



EVERY DAY I LEARN THROUGH PLAY!



Find the “Kindergarten, Here I Am” Activity Guide at www.papromiseforchildren.com. Sign up for the free monthly newsletter!



Look for the STARS!
Families looking for childcare should consider the provider’s quality rating in Keystone STARS which can be found at www.findchildcare.pa.gov.



This is me. I am _____ years old and _____ inches tall. I am as tall as _____!

(Families: Help your child find something in the house which is the same height).

Get the “Kindergarten, Here I Come” Activity Guide at www.papromiseforchildren.com. Sign up for the free monthly newsletter!

Keep hazardous, toxic cleaners and chemicals out of your child’s reach. For more information on poison control, go to <http://bit.ly/P9vtir>.



Always pick up your toddler up with both hands under their armpits. Pulling a child by their arms can cause serious injury!

Use the S.T.A.R. method (Stop, Take a deep breath And Relax) before reacting to your child’s cries, screams or tantrums. Never shake an infant or child!



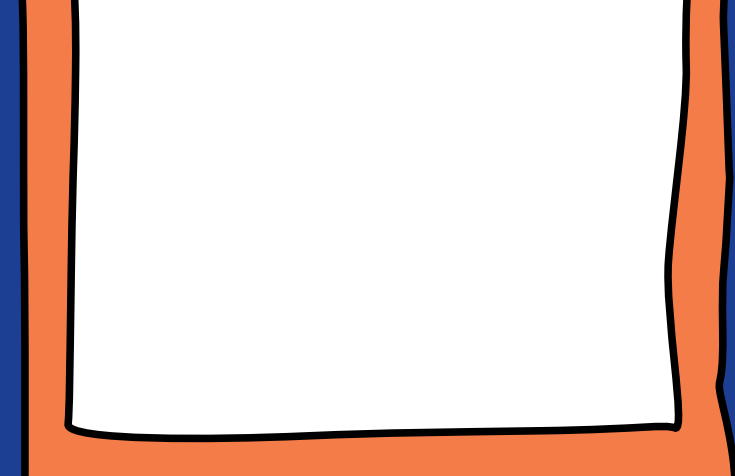
ALWAYS supervise your child near water including the bathtub. Children can drown in as little as one inch of water. Drowning is the second leading cause of death for children under the age of fourteen.



Fresh air is healthy for your child. Take your child outside daily, weather permitting but be sure to protect your baby from direct sunlight. Children under 6 months should avoid direct sun exposure. Children over 6 months should use a high SPF sunscreen and wear a wide-brimmed hat.



Limit the amount of time your child spends in a car seat, swing, bouncy chair, play pen, bouncer or other restrictive equipment. Children need the freedom to move in order to develop muscle control and promote healthy circulation.



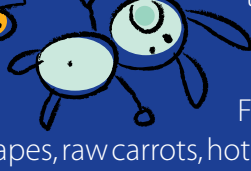
This is me. I am _____ years old and _____ inches tall. I am as tall as _____!

(Families: Help your child find something in the house which is the same height).

You can begin the tooth brushing routine even before your infant has any teeth by gently massaging their gums with a wet cloth. This may also reduce pain caused by teething.



Be alert for choking hazards. Use a paper towel or toilet paper tube to measure the size of toys and other items. If they fit inside the tube, they are too small for your infant or toddler and could be a potential choking hazard.



Foods to avoid include peanut butter, grapes, raw carrots, hot dogs, raisins, and marshmallows.

Follow your pediatrician’s recommendations for the introduction of new foods.



Never heat your baby’s bottle in a microwave. This can cause hot spots in your baby’s food and cause burns!

Baby-proof your house. Check for sharp-edges, cover electrical outlets, and tie up loose cords and strings. Use extra caution around steps. The use of child safety gates at the top and bottom of stairs can help to prevent a dangerous fall.



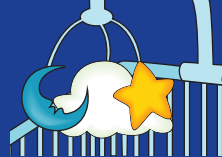
Select a car seat based on your child’s age and size and choose a seat that fits in your vehicle. Use the car seat EVERY TIME. Always refer to your specific car seat manufacturer’s instructions. To maximize safety, keep your child in the car seat as long as the child fits within the manufacturer’s height and weight requirements. For more information, visit <http://bit.ly/2a2jKxJ>.



This is me. I am _____ years old and _____ inches tall. I am as tall as _____!

(Families: Help your child find something in the house which is the same height).

Be sure your infant’s crib meets federal recommendations for crib safety. For more information, visit <http://bit.ly/29vmJwz>.



Discuss your immunization plan with your child’s pediatrician.



To help prevent the spread of germs, wash hands before eating, after diapering/toileting, after handling body fluids, and when entering from outside. Sing “Row, Row, Row, Your Boat” while washing with warm water and soap. You can begin washing your infant’s hands when they can hold up their head independently.



See your pediatrician for well-baby check-ups as recommended by The American Academy of Pediatrics (www.aap.org)

Babies should be placed on their backs to sleep to reduce the risk of S.I.D.S. (Sudden Infant Death Syndrome). Do not place stuffed friends, extra blankets, or pillows inside the crib.



THREE FEET

TWO FEET

ONE FOOT

38
37
36
35
34
33
32
31
30
29
28
27
26
25
24
23
22
21
20
19
18
17
16
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1