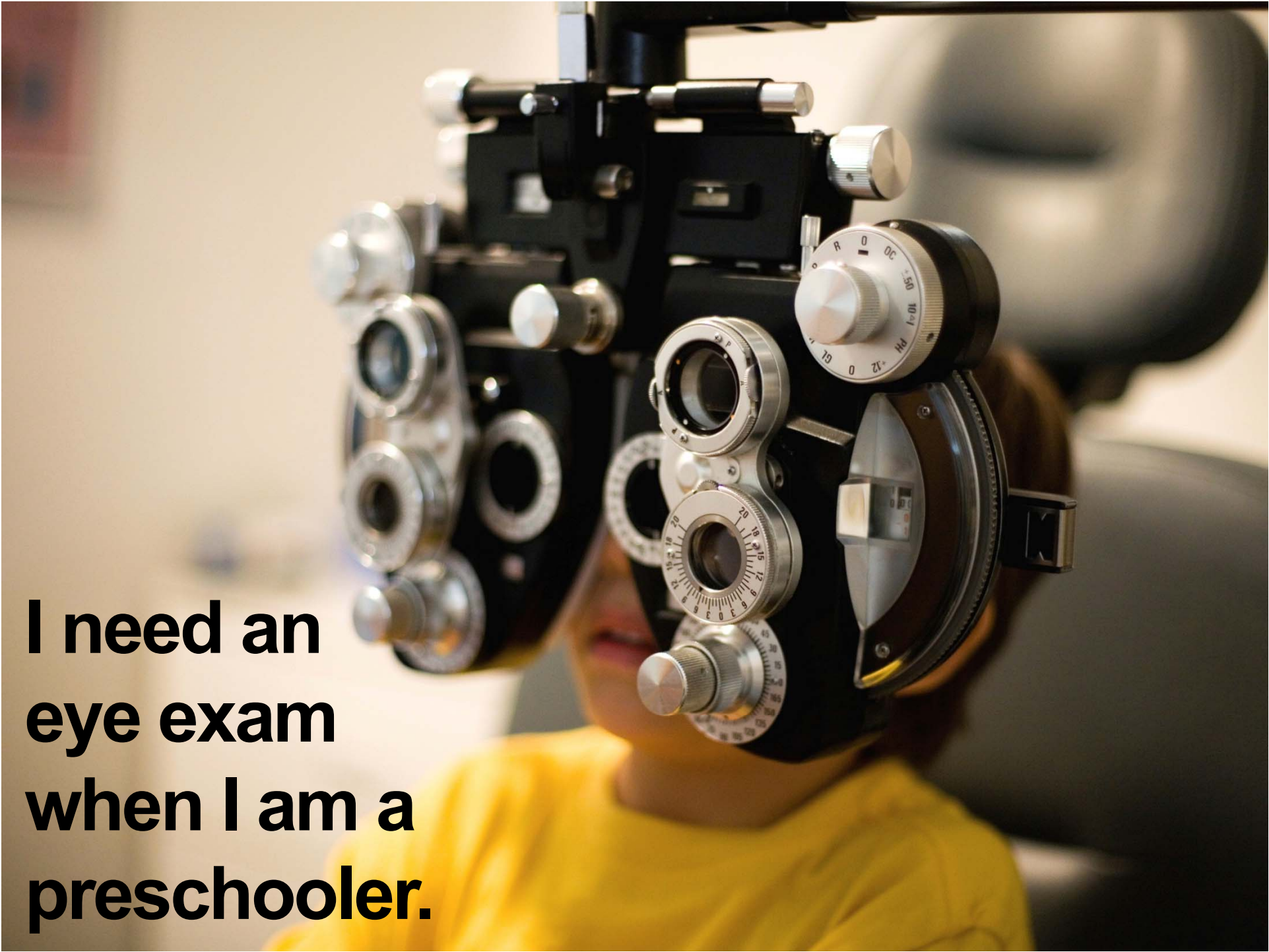


**Messiness
is okay!**

**It helps me
learn to
feed myself.**



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**I need an
eye exam
when I am a
preschooler.**



**Move with me to develop
physical literacy.**

**Let me
decide how
much to eat.**

**I know how
much I need.**



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Have my mouth checked by the time I am 1 year old.



**I learn
language
and social
skills
when I
play with
my
friends.**

**I may need
to see and
taste a food
many times
before I will
eat it.**



**Lift my lips to check for cavities.
Look for white lines or brown spots.**



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Nutrition Questions?

Dietitian Services (8-1-1)

HealthLinkBC.ca

Healthy Families BC

HealthyFamiliesBC.ca

Better Together BC

BetterTogetherBC.ca

Dietitians of Canada

Dietitians.ca



Parents decide which foods to buy and which to offer at meals and snacks.




