

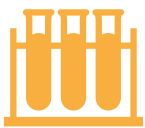
## Preventive Care at 1 Year of Age

### Autism Screening



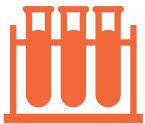
**All children should have a test done for autism at the ages of 1 ½ and 2 years.** This test is known as the Modified Checklist for Autism in Toddlers (M-CHAT). It has questions about your child's communication, social, and behavioral skills. This test helps your child's care team screen your child for autism. It also helps your child get treatment services early if needed. Your child can have this test done at their regular well-child visits.

### Lead Screening



**All children with Medi-Cal should have a test done for lead at the ages of 1 and 2 years.** Lead is a metal. It is very harmful, especially for young children. Even a small amount of lead in the blood is not safe. It can affect their brains and nervous systems while they are still growing. It can cause problems with learning, behavior, and how they develop. Protect your child's health and well-being by getting a blood lead test!

### Anemia Screening



**All children should have a blood test done for anemia at the ages of 1 and 2 years.** Anemia is common in young children. A child who is anemic does not have enough red blood cells or hemoglobin to carry oxygen to other cells in the body. At this age, it is most likely because there is not enough iron in a child's diet. There are often no symptoms. Low iron in the blood can harm your child's development. Talk to your child's primary care provider (PCP) about their iron needs.

### Fluoride Varnish Treatment



**Your child should get a fluoride treatment 2 to 3 times a year.** One important thing you can do for your child's teeth is to ask the dentist about topical fluoride varnish. It's a special treatment that helps strengthen their teeth and prevent cavities. It's quick, painless, and can make a big difference in their oral health. It's not just about having a nice smile. It's about preventing problems like cavities and gum disease.

### Advice Nurse

For questions about a preventive test, call our Advice Nurse at **1-877-661-6230, Option 1** (TTY 711). This is a toll-free number available 24 hours a day, 7 days a week, including holidays.

## Start Early on Making Healthy Choices



### Healthy Feeding

You may notice your child become a picky eater or have less of an appetite. This change happens as their growth slows. These tips can help make mealtime easier for your child.

- Give milk or water as a drink.
- Offer 2-3 nutritious snacks per day.
- Introduce a variety of healthy foods with different textures. Be flexible with new foods.
- Cut food into small, chewable pieces.
- Serve food at near room temperature.
- Use age-appropriate portions.
- Let your child decide what and how much to eat. Look for cues that tell you they are full.

### Nutrition Tips

Help your child eat healthy with good food and drink habits. Vary their choices by each basic food group. Talk to your child's PCP about their diet and nutrition needs.

- **Fruits** that are fresh, canned, frozen, or dried. *About ½ to 1 cup daily.*
- **Vegetables** of different colors like dark green, red, and orange. Also include starchy vegetables. *About ⅔ to 1 cup daily.*
- **Grains** that are made from wheat, rice, oats, cornmeal, and barley. Include mostly whole grains. *About 1¾ to 3 total ounces daily.*
- **Protein** that's lean or low-fat. This includes meats, peas, and beans. *About 2 ounces daily.*
- **Dairy** that's low-fat or fat-free. This includes milk, soy milk, yogurt, and cheese. *About 1½ to 2 cups daily.*

## Getting Enough Sleep

The amount of sleep your child needs changes as they grow. Toddlers should get 11 to 14 hours of sleep every 24 hours. This includes naps. Be sure to also use a firm, flat, and level sleep space. Getting enough sleep is key to their health and emotional well-being. Talk to your child's PCP if you notice problems in sleeping.



