

Guidance for Parents

(Ages 3-6 Years)



Healthy Habits	
Don't smoke!	If you smoke, quit. Smoking around your child increases their risk for colds, asthma, bronchitis, ear infections, and pneumonia.
Be Active	Encourage your child to be active at least 1 hour a day by being active with them.
Screen Time	Limit screen time to 1 to 2 hours/day. Check programs to make sure they do not show sex or violence.
Brushing teeth	Help your child to brush their teeth twice a day and floss once a day. Visit the dentist twice a year for cleanings.
Sleep habits	Set a regular bedtime to make sure your child gets enough sleep every night.
Sunblock	Protect your child from the sun by applying sunscreen. Cover up with a hat, long sleeves and pants.

Safety	3 Years	4 to 5 Years	6 Years
Car seat	Use a forward-facing car seat with a harness until they reach highest height or weight limit allowed by car seat maker.	Use a forward-facing car seat. Use a booster seat once they have outgrown the car seat. Use booster seat until child is 4 feet 9 inches tall or taller.	
Prevent injuries	Make sure your child wears a helmet for bike riding. Add wrist guards, knee pads and gloves when skateboarding, rollerblading or riding a scooter.		
Lead poisoning	Tell the doctor if your child spends time in a house built before 1978. Don't let your child play near old windows and porches, or areas with chipping or peeling paint.		
Prevent drowning	Watch your child at all times when near a body of water.		
Animal safety	Never leave a child alone with any animal, even family pets. Supervise play with pets. Teach to pet gently and wash hands after.		
Guns	If you own a gun, unload and lock it up.		

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To get this information in your preferred language or format, call Member Services. The number is on the back of your ID card.

Healthy Eating	3 Years	4 to 5 Years	6 Years
Healthy meals and snacks	Offer 3 healthy meals and 2 healthy snacks every day. Let your child decide how much to eat. Offer a variety of fruits and vegetables, non-fat or low-fat dairy foods. Limit juice to 4 to 6 ounces (100% juice) a day. Do not bribe your child using food as a reward. Cut down on offering junk foods such as sodas, chips, fast foods and sweets.		
Choking hazard	Avoid foods that may cause choking (nuts, peanut butter, whole grapes)		

Parenting	3 Years	4 to 5 Years	6 Years
Have fun	Be loving. Spend time having fun with your child.		
Reading	Read to your child every day. Children learn to read by hearing the same story over and over.		
Discipline	Praise good behavior. Do not yell or spank. Give time out instead. Be consistent.		
Role model	Kids learn by watching. Be a good role model.		
Potty training	Any child over 3 ½ years old who is resisting potty training may not be ready. Punishing will only delay potty training. Let your child decide. Give praise and rewards for positive attempts and successes. Rewards can include hugs, kisses, stickers, and trips to the park. Do not reward with food.		
Stranger danger	Teach your child not to accept anything from or go anywhere with strangers.		
Well child exams	Take your child for all their well-child visits with their doctor.		

If you have any questions:

Call Molina's Nurse Advise Line.

We are here to help you.

English: **(888) 275-8750**

Spanish: **(866) 648-3537**

TTY/TDD: **711**



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Your Extended Family.