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## Fever

If a fever is making your child uncomfortable, use acetaminophen, never aspirin. Aspirin can cause serious brain and liver problems. Make sure your child has plenty of liquids when he has a fever. Ask your doctor when to call about your child's fever.

**W**e can prevent many childhood problems by working closely with a pediatrician or family doctor. That's why it's so important to choose a medical provider we like, one who treats us with respect and answers our questions.

You'll want to talk with your provider about issues that are important to you, such as breastfeeding, circumcision, nutrition and immunization. If your child has any special problems, you'll want a provider who is supportive and will make referrals to specialists when necessary.

## Thermometers

Do not use glass thermometers. They contain mercury, which is dangerous. Digital thermometers are safer. Ask your provider how to take your baby's temperature.

### When You Choose a Provider, Find Out:

- How are emergencies handled?
- Are there evening and weekend appointments?
- Who would care for your child if your doctor cannot?
- Does the doctor use a nearby hospital for his patients?
- Is there a schedule for well-baby visits?
- Does the doctor accept your insurance? Are there extra fees?
- What if your child needs to see a specialist?
- To find a doctor, call:  
**HEALTHY BABY** or  
**HEALTHY KIDS.**



### When You Phone or Visit the Doctor:

- Take a list of your questions and medications.
- Take a partner, friend or relative with you if you want.
- Take notes during the visit.
- Repeat things in your own words to make sure you understand.
- Get a name and phone number to call if you have more questions.
- Ask for a second opinion, if you want one.
- Unless it's an emergency, do not make important health care decisions when you are stressed or have been given medication that makes you sleepy.



An early visit to a friendly dentist can lead to a lifetime of good oral health.

## Dental Care

Tooth decay can cause many problems. To prevent them:

- Children should start going to the dentist at age one and go every six months after that.
- Don't let your baby sleep with a bottle of milk, formula or juice. The sugar in these liquids can cause rapid tooth decay.
- Brush regularly, beginning with your baby's first teeth. Toothpaste with flouride can help. Use a tiny pea-sized amount and teach your child not to swallow it.
- Ask your dentist about other ways to protect your child's teeth. Visit: [www.ada.org](http://www.ada.org).
- For dental care, call your local dental association. For low-cost care, check with local clinics and dental schools or call: ☎ **HEALTHY BABY** or ☎ **HEALTHY KIDS**.

## Things You Can Do

### Finding Health Care

- For prenatal and baby care, call: ☎ **HEALTHY BABY**.
- For children's health care and insurance, call: ☎ **HEALTHY KIDS**.
- For general information, call: ☎ **PA HEALTH**. For a list of free clinics, visit: [www.pmsfoundation.net/freeclinics](http://www.pmsfoundation.net/freeclinics).
- For low-cost vision services for children under 18, call: ☎ **888 SIGHT FOR STUDENTS**.
- For information on Medicaid and other services, call: ☎ **FINANCIAL ASSISTANCE** or visit: [www.hcfa.gov](http://www.hcfa.gov).
- If you have a disability, you have a right to accessible health care. Visit: [www.accessiblepa.state.pa.us](http://www.accessiblepa.state.pa.us).
- For help with women's health, family planning or pregnancy decisions, call: ☎ **NATIONAL WOMEN'S HEALTH LINE**.
- Health insurance or HMO problems? Call: ☎ **CONSUMER HEALTH**.

### Sun Protection

Protect babies and children from sunburn and skin cancer with hats, baby-safe sunscreen and a shade on your stroller. Look for shady play areas.

### Finding Information on the Internet

There is a lot of health information on the Internet. Not all of it is reliable. Start with a website that will help you find information you can trust. Visit: [www.healthfinder.gov](http://www.healthfinder.gov), [www.kidshealth.org](http://www.kidshealth.org) or [www.4woman.gov](http://www.4woman.gov).

### Emergencies

If someone's life is in danger, call **9-1-1** or go to a hospital emergency room. You can't be turned away in an emergency or if you are in active labor.

### Poison Control

Keep all medicines and household chemicals locked away from children. See Child Safety, page 25. If someone swallows, inhales or touches anything poisonous, call: ☎ **POISON CONTROL**.

## Where To Find Help

### Free Statewide Phone Numbers

☎ <b>CONSUMER HEALTH</b>	1-877-888-4877
☎ <b>FINANCIAL ASSISTANCE (VOICE)</b>	1-800-692-7462
(TTY)	1-800-451-5886
☎ <b>HEALTHY BABY (VOICE/TTY)</b>	1-800-986-2229
☎ <b>HEALTHY KIDS (VOICE/TTY)</b>	1-800-986-5437
☎ <b>NATIONAL WOMEN'S HEALTH LINE</b>	1-800-994-9662
☎ <b>PA HEALTH</b>	1-877-724-3258
☎ <b>POISON CONTROL</b>	1-800-222-1222
☎ <b>SIGHT FOR STUDENTS</b>	1-888-290-4964
☎ <b>POLICE, FIRE OR AMBULANCE</b>	9-1-1

