







Does your child...?

	Yes	No	Some-times	Tips for Healthy Growth and Development	
1. Eat with the family every day?				 <ul style="list-style-type: none"> • Sit down and eat with me – this will help me learn to eat new foods and be more connected to you! Let me help you prepare new foods. 	
2. Decide what and how much to eat from the food you offer?					 <ul style="list-style-type: none"> • Let me decide whether to eat and how much to eat from the foods offered at meals and snacks.
3. Visit the eye doctor?					<ul style="list-style-type: none"> • Offer me 2 cups (500 mL) of milk or fortified plant-based drinks. Too much milk can make me too full for other foods.
4. Hear well in each ear?					<ul style="list-style-type: none"> • Offer me water when I'm thirsty.
5. Usually have healthy ears? (i.e. no frequent/serious ear infections)?					 <ul style="list-style-type: none"> • I'm getting better but I still need you to help me brush and floss my teeth every day until I'm 8 years old.
6. Have their teeth brushed 2 times a day with a pea-sized amount of fluoride tooth paste?					<ul style="list-style-type: none"> • Check behind my back teeth to see if my adult molars are in and ask the dentist about sealants.
7. Have their teeth flossed every day?					<ul style="list-style-type: none"> • Take me to the dentist at least once a year. If finding a dentist for me is a concern, please talk to the public health dental hygienist.
8. Visit the dentist?					 <ul style="list-style-type: none"> • Limit television/DVD/computer time to 1 hour or less per day. If I do watch, stay with me and talk about what is going on.
9. Have any behaviours you find difficult to manage?					 <ul style="list-style-type: none"> • Keep me smoke-free. I don't want to get pneumonia, bronchitis, colds, ear infections, sore throats, or worsening asthma.
10. Live with or spend time with anyone who smokes?					<ul style="list-style-type: none"> • Keep me away from vape e-juice. It can smell great like blueberries or bubble gum, but can contain enough nicotine to poison me or my pet.
11. Live with or spend time with anyone who vapes?					<ul style="list-style-type: none"> • Keep vape away from me; it is not a toy and can burn me.
12. Use a car seat recommended for their correct weight and age?					 <ul style="list-style-type: none"> • Don't vape around me; the vapour has chemicals that are not good for me, including nicotine which is bad for my brain. • I need to stay in a booster seat until I am at least 136 centimeters (4 feet, 9 inches) – about 9-11 years old.

If you have questions or would like more information, contact your Public Health Unit or call 8-1-1 to speak with a nurse, dietitian or pharmacist. Information is also available online at <https://www.healthyfamiliesbc.ca/parenting/> OR <http://www.healthlinkbc.ca>