Child Health and Disability Prevention Program

Health Education and Anticipatory Guidance Materials

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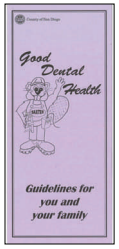
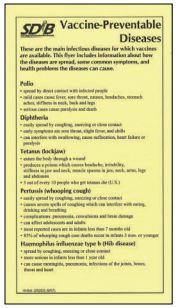
Dental Health

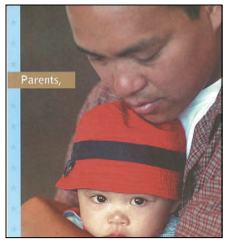
Topic	Title	Contact
Baby Bottle Tooth Decay	**Keep Your Baby Smiling: Prevent Baby Bottle Tooth Decay** [English]	Share the Care/Dental Health Initiative (619) 692-8858 www.sharethecaredental.org/website/resources/
Dental Health	**Good Dental Health: Guidelines for You and Your Family** [English] [Spanish]	Share the Care/ Dental Health Initiative (619) 692-8858 http://sharethecaredental.org/website/resources/
First Smile	**Healthy Teeth Begin at Birth**	1 2 3 4 5 First Smiles (916) 554-4918 www.first5oralhealth.org
Mouth Guards	**Sport a Safe and Healthy Smile** [English] [Spanish]	Share the Care/ Dental Health Initiative (619) 692-8858 sharethecaredental.org/website/resources/



Immunizations

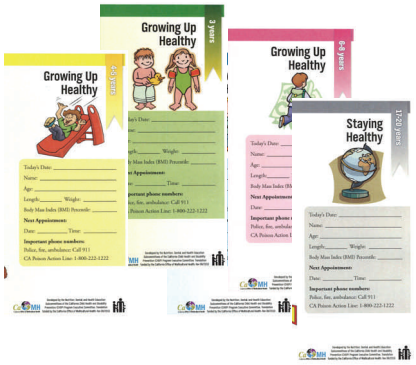
Topic	Title	Contact
HPV Vaccine	**As Her Parent: HPV Vaccine Flyer** [English/[Spanish]	**San Diego County Immunization Program** (619) 692-8661 www.sdiz.org
Immunizations	**Vaccine-Preventable Diseases** [English/Spanish]	**San Diego County Immunization Program** (619) 692-8661 www.sdiz.org www.eziz.org
Immunization Schedules	**Childhood Immunization Schedule** [English/Spanish]	**San Diego County Immunization Program** (619) 692-8661 www.sdiz.org
Parents	**Parents, Protect Your Little One with Baby Shots** [English/[Spanish]	**San Diego County Immunization Program** (619) 692-8661 www.sdiz.org
Preteens	**Goal! Immunizations are Your Best Shot** [English/[Spanish]	**San Diego County Immunization Program** (619) 692-8661 www.sdiz.org





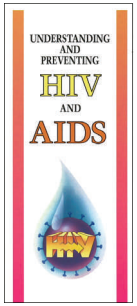
Infant and Child Development

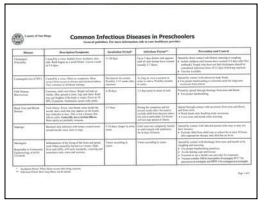
Topic	Title	Contact
Growing Up Healthy - Birth to 2 months - 3 to 4 months - 5 to 6 months - 7 to 9 months - 10 to 12 months - 13 to 15 months - 16 to 23 months - 2 years - 3 years - 4 –5 years - 6– 8 years - 9– 12 years - 13-16 years	**Growing Up Healthy** [English], Spanish, Chinese, Vietnamese]	**California CHDP Program** http://www.dhcs.ca.gov/services/chdp

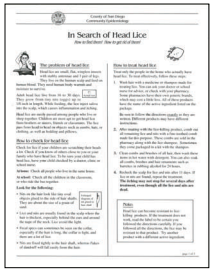


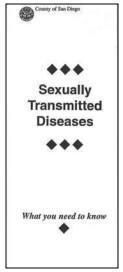
Infectious, Contagious, and Sexually Transmitted Diseases