### Websites

<a href="http://www.4woman.gov">www.4woman.gov</a>	<a href="http://www.healthfinder.gov">www.healthfinder.gov</a>
<a href="http://www.accessiblepa.state.pa.us">www.accessiblepa.state.pa.us</a>	<a href="http://www.kidshealth.org">www.kidshealth.org</a>
<a href="http://www.hcfa.gov">www.hcfa.gov</a>	<a href="http://www.pmsfoundation.net/freeclinics">www.pmsfoundation.net/freeclinics</a>

### Notes

## Non-Violence Begins at Home

Children learn by your example. When they see that you respond to disagreements without anger and violence, they learn that they can respond that way, too. When your children see that you won't tolerate acts of discrimination or hate, they won't either.

**H**ow can we help our children feel safe and secure in times of danger, fear or sorrow? In our struggle to find answers, we often become closer and more connected to our families, friends and communities. They offer support and a place to share our feelings and find compassion for one another.

In difficult times, children will need more reassurance. Plan to give them extra time, attention and affection. Tell them you will do everything you can to keep them safe. Routines become more important than ever. Children feel secure because they know what to expect – meals together, playing in the park, their favorite bedtime story.

Disasters, tragedies and difficult situations make us more aware of the importance of helping and understanding others. Use these times to teach your child respect, tolerance and generosity for others.

### Safety in Our Schools and Communities

Many of our children live with danger on their streets and in their schools. Work for safer communities for all children and the prevention of gun violence and gangs. For ideas, call: **☎ GOVERNOR'S COMMUNITY PARTNERSHIP FOR SAFE CHILDREN** or **☎ NATIONAL CRIME PREVENTION COUNCIL**. Visit: [www.cp.state.pa.us](http://www.cp.state.pa.us).





When Levar and James start to fight, their dad helps them solve their problems peacefully.

## Bullying, Insecurity and Violence

Children who are bullied over time may grow up to feel worthless, hopeless and angry. They may become violent to get back at others for the abuse they have suffered. If your child tells you he is being picked on, take it seriously. Try to work it out with teachers, parents and those involved. Make sure the bullying does not continue even if you have to change your child's class or play group.

Children who bully others should be taught different ways to resolve conflicts. If you see this kind of aggression in your child, talk to a counselor or teacher. The time to act is now – when your child is young and it is easier to change his behavior. Many schools have conflict resolution programs. These programs help give children the skills to find peaceful solutions to their problems. Visit: [www.kidshealth.org](http://www.kidshealth.org) or [www.ncpc.org](http://www.ncpc.org).

## Things You Can Do

### In Difficult Times

- Reassure your children and hug them often.
- Keep regular schedules and routines to help children feel secure.
- Give children extra time and attention.
- Play with very young children to help them work out their fears.
- Give preschoolers opportunities to be physical – play and exercise can help reduce stress.
- Ask your children about their feelings. Tell them it is normal to feel angry, confused, sad or worried. Accept all of your children's feelings.
- Let children ask questions and talk about what happened. Answer questions calmly and simply.
- Give accurate information, but don't offer more than asked for.
- To help teens and younger children deal with violence, call: **TALKING WITH KIDS**. Visit: [www.talkingwithkids.org](http://www.talkingwithkids.org) or [www.kidshealth.org](http://www.kidshealth.org).

### Television

- Try to keep young children away from TV news and programs that show violence and aggression. The violence can frighten children and set a bad example for dealing with anger.
- Children under two should not watch TV at all.
- If your older children watch the news, be sure to watch it with them so you can answer their questions and talk about their feelings.

### Keep Children Involved

Think about how you and your children can help during a disaster or when loss or tragedy strikes. Children will feel more secure if they can help in some way or join in simple rituals, such as lighting candles or praying.

### When Children Need Help

Stress, violence and loss may cause serious long-term effects. If you are worried, talk to your child's pediatrician, teacher or school counselor or call: **HEALTHY KIDS**.

## Where To Find Help

### Free Statewide Phone Numbers

<b>GOVERNOR'S COMMUNITY PARTNERSHIP FOR SAFE CHILDREN</b>	<b>1-877-772-5437</b>
<b>HEALTHY KIDS (VOICE/TTY)</b>	<b>1-800-986-5437</b>
<b>NATIONAL CRIME PREVENTION COUNCIL</b>	<b>1-800-937-7383</b>
<b>TALKING WITH KIDS</b>	<b>1-800-244-5344</b>

### Websites

<a href="http://www.cp.state.pa.us">www.cp.state.pa.us</a>	<a href="http://www.ncpc.org">www.ncpc.org</a>
<a href="http://www.kidshealth.org">www.kidshealth.org</a>	<a href="http://www.talkingwithkids.org">www.talkingwithkids.org</a>

### Notes