

## Juice (cont.)

6 Months to 1 Year: No juice is preferable or 1-2 ounces per day. Start with milder juices such as apple or white grape juice. Save the citrus juices until after 9 months of age.

1 to 3 Years: No juice is preferable or up to 4 ounces per day.

3 to 3 Years: 4-6 ounces of juice max per day.

Remember that in Arizona it is very hot and dry and your active child should drink water for the thirst and try to minimize excessive use of Kool-Aid, soda pop and Gatorade.

## Dental Care

Wiping your baby's teeth with a wet cloth is recommended occasionally throughout the day and at night after the last feeding. After your baby has six to eight teeth start using a soft toothbrush with a pea size amount of children's toothpaste morning and night.

Never put your baby to bed with a bottle as this can cause "baby bottle rot" or cavities of the upper teeth.

Discourage the use of soda, sweet drinks and candy on a regular basis.

At one year of age discard the bottle and only give your child a cup.

## Skin Care

Newborn: Until your newborn's belly button falls off, you should not give baby a bath but simply sponge bathe your baby. It is normal for your baby's skin to peel and be dry and lotions and creams are unnecessary in the first one to two months of life. Avoid direct contact with the sun as your newborn's skin is sensitive and will easily burn.

Infants: Under six months of age try to avoid direct sun exposure. If your baby will be in direct sun use a PABA-Free children's sunscreen with an spf of 15 or more. It is unnecessary to spend extra money on sunscreens with spf higher than 15 as these are no more protective than the 15. Limit your infant's time in the sun.

Children: Children love playing outdoors, but in Arizona especially the sun is very strong. Constant reapplying of sunscreen is necessary to protect your child's skin, as well as the use of shade and protective clothing such as hats, sunglasses and t-shirts over swimming suits.