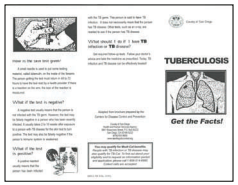
Topic	Title	Contact
HIV/AIDS	**Understanding and Preventing HIV and AIDS**	**California HIV/AIDS Hotline** (800) 367-2437 http://www.cdcnpin.org/scripts/search/siteSearch.aspx?SearchString=brochures
Infectious Diseases	**Common Infectious Diseases in Preschoolers** [English] [Spanish]	**Community Epidemiology Branch** (619) 515-6620 http://sdcounty.ca.gov/hhsa/programs/phs/community_epidemiology/index.html
Lice	**In Search of Head Lice** [English] [Spanish]	**Community Epidemiology Branch** (619) 515-6620 http://sdcounty.ca.gov/hhsa/programs/phs/community_epidemiology/index.html
Sexually Transmitted Diseases (STDs)	**Sexually Transmitted Diseases, What you Need to Know** [English/Spanish]	**HIV, STD and Hepatitis Branch** (619) 293-4700 www.stdsandiego.org
Tuberculosis	**Tuberculosis: Get the Facts** [English] [Spanish]	**Tuberculosis Control Program** (619) 692-8600 http://sdcounty.ca.gov/hhsa/programs/phs/tuberculosis_control_program/index.html





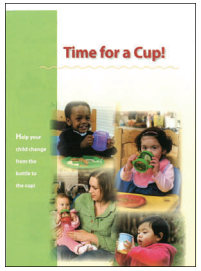


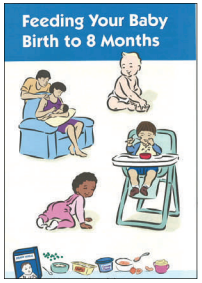


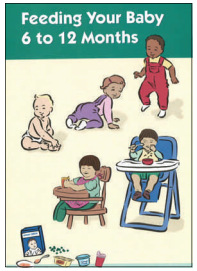


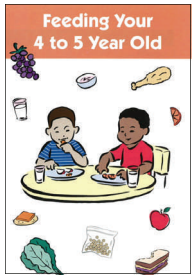
Nutrition

Topic	Title	Contact
Bottle to Cup	**Time for a Cup!** [English] [Spanish]	**California Women, Infants, and Children (WIC)** www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-TimeForACup.pdf www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-FeedMe6to12MonthsSpanish.pdf
Feeding (Birth to 6 months)	**Feeding Your Baby Birth to 6 months** [English] [Spanish]	**California Women, Infants, and Children (WIC)** www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-FeedMeBirthto6Months.pdf www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-FeedMeBirthTo6MonthsSpanish.pdf
Feeding (6 to 12 months)	**Feeding Your Baby 6 to 12 months** [English] [Spanish]	**California Women, Infants, and Children (WIC)** www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-FeedMe6to12Months.pdf www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-FeedMe6to12MonthsSpanish.pdf
Feeding (1 to 3 years old)	**Feeding Your Baby 1 to 3 years** [English] [Spanish]	**California Women, Infants, and Children (WIC)** www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-FeedMeAge1to3.pdf www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-FeedMeAge1to3Spanish.pdf
Feeding (4 to 5 years old)	**Feeding Your Baby 4 to 5 years** [English] [Spanish]	**California Women, Infants, and Children (WIC)** www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-FeedMeAge4to5.pdf www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-FeedMeAge4to5Spanish.pdf



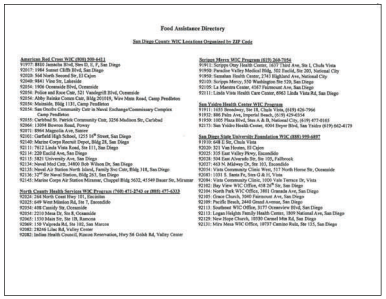




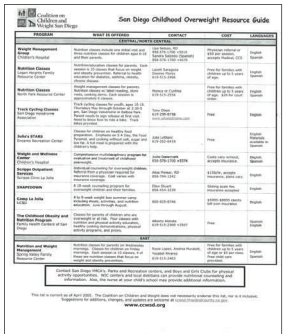


Nutrition Cont.

Topic	Title	Contact
Food Assistance	**Food Assistance Directory: San Diego County WIC Locations by Zip Code** [English]	**CHDP Nutrition Health Services (619) 542-4041** www.sdcounty.ca.gov/hhsa/programs/phs/documents/FADall.pdf
Food Plate	**Use MyPyramid to Make Healthy Choices** [English]	**United States Department of Agriculture** www.choosemyplate.gov/
Overweight Children	**San Diego Childhood Overweight Resources** [All Languages]	**Coalition on Children and Weight San Diego (619) 523-2001** www.211sandiego.org/
Women, Infants, and Children (WIC)	**WIC Works Wonders for You and Your Child** [English/Spanish]	**California Women, Infants, and Children (WIC)** www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-WICWorksWondersEnglishSpanish.pdf

