

## **7 More Easy Ways to Be a Fantastic Parent**

(Six Part Series-6/6)

### ***Health Advice All Parents Should Follow***

- 1. Get your children vaccinated.** Outbreaks of measles and other diseases still occur in our country and throughout the world.
- 2. Protect that smile.** Encouraging your child to brush twice a day with a dab of fluoride toothpaste will guard against cavities.
- 3. Be vigilant about safety.** Child proof your home thoroughly, and never leave a child under 5 in the tub alone. Make sure car seats are installed correctly, and insist that your child wear a helmet when riding his bike or scooter.
- 4. Listen to the doc.** If your pediatrician thinks your child's fever is caused by a virus, don't push for antibiotics. The best medicine may be rest, lots of fluids, and a little TLC. Overprescribing antibiotics can cause medical problems for your child and increase the chances of creating superbugs that resist treatment.
- 5. Keep sunblock next to your child's toothpaste.** Apply it every day as part of the morning routine. It'll become as natural as brushing her teeth.
- 6. Put your baby to bed drowsy but still awake.** This helps your child learn to soothe himself to sleep and prevents bedtime problems down the line.
- 7. Know when to toilet train.** Look for these two signs that your child is ready to use the potty: He senses the urge to pee and poop (this is different from knowing that he's already gone), and he asks for a diaper change.

**Resources:** ["50 Easy Ways To Be a Fantastic Parent" Full Article](#)