## Toddler Safety First

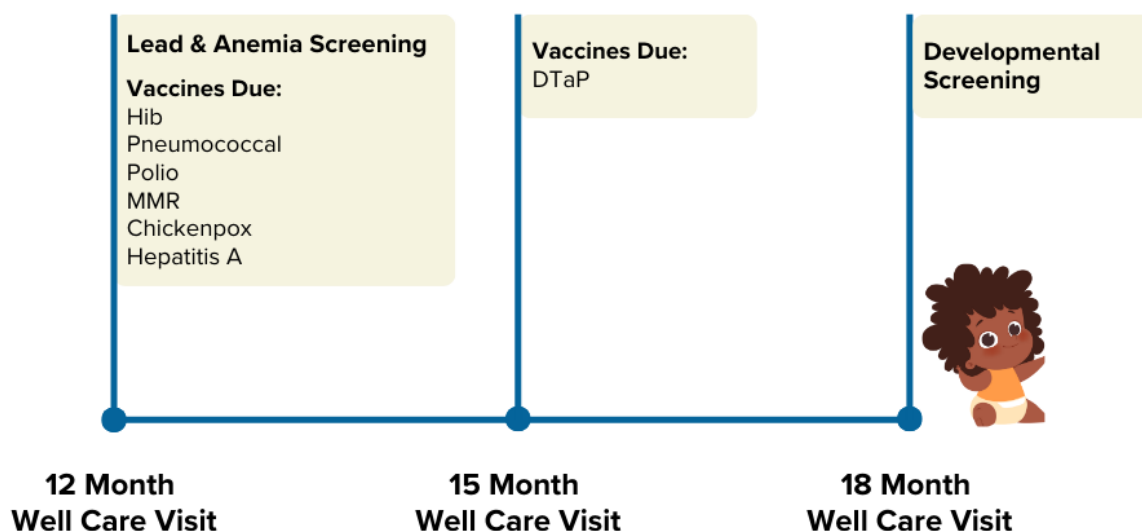
This is a time when your child is moving around more. Keep a close eye on them so that they stay safe from dangers in the home and community. These tips can help limit harm.

- **Childproofing:** Cover unused outlets. Block off areas that may cause harm. This includes stairs, basements, garages, and pools.
- **Car safety:** Do not leave your child alone in a car. Keep your child's car seat rear-facing until they outgrow the height or weight limit.
- **Sun safety:** Apply sunscreen with a SPF of 15 or higher before going outside. Reapply when it wears off or at least every 2 hours to protect your child from UV rays. Make sure to also check sunscreen expiration dates.

## Well Child Visits and Vaccines at 1 Year of Age

Regular well-child visits help maintain good health. This is a great way to talk to your child's PCP about healthy development and other important information. It is also a time for your child to stay up-to-date or catch up on important vaccines. The goal is to keep your child healthy!

If you need transportation to a well-child visit, call Transportation Help at 1-855-222-1218.



## Child Health and Safety Resources

### Denti-Cal



Regular dental check-ups are key to keeping your child's teeth healthy and strong. This dental program can help your child get the dental care they need. It covers a lot of dental services, including check-ups, cleanings, and treatments. Go to [smilecalifornia.org](https://smilecalifornia.org), use the QR code, or call 1-800-322-6384 for dentists or more information.

### Women, Infants, & Children (WIC)



This program offers food assistance and resources about creating healthy habits to help protect your child's development. To apply today, submit an online form at [cchealth.org/services-and-programs/support-for-families/wic](https://cchealth.org/services-and-programs/support-for-families/wic) or use the QR code.

### Health Education



Contra Costa Health has resources to help you learn more about ways to protect your child's health. Get access to a health library, a resource guide, tools and videos, health tips, and classes. Visit [healthed.cchealth.org](https://healthed.cchealth.org) or use the QR code.

### Behavioral Health Virtual Services



Online behavioral (mental) health platforms are available to you and your family at no cost. BrightLife Kids is made for parents or caregivers and kids from birth to age 12. You can find it online at [hellobrightline.com](https://hellobrightline.com). You can also get it in the Apple App Store and Google Play.

### Home Safety

Keep your child safe from touching, breathing in, or swallowing things that may be harmful to their body. Limit injuries from happening in and around your home by:

- Locking up household cleaners, medicines, and other chemicals
- Safely tossing old or unused medicines
- Keeping sharps objects in a safe place
- Watching for objects with small batteries during play
- Watching your child near or around water, including bathtubs and pools

Call **California Poison Control** at **1-800-222-1222** toll-free for help from poison experts.