

Health Handbook



Neighborhood House Association

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Complied and designed by:

NHA's Comprehensive Services and Quality Improvement (CSQI)

Preparing for School



Make sure your child knows how to reach you at all times AND be sure you can reach them.

Teach Your Child...

- 1** To always check with you or a trusted caregiver before going anywhere OR accepting any gifts
- 2** To yell “NO!” if someone tries to touch them or treat them in a scary or uncomfortable way
- 3** Their full name, parents’ full names, address, and phone number with area code
- 4** Different types of emergencies and practice calling 9-1-1 with a toy or disconnected phone





Home Safety

- 1** Keep dangerous items stored out of sight AND reach (cleaning supplies, medications, guns, knives, etc.)



Use outlet covers to prevent electrocution



Cabinet locks prevent access to dangerous items

- 2** Remove or cover edges of sharp objects with corner and edge bumpers OR masking tape



- 3** Do not hold a child while eating or drinking hot foods OR when cooking



- 4** Use smoke detectors on every level of your home AND check detectors every month



- 5** Put pans on back burners and turn all pot handles toward the back of the stove



To learn more about Home Safety click or scan here: →

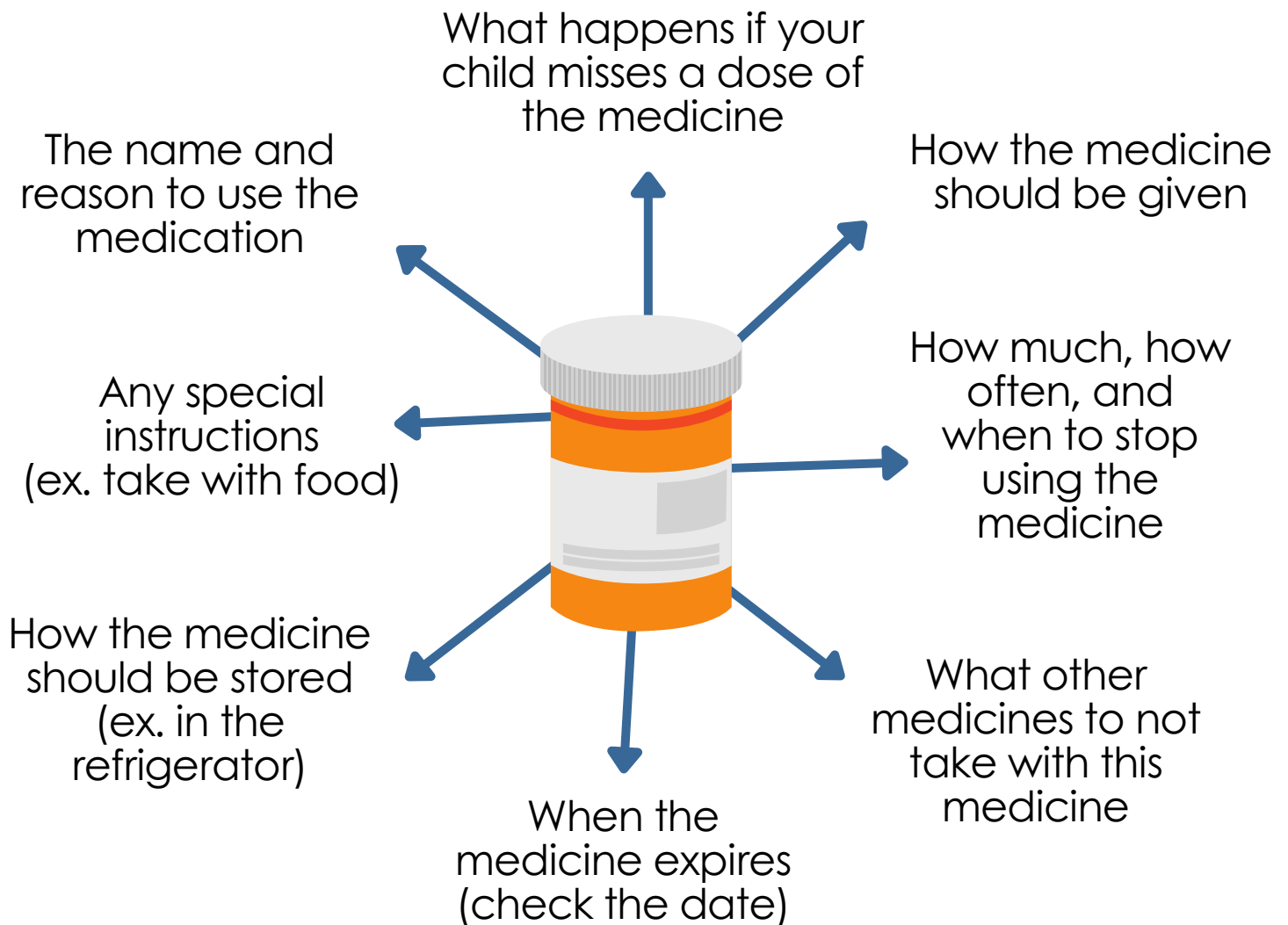


Medication Safety



Discuss your child's symptoms with their doctor or pharmacist FIRST!