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**Place me on
a firm sleep
mattress that is
covered with a
fitted sheet.**

**Sofas and soft
mattresses are
dangerous
for me.**

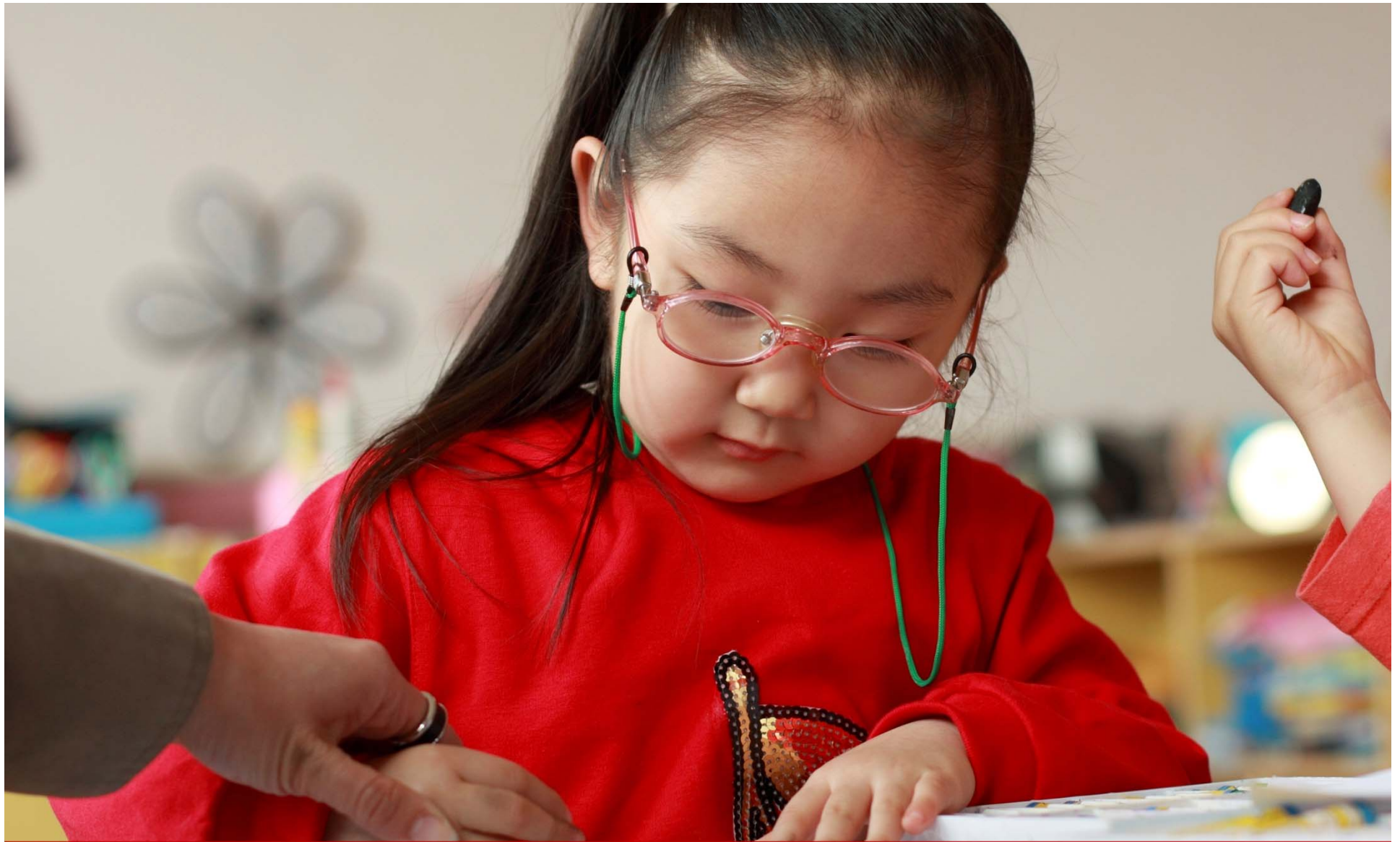
A photograph of a man and a baby having a picnic on a grassy field. The man, wearing glasses and a dark jacket, is sitting on a plaid blanket and looking at the baby. The baby, wearing a colorful hat and an orange bib, is sitting on the same blanket. There is a red cooler and some food items on the blanket. The background is a green lawn with a bench in the distance.

I learn to eat by watching you.

Please sit down and eat with me.

**Breastmilk,
even in small
amounts,
helps protect
me from
getting sick.**





**When I am in school, I need
an eye exam each year.**

I eat better when you eat with me.



**Set an example. Keep
your mouth clean and healthy.**



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Until I am 3, I need just a rice-size amount of fluoride toothpaste.



After 3, I need a pea-size amount of fluoride toothpaste.

**Keep me
away from
the harms
of second
hand
smoke.**



Excellent health and care for everyone, everywhere, every time.

Good food in pregnancy and early years grows my brain!





**Give me chances to move
every day!**

The safest place for me to sleep is close to you, in my own sleep space.





Remember to book my next appointment before we leave today.

Family Health Questions?

Healthy Families BC
HealthyFamiliesBC.ca

HealthLink BC
HealthLinkBC.ca

Island Health
VIHA.ca