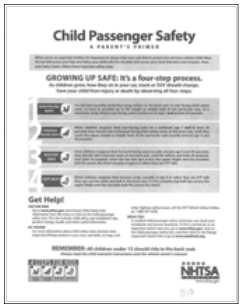

Food Assistance Directory

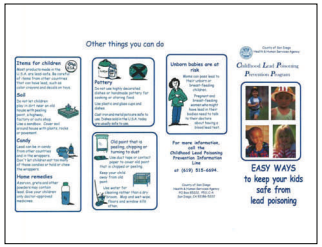
San Diego County WIC Locations Organized by ZIP Code


San Diego Childhood Overweight Resource Guide

Safety

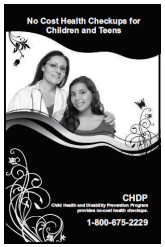
Topic	Title	Contact
Car Seats	**4 Steps for Kids: Child Passenger Safety** [English]	**National Highway Traffic Safety Administration** www.ots.ca.gov
Injury Prevention	**Be Safe, Not Sorry (0-20 years)** [English] [Spanish] [Vietnamese]	**Center for Injury Prevention Policy & Practice** www.cippp.org
Lead Poisoning	**Simple Steps to Protect Your Child from Lead Poisoning** [English] [Spanish]	**Childhood Lead Poisoning Prevention Program** (619) 515-6694 http://sdcounty.ca.gov/hhsa/programs/phs/child_lead_poisoning_prevention_program/index.html
Shaken Baby Syndrome	**Never Shake a Baby** [English] [Spanish]	**County of San Diego Child Welfare Services (858) 694-5191** http://www.ccld.ca.gov
Sudden Infant Death Syndrome (SIDS)	**Taking Care of Your Baby** [English/Spanish]	**California SIDS Program** www.californiasids.com

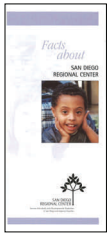




Services and Special Needs

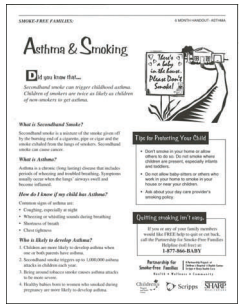
Topic	Title	Contact
CHDP Exams	**No Cost Health Checkups for Children and Teens** [English] [Spanish]	**CHDP Health Promotion** (619) 692-8808 http://sdcounty.ca.gov/hhsa/programs/phs/child_health_disability_prevention_program/index.html#About_Child_Health_and_Disability_Prevention_(CHDP)_Program
Children in Foster Care	**Health Exams for Children in Foster Care** [English] [Spanish]	**CHDP Health Promotion** (619) 692-8808 http://sdcounty.ca.gov/hhsa/programs/phs/child_health_disability_prevention_program/children_in_foster_care.html
Children with Developmental Disabilities	**Facts About San Diego Regional Center** [English] [Spanish]	**San Diego Regional Center** (858) 576-2996 www.sdrc.org
Children with Special Medical Needs	**Caring for Children with Special Medical Needs** [English] [Spanish]	**California Children's Services** http://sdcounty.ca.gov/hhsa/programs/sd/california_children_services/index.html
Insurance	**Connecting Families to Health… Get Care – Use It, Keep It!** [English] [Spanish]	**San Diego Kids Health Assurance Network (SD-KHAN)** www.sdkhan.org

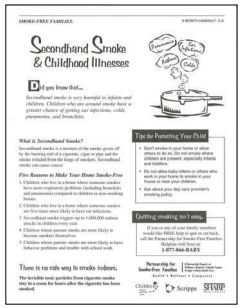




Tobacco Education

Topic	Title	Contact
Asthma & Smoking	**Asthma & Smoking** [English] [Spanish]	**Partnership for Smoke-Free Families** http://www.rchsd.org/ourcare/programsservices/c-d/centerforhealthiercommunities/partnershipforsmokefreefamilies/index.htm
Secondhand Smoke	**Secondhand Smoke & Childhood Illnesses** [English] [Spanish]	**Partnership for Smoke-Free Families** http://www.rchsd.org/ourcare/programsservices/c-d/centerforhealthiercommunities/partnershipforsmokefreefamilies/index.htm
Smoke Free Cars	**Smoke Free Cars-Fact Sheet** [English]	**County of San Diego, HHSA, Tobacco Control Resource Program** http://www.sdcounty.ca.gov/hhsa/programs/phs/tobacco_control_resource_program/index.html





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