Before giving your child medicine, know:



If your child is on medication, please inform your Head Start site or Home Visitor.

Medication Safety



Important Reminders:

- 1 NEVER** give aspirin to a child, especially if they have a virus (like flu, RSV, or chickenpox). The aspirin can cause **Reyes Syndrome**, which is a life-threatening disease.
- 2** Keep **ALL** medications in their original container.
- 3** Do not give any over-the-counter medicine to a child if they are younger than 24 months, **UNLESS** you have spoken to your child's doctor **FIRST**.
- 4** Make sure your child finishes **ALL** doses of the medicine that the doctor prescribed, even if your child starts to feel better before then.
- 5 NEVER** use leftover medications. If your child has taken the medication as long as the doctor said to and there is still some leftover, throw it away.
- 6 NEVER** give your child medicine prescribed to someone else (adult or child).

If your child is on medication, please inform your Head Start site or Home Visitor.

To learn more about Medication Safety click or scan here: →



Outdoor Safety

Supervision and Preparation are Key

Children, especially toddlers, are naturally curious and may not recognize dangers.

You should always keep an eye on children.

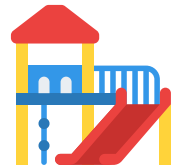


Important Reminders:

- ☀ Watch your children closely when they are playing outside.



- ☀ Teach your children playground safety *(Don't climb up slides and don't walk in front of or behind swings).*



- ☀ **California State Law:**
If your child is under 18, they must wear helmets while riding bicycles.



- ☀ Teach your child to look both ways before crossing the street.



- ☀ Children should not be allowed to be in or near water without constant adult supervision.



- ☀ Always use sunscreen on your child who is 6 months of age or older and be sure to reapply at least every 2 hours.



To learn more about Outdoor Safety click or scan here: →



PEDESTRIAN SAFETY TIPS

Keep your **eyes up**,
and your phone down.



Look **left, right and left again** before crossing the street.



Always walk on sidewalks.
If there are no sidewalks, walk facing traffic as far to the left as possible.



Wear **bright-colored clothing** or reflective gear if walking at night.



Make **eye contact** with drivers before crossing the street.



Do not run or dart out into the street or cross between parked cars.



Visit gosafelyca.org for more safety tips and information.

GoSafelyCA @GoSafelyCA OTS_CA

THINK
TWO STEPS
AHEAD

GO SAFELY
CALIFORNIA
CALIFORNIA OFFICE OF TRAFFIC SAFETY

BICYCLE SAFETY TIPS



Wear a **properly-fitted helmet**.



Obey **street signs, signals, and road markings.**



Don't text, listen to music or use any device that distracts you from the road or traffic.



Inspect your bike before riding. Ensure everything is secure and working properly.



Ride in the same direction as traffic as far on the right-hand side as possible.



Share these safety tips with your family and friends to ensure they are safe whenever they are on the go!



Vehicle Safety

More than 1,000 children are killed in motor vehicle crashes in the U.S. every year.

California Law

- 1** Children under 2 years old **MUST** be rear facing in a car seat unless they weigh 40 pounds or more or are 40 inches tall or more.
- 2** In California, for each child under 16 who is not properly buckled, parents or drivers can be **fined more than \$500** and get a point on their driving records.
- 3** It is **against California law** to leave a child who is 6 years of age or younger alone in the car without the supervision of a person at least 12 years old.
- 4** California **PROHIBITS** smoking and electronic use of tobacco and marijuana in a motor vehicle when a minor (17 years old and younger) is present.



To learn more about Vehicle Safety, click or scan here: →





Sleep Safety

Reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death.

Safe Sleep Practices Do's and Don'ts

Do's

- ✓ Use a **firm sleep surface**, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- ✓ **ALWAYS** place your baby on their back to sleep, for naps and at night.
- ✓ Dress your baby in sleep clothing, such as a one-piece sleeper.
- ✓ Keep your baby's sleep area in the room where the parents sleep.



Don'ts

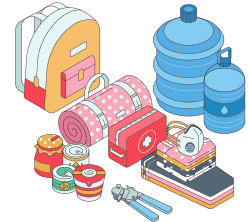
- ✗ **DO NOT** use pillows, blankets, sheepskin, or crib bumpers anywhere in your baby's sleep area.
- ✗ **DO NOT** keep soft objects, such as toys and loose bedding, in your baby's sleep area.
- ✗ **DO NOT** smoke or let anyone smoke around your baby.
- ✗ **DO NOT** sleep with the baby in an adult bed, couch, or on a chair alone, with you, or with anyone else.
- ✗ **DO NOT** use products that claim to reduce the risk of SIDS and other sleep-related causes of infant deaths. For example, baby monitors, infant positioners, and pillows.

To learn more about sleep safety, click or scan here: →



Emergency Preparedness

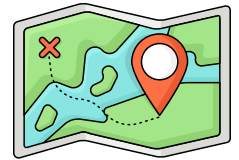
Disasters can strike quickly and without warning. The best way to keep you and your family safe is to be prepared before disaster strikes.



STEP 1: Get an Emergency Kit

- Keep your kit where it is easily accessible.
- Check your kit every 6 months and replace expired or outdated items.
- Emergency Kits should contain: water, food, medications, radio, cellphone and chargers, flashlight, first aid kit, personal documents, contact information, map, money, clothing, sanitary supplies, pet supplies (if applicable), and tools.

STEP 2: Make a Plan



- Talk with your family and make a plan.
- Learn how to turn off utilities (like gas and water) and how to use life-saving tools (like fire extinguishers).
- Tell everyone where emergency information and supplies are stored.
- Practice evacuations, following routes in your plan.
- Choose an out-of-area contact for all family members to call in case of an emergency.
- Predetermine meeting places to save time and reduce confusion.

STEP 3: Be Informed



- Read or watch the news and listen to the radio.
- Make sure your cell phone receives emergency alerts.

To learn more about emergency preparedness, click or scan here: →



Dangers of Tobacco



Even if you don't smoke around your child, harmful chemicals from cigarettes and vapes can still affect their health.

Here's What You Need to Know:



- 1 Secondhand smoke** increases the risk of asthma, respiratory infections, ear infections, and SIDS.
- 2 Thirdhand smoke** toxins linger on clothes, furniture, and walls, exposing children even when smoking has stopped.
- 3 E-cigarettes, or vapes,** contain harmful chemicals, and secondhand smoke may impact lung health in young children.
- 4 Nicotine liquid** in vape pods is highly toxic if ingested or spilled on skin, posing a serious poisoning risk.
- 5 Kids of smoking/vaping** parents are more likely to pick up the habit later in life.
- 6 Nicotine exposure** can harm brain development in children and teens.
- 7 More than 80%** of calls to U.S. poison control centers for e-cigarettes are for children less than 5 years old.

To learn more how to quit smoking, click or scan here: →





Health Literacy

Health Literacy is how well you understand health information and make good choices about health and medical care.

Before your visit to the doctor

1. **Think** about what your goals are.
2. **Write down** what you want to ask.
3. **Bring** your Head Start paperwork with you.



During your visit to the doctor

1. **Write down** what you learn.
2. **Ask** for documentation or a printed visit summary.



After your visit to the doctor

1. **Review** the information.
2. **Think** about what you need to do next.
3. **Decide** how you will use what you have learned.
4. **Provide** a copy, or copies, of the paperwork to Head Start staff.



To learn more about health literacy, click or scan here: →



Physical Exams



NHA supports children and families to meet the American Academy of Pediatrics (AAP) Bright Futures Schedule with physical assessments at 1, 2, 4, 6, 9, 12, 15, 18, 24, 30, 36, 48, and 60 months.

Items to complete during a physical exam:

- ☐ Height
- ☐ Weight
- ☐ Vision Screening
- ☐ Hearing Screening
- ☐ Head Circumference (Early Head Start ages 0-3 only)
- ☐ Blood Pressure (Head Start Preschool ages 3-5 only)
- ☐ Physical Assessment
- ☐ Visual Oral Assessment
- ☐ Immunizations/Vaccines
- ☐ Anemia Risk Assessment and/or Test
- ☐ Tuberculosis Risk Assessment and/or Test
- ☐ Blood Lead Test and/or Risk Assessment*

**For Head Start Programs, every child is required to have at least one blood lead test on file. Children are required to have blood lead tests done at 12 and 24 months, or soon after. Refer to page 15 for more information.*

To view the AAP Bright Future Schedule, click or scan here: →





Immunizations

NO SHOTS NO SCHOOL

California Immunization Requirements for Pre-Kindergarten

Doses required by age when admitted and at each age checkpoint after entry¹:

Age When Admitted	Total Number of Doses Required of Each Immunization ^{2,3}			
2 through 3 months	1 Polio	1 DTaP	1 Hep B	1 Hib
4 through 5 months	2 Polio	2 DTaP	2 Hep B	2 Hib
6 through 14 months	2 Polio	3 DTaP	2 Hep B	2 Hib
15 through 17 months	3 Polio	3 DTaP	2 Hep B	1 Varicella
	On or after the 1st birthday:			1 Hib ⁴ 1 MMR
18 months through 5 years	3 Polio	4 DTaP	3 Hep B	1 Varicella
	On or after the 1st birthday:			1 Hib ⁴ 1 MMR

Conditional Admission Schedule for Pre-Kindergarten

Before admission a child must obtain the first dose of each required vaccine and any subsequent doses that are due because the period of time allowed before exclusion has elapsed.

Dose	Earliest Dose May Be Given	Exclude If Not Given By
Polio #2	4 weeks after 1st dose	8 weeks after 1st dose
Polio #3	4 weeks after 2nd dose	12 months after 2nd dose
DTaP #2, #3	4 weeks after previous dose	8 weeks after previous dose
DTaP #4	6 months after 3rd dose	12 months after 3rd dose
Hib #2	4 weeks after 1st dose	8 weeks after 1st dose
Hep B #2	4 weeks after 1st dose	8 weeks after 1st dose
Hep B #3	8 weeks after 2nd dose and at least 4 months after 1st dose	12 months after 2nd dose

California Law

- California state law requires all children enrolled in school to be up-to-date with their age-appropriate vaccinations.
- Proof of vaccinations should be provided to Head Start prior to the first day of attendance. To help ensure children's health, we ask for this information for our Home-Based program, too.

To learn more about immunizations, click or scan here: →



Immunizations FAQ's



How do I get an exemption?

The State of California only allows medical exemptions issues through the California Immunization Registry - Medical Exemption (CAIR-ME) website.

Source: [California Department of Public Health - Instructions to Request a Medical Exemption](#)

Can I delay or skip some vaccines?

Delaying or missing vaccines is dangerous for children. Sticking to the vaccine schedule gives your child the best protection from preventable diseases.

Source: [American Academy of Allergy Asthma & Immunology - Vaccines: The Myths and the Facts](#)

Why does my baby need so many shots?

Vaccines protect against dangerous diseases when children are most vulnerable. The schedule ensures timely protection.

Source: [CDC - Reasons to Vaccinate](#)

Are vaccines safe for my baby?

Yes, vaccines go through extensive testing and are monitored for safety by health organizations like the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA).

Source: [CDC - Reasons to Vaccinate](#)

What if my baby is sick on vaccine day?

Mild illnesses, like a cold, are usually fine, but talk to your child's primary care provider if they have a fever or are very ill.

Source: [American Academy of Allergy Asthma & Immunology - Vaccines: The Myths and the Facts](#)

Why are vaccines still needed if these diseases are rare?

Vaccines have made many diseases rare, but these diseases are still common in some parts of the world and can spread across borders.

Source: [American Academy of Allergy Asthma & Immunology - Vaccines: The Myths and the Facts](#)

Do vaccines cause autism?

Studies have shown that there is no link between receiving vaccines and Autism Spectrum Disorder (ASD).

Source: [American Academy of Pediatrics- Fact Checked: Vaccines: Safe and Effective, No Link to Autism](#)

Lead

5 Things to Know About Lead:

- 1 Lead is a naturally occurring element that can be found in all parts of our environment.



- 2 Lead can be found in a variety of items such as: paint, pottery, clothing, jewelry, spices and batteries.



- 3 Babies and young children are more at risk because they put their hands and other objects in their mouths.



- 4 Exposure to lead can cause brain damage, slowed growth and development, hearing and speech problems, and learning and behavioral problems.



- 5 Because no level of lead is safe, a blood lead test is the best way to measure lead exposure.

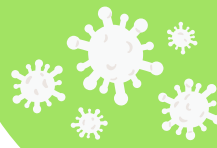


All children enrolled in the Head Start program are required to have a blood lead test before a risk assessment is accepted.

To learn more about how to protect your family from lead, click or scan here: →



Sick Policy



Why should sick children stay home?

- Sick children can easily spread germs to other children, teachers, and staff.
- Keeping sick children home reduces the chances of widespread illness.
- Resting at home helps children recover more quickly.
- Some children and staff have weakened immune systems, making them more at risk for severe illness.
- California Childcare Licensing (CCL) and the Office of Head Start (OHS) require sick children to stay home.

Children must stay home if:

- 1** They have any signs or symptoms of an illness or contagious infection or have been diagnosed with a contagious illness.
- 2** They have any new illness or symptoms and are unable to participate in activities (for example: a child is overly tired or will not stop crying).
- 3** They have any new illness or symptoms that requires care greater than staff can provide without compromising the health and safety of the other children.

Children can return to school:

- 1** 48 hours after their symptoms have significantly improved **AND**
- 2** 48 hours after they are fever-free without medicine **AND**
- 3** The requirements above are met **or** a doctor's note has been provided.

To learn more about our sick policy, click or scan here: →



**Make sure your
emergency
contact list is
always updated!**



Oral Health



Tips to Promote Good Oral Health:

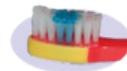
Infants ages 0 - 1

- Check and clean your baby's gums with a clean, soft cloth.
- Feed your baby healthy baby food.
- If your child has sore gums, try giving them a cold teething ring or cold wet washcloth.
- **Do not** put your baby to bed with a bottle.
- **Do not** dip pacifiers in honey, syrup, or alcohol.



Toddlers ages 1 - 3

- Once the child's first tooth comes in, or by age 1, make a visit to the dentist.
- Brush teeth with a soft toothbrush and toothpaste with fluoride, twice a day, after breakfast and before bed.
- Use a small smear of toothpaste.



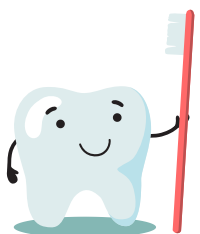
Preschoolers ages 3 - 5

- Use a pea-size amount of toothpaste.
- It is recommended to follow up with the dentist every 6 months.



Did you know?

- ✦ Healthy teeth should all be one color. If you see spots or stains, take your child to a dentist.
- ✦ Young children need help cleaning their teeth, usually until they are 7 or 8 years old.
- ✦ Children should not share toothbrushes to avoid the spread of germs.
- ✦ Fluoride protects teeth from tooth decay.



To learn more about oral health, click or scan here: →





Feeding Cues

NHA supports each Head Start Program family with their unique feeding needs and choices!



Breastfeeding

- Ideal nutrition for your baby
- Easy to digest
- High in antibodies that protect your infant and prevent them from getting sick
- Promotes healthy brain development
- Reduces risk for Sudden Infant Death Syndrome (SIDS)
- Reduces risk of breast and ovarian cancer for mom

Baby is Hungry If...

- Puts hands or fingers in or near their mouth
- Open and closes mouth
- Turns head, searches for nipple
- Gets excited around food



*Crying is a late cue that the baby is hungry. Crying can also mean other things not related to hunger like a wet diaper, needing comfort, gas, or other sources of pain.



Formula Feeding

- FDA has strict standards for infant formula to ensure the nutrition needed for healthy growth
- Options for specialized needs, such as low lactose or non-dairy formula
- Can allow for simple transition/adjustment to child care settings

Baby is Full If...

- Sucks slowly or stops sucking
- Falls asleep
- Hands are open and relaxed
- Pushes away from breast/bottle
- Turns head/face away



To get breastfeeding support, click or scan here: →



Cautious Eaters



Why is My Child Cautious?

Cautious or selective eating is a normal stage of toddler development. Many children become hesitant about new foods and may reject foods they previously enjoyed. Their appetite may also vary day to day based on growth spurts and activity levels.



Tips for Addressing Cautious Eating

- 1 Stay Positive and Avoid Pressure** - Gently present foods without forcing, bribing, or punishing. If kids feel pressured to eat, this can make picky eating worse.
- 2 Introduce New Foods Gradually** - It may take at least **10 - 15 tries** for a child to accept a new food. Keep offering new foods in different ways.
- 3 Pair New Foods with Favorites** - Serve new foods alongside foods your child already enjoys to make them more familiar.
- 4 Make Meals Fun and Engaging** - Use colorful plates, fun shapes, or let kids dip their food in sauces like yogurt or hummus.
- 5 Let Your Child Help** - Kids are more likely to eat what they help prepare. Have them wash vegetables, stir, or set the table.
- 6 Be a Role Model at Mealtimes** - Have mealtimes together at the table and eat a variety of healthy foods yourself. Children copy what they see.
- 7 Respect Their Appetite** - Trust your child's hunger cues. Avoid forcing them to clean their plate.
- 8 Stick to a Routine** - Offer meals and snacks at regular times to help regulate appetite.

If your child is losing weight, seems overly tired, or refuses entire food groups for a prolonged time, consult with your child's doctor or registered dietitian.



Healthy Eating Guide

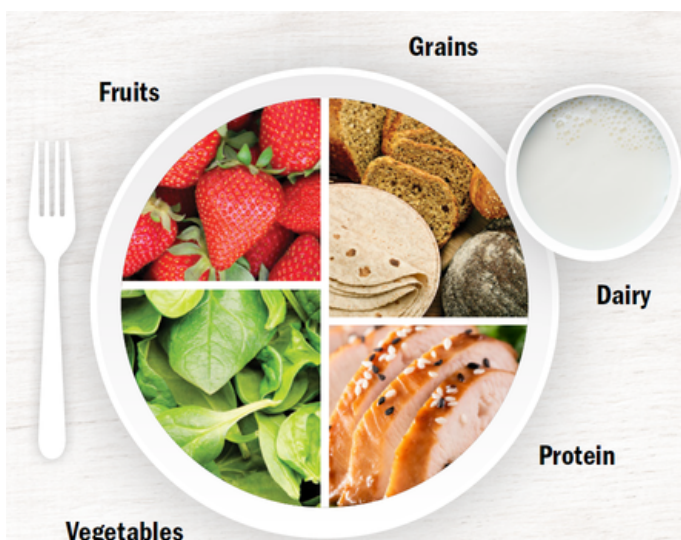


Eating a healthy, balanced diet helps young kids grow, learn, and thrive!

Eating foods from different food groups helps us get all the nutrients our bodies need to move, grow, and stay healthy.

Our bodies need key nutrients from all of the food groups to function well.

FRUIT EXAMPLES	KEY NUTRIENTS
 orange  apple  pear  peach  melon  berries	potassium; dietary fiber; vitamin C; folate
VEGETABLE EXAMPLES	KEY NUTRIENTS
 green beans  broccoli  bell pepper  spinach  beans & peas  sweet potato	potassium; dietary fiber; folate; vitamin A; vitamin C
GRAIN EXAMPLES	KEY NUTRIENTS
 brown rice  whole-wheat bread  whole-grain cereal  oatmeal  whole-grain tortilla	dietary fiber, magnesium and selenium (found in whole grains); B vitamins (riboflavin, niacin, thiamin, folic acid); iron
PROTEIN FOOD EXAMPLES	KEY NUTRIENTS
 beef & pork  chicken  seafood  beans & peas  eggs  nuts & seeds	protein; B vitamins (riboflavin, niacin, thiamin); vitamin E; iron; zinc; magnesium
DAIRY EXAMPLES	KEY NUTRIENTS
 milk  yogurt  cheese  calcium-fortified soy milk	calcium; potassium; vitamin D; protein



Additional Healthy Food Resource

You may qualify for nutritious food for you and your family through the **Women, Infants, and Child (WIC) Program**. WIC provides benefits to buy healthy foods as well as breastfeeding support and nutrition counseling for eligible pregnant and postpartum women and children up to age 5.

To learn more about WIC and determine if you're eligible, click or scan here:



Development Milestones



The first 5 years in a child's life are very important in their development.

Examples of Social-Emotional Milestones:

- **By 2 months**, calms down when spoken to or picked up, looks at your face
- **By 6 months**, knows familiar people and looks at him/herself in the mirror
- **By 1 year**, plays games with you like pat-a-cake
- **By 2 years**, notices when others are hurt or upset (like pausing when someone cries)
- **By 3 years**, notices other children and joins them to play
- **By 4 years**, likes to be a “helper”, pretends to be something else during play

Examples of Language/Communication Milestones:

- **By 2 months**, makes sounds other than crying
- **By 6 months**, takes turns making sounds with you
- **By 1 year**, waves bye-bye and understands “no”
- **By 2 years**, says at least two words together, like “more milk”
- **By 3 years**, talks well enough for others to understand, most of the time
- **By 4 years**, says sentences with four or more words, answers simple questions



Examples of Cognitive (Thinking/Problem-Solving) Milestones:

- **By 2 months**, watches you as you move
- **By 6 months**, puts things in his/her mouth to explore them
- **By 1 year**, looks for things he/she sees you hide, like a toy under a blanket
- **By 2 years**, holds something in one hand while using the other hand (like holding a container and lifting the lid off)
- **By 3 years**, draws a circle when you show him/her how
- **By 4 years**, names a few colors of items, tells what comes next in a well-known story

Examples of Movement/Physical Development Milestones:

- **By 2 months**, holds head up when on tummy
- **By 6 months**, leans on hands to support him/herself when sitting
- **By 1 year**, pulls up to stand, walks holding onto furniture
- **By 2 years**, eats with a spoon, walks, runs, kicks a ball
- **By 3 years**, eats with a fork, strings items together like a macaroni necklace
- **By 4 years**, serves him/herself food or pours water (with adult supervision)

To learn more about childhood development, click or scan here: →





Development Concerns

The first 5 years in a child's life are very important in their development.

What can cause developmental concerns?

- Prematurity or low birth weight
- Vision or hearing difficulties
- Exposure to drugs, alcohol, or tobacco during pregnancy or after birth
- Poor nutrition or difficulties eating
- Exposure to lead
- Environmental factors, such as abuse, neglect, or other traumatic experience

What are some signs of developmental concerns?



Hearing

- Ears, nose, and throat discomfort or pain
- Does not look where sounds or voices come from
- Does not react to loud noises



Vision

- Red, watery, or crusty eyes and/or rubs eyes often
- Closes one eye or tilts head when looking at an object
- Holds books, phones, or tablets close to face



Moving

- Stiff arms or legs
- Pushes away or arches back when held close or cuddled
- By 9 months, child does not pick up objects, such as Cheerio, with fingers and thumb
- By 14-15 months, does not walk well



Communication

- By 3 months, does not smile
- By 6 months, does not babble
- By age 3, does not talk so that adults outside the family can understand



Thinking

- By age 1, unable to find items after seeing it hidden
- By age 2, does not point to body parts when asked
- By age 3, does not follow 2-step instructions such as "put the toy down and close the door."

If you have concerns, please discuss with your child's doctor and Head Start staff, such as your child's teacher or home visitor.

To learn more about childhood development, click or scan here: →





Mental Health



What is mental health?

Mental health is when young children grow in their ability to:

- have close, positive relationships
- feel safe and supported
- learn from exploring the world around them
- understand and share their feelings in a healthy way



Why is it important?

- Supportive relationships help young children learn and grow.
- Reaching social, emotional, and cognitive milestones helps children to be successful throughout life!
- Early access to mental health services for children and their families can make a difference.

You can help your child's mental health by:

- ✿ Playing, talking, singing, cuddling, and reading together
- ✿ Helping your child learn to share toys and problem-solve
- ✿ Being a role model by setting clear limits without hitting, shouting or using hurtful language
- ✿ Listening supportively to your child so they can express their thoughts and feelings
- ✿ Reassuring your child when overwhelmed or stressed, helping them learn to cope with big feelings

We all need support at times.

It's okay to seek professional help when needed!

To learn more about mental health, click or scan here: →



Reducing Challenging Behaviors



8 Ways to Reduce Challenging Behaviors

- 1 Change the Setting** - Change the environment, activity, or people involved.
- 2 Respond Calmly** - Respond to the situation calmly, without your own anger. Adults need quiet time, too.
- 3 Teach Alternate Behaviors** - Teach your child more socially appropriate ways of expressing what they want.
- 4 Offer Choices** - Offer choices and the opportunity for your child to have more control over their environment.
- 5 Notice the Positive** - Notice and praise positive behavior when it occurs.
- 6 Be Consistent** - Make sure there are consistent and predictable routines and age-appropriate limits.
- 7 Avoid Surprises** - When there is a change in a routine or schedule, prepare your child ahead of time so they know what to expect.
- 8 Have Fun!** Make sure there is joy and fun in your relationship and in your child's everyday life.

If you have concerns, please discuss with your child's doctor and Head Start staff, such as your child's teacher or home visitor.

To learn more about reducing challenging behaviors, click or scan here: →





Effects of Violence

According to the World Health Organization (WHO), it is estimated that globally up to 1 billion children aged 2–17 years have experienced physical, sexual, or emotional violence or neglect in the past year.

Experiencing violence in early childhood may impact lifelong health and well-being, such as:

- Significant learning difficulties
- Low self-esteem and depression
- Anxiety or serious distress
- Relationship difficulties
- Delayed brain development or brain damage

To prevent the effects of violence in children under 5 years old, parents can:

- Provide safe, nurturing care
- Teach children not to hit, kick, or bite to solve problems
- Intervene immediately if one child wants to stop roughhousing and the other does not
- Model calm responses
- Use discipline that does not include threats or violence
- Limit exposure to violent television, video games, and online content
- Be in safe, healthy relationships
- If applicable, co-parent positively
- Seek professional mental health support, when needed



To learn more about the childhood exposure to violence, click or scan here: →



Parent Resources



SAFETY

Preparing for School

- [Healthychildren.org - Back-to-School Tips for Families](https://www.healthychildren.org/back-to-school-tips-for-families)

Home Safety

- [Childcare.gov - Keeping Children Safe](https://www.childcare.gov/keeping-children-safe)

Medication Safety

- [Healthychildren.org - Medication Safety Tips for Families](https://www.healthychildren.org/medication-safety-tips-for-families)
- [KidsHealth.org - Medicines: Using Them Safely](https://www.kidshealth.org/medicines-using-them-safety)

Outdoor Safety

- [Safekids.org - Playground Safety Tips](https://www.safekids.org/playground-safety-tips)

Water Safety

- [Healthychildren.org - 5 Water Safety Tips for Kids](https://www.healthychildren.org/5-water-safety-tips-for-kids)

Vehicle Safety

- [Healthychildren.org - Car Seats: Information for Families](https://www.healthychildren.org/car-seats-information-for-families)

Sleep Safety

- [Safetosleep.nichd.nih.gov - Safe Sleep Environment for Baby](https://www.safetosleep.nichd.nih.gov/safe-sleep-environment-for-baby)
- [Cdss.ca.gov - Safe Sleep in Child Care](https://www.cdss.ca.gov/safe-sleep-in-child-care)

Emergency Preparedness

- [County of San Diego - Alert San Diego](https://www.countyofsaniego.org/alert-san-diego)
- [Red Cross - Prepare San Diego](https://www.redcross.org/prepare-san-diego)

Dangers of Tobacco

- [CDC Health Effects of Vaping](https://www.cdc.gov/health-effects-of-vaping)
- [Smokefree.gov](https://www.smokefree.gov)

HEALTH

Health Literacy

- [HeadStart.gov - Using Health Literacy to Improve My Family's Health](https://www.headstart.gov/using-health-literacy-to-improve-my-family-s-health)

Physical Exams

- [AAP Bright Futures Schedule](https://www.aap.org/bright-futures-schedule)
- [Headstart.gov - Physical Health](https://www.headstart.gov/physical-health)

Immunizations

- [California Health and Safety Code, Sections 120325-120375](https://www.cdph.ca/health-and-safety-code/sections-120325-120375)
- [CDC - About Vaccines for your Children](https://www.cdc.gov/about-vaccines-for-your-children)
- [CDPH - Immunization Branch](https://www.cdph.ca/immunization-branch)
- [CDPH - California Immunization Requirements for Pre-Kindergarten](https://www.cdph.ca/california-immunization-requirements-for-pre-kindergarten)
- [CDPH - Instructions to Request a Medical Exemption](https://www.cdph.ca/instructions-to-request-a-medical-exemption)
- [Headstart.gov - Protect Your Child with Vaccines](https://www.headstart.gov/protect-your-child-with-vaccines)

Parent Resources



HEALTH

Lead

- [California Health and Safety Code Sections 105275-105310 \(Childhood Lead Poisoning Prevention Act of 1991\)](#)
- [CDC - Childhood Lead Poisoning Prevention - Data and Statistics](#)
- [CDPH - Childhood Lead Poisoning Prevention - Education Materials](#)

Sick Policy

- [SanDiegoCounty.gov - Diseases and Conditions](#)
- [CDPH - Considerations when a Child has Symptoms in Child Care or School](#)
- [CDSS - COVID-19 Licensed Child Care Facilities and Providers \(FAQs\)](#)
- [CDSS - When Is a Child Too Sick to Attend Child Care?](#)

Oral Health

- [Headstart.gov - Oral Health Resources for Families](#)
- [HealthyChildren.gov - Oral Health](#)
- [DHCS.ca.gov - Medi-Cal Care Coordination Referral Form](#)

Mental Health

- [Headstart.gov - Early Childhood Mental Health Consultation: Materials for Families](#)
- [CDC - About Children's Mental Health](#)
- [APA - Children's Mental Health](#)

NUTRITION

Feeding Cues

- [UCSD - Breastfeeding Friendly San Diego](#)
- [Feeding Infants in the CACFP](#)

Cautious Eaters

- [HealthyChildren.org - 10 Tips for Parents of Picky Eaters](#)
- [USDA.gov - Healthy Tips for Picky Eaters](#)
- [Kids Eat in Color- 11 Expert Tips for Parents of Picky Eaters](#)

Healthy Eating

- [Fueling My Healthy Life](#)
- [CDPH- Women, Infants, and Children \(WIC\)](#)

CHILD DEVELOPMENT

Effects of Violence

- [World Health Organization- Violence Against Children](#)
- [Safe Horizon](#)

Development Milestones and Concerns

- [CDC- Learn the Signs, Act Early](#)
- [Healthychildren.org - Milestones Matter: Your Child's Growth and Development by Age 5](#)

Reducing Challenging Behaviors

- [Healthychildren.org - How to Shape and Manage Your Young Child's Behavior](#)