

ANTICIPATORY GUIDANCE FOR EARLY CHILDHOOD (1-5 YEARS)

Healthy and Safe Habits

- Keep home and car smoke-free
- Wash hands often; clean toys
- Avoid or limit TV viewing
- Reinforce bedtime routines
- Teach child to wash hands, wipe nose with tissue
- Clean potty chairs after each use
- Enjoy physical activities
- Ensure adequate sleep
- Promote physical activity
- Teach hygiene, hand washing after toileting and before meals

Injury Prevention

- Use safety seat in back seat of car
- Never place child in front seat with a passenger air bag
- Test water temperature with wrist
- Supervise near water; empty tub, buckets, pools
- Childproof home (dangling cords, sockets, cleaners, medicines, guns)
- Keep poison center number handy
- Don't leave heavy objects, hot liquids on tablecloths
- Turn pot handles to back of stove
- Never leave child alone in home or car
- Check window guards, safety locks, stair gates

- Supervise near pets, mowers, driveways, streets
- Limit sun; use sunscreen, hat
- Supervise play, ensure playground safety
- Use bike Helmet
- Switch to belt-positioning booster seat in back seat when child weighs 40lbs
- Test smoke alarms, change batteries yearly
- Teach stranger safety
- Teach pedestrian safety skills
- Know where child is at all times
- Be sure child learns how to swim
- Keep guns unloaded and locked up, or remove from home
- Teach child emergency phone numbers, home safety rules at age 5 years
- Provide safe after-school care

Nutrition

- Provide 3 nutritious meals, 2-3 healthy snacks daily
- Allow child to feed self, drink from cup
- Give pasteurized 1% Milk
- Avoid choke foods, limit sugar
- Don't use food to comfort or reward
- Encourage child to feed self, drink from cup
- Offer variety of healthy foods, let child decide, avoid struggles
- Don't force eating
- Provide child-size utensils
- Serve low-fat dairy products

- Limit candy, chips, soft drinks
- Model good eating habits
- Limit high-fat, low nutrient foods

Oral Health

- Don't put child to bed with bottle
- Brush child's teeth with soft toothbrush, water only then begin brushing child's teeth with fluoridated toothpaste at age 2 years
- Schedule dental appointment
- Discuss Flossing, fluoride
- Learn dental emergency care

Social Competence

- Praise good behavior and accomplishments
- Talk, sing, read to child
- Use discipline ("time out", gentle restraint) to teach, not punish
- Limit rules, be consistent
- Discourage hitting, biting, aggressive behavior
- Expect curiosity about genitals
- Allow assertiveness within limits
- Keep discipline brief
- Encourage self-expression, choices, safe exploration, socialization and physical activity
- Hug, talk, read, play together
- Learn how to help with fears, nightmares
- Begin toilet training when child is ready

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- Encourage talking, reading
- Encourage child to talk about feelings, experiences, school
- Read together with child
- Assign chores (toys, setting table)
- Visit parks, museums, libraries
- Provide structured learning (preschool, sunday school)
- Teach family rules, respect for authority, and right from wrong
- Teach how to resolve conflicts and handle anger
- Become involved with school

Family Relationships

- Listen to, respect child
- Help child express joy, anger, sadness, fear
- Don't expect child to share all toys
- Show affection, spend time with each child
- Create family time together
- Set reasonable expectations

Community Interaction

- Explore school, recreational, community programs
- Explain that certain body parts are private
- Teach with age-appropriate books

School Entry

- Meet with teachers, prepare child for school
- Tour school with child