



Alexander Early Head Start February 2016 Newsletter

Early Head Start Program Mission:

- To enhance the growth and development of young children
- To support and strengthen healthy family development and well-being
- To promote healthy prenatal outcomes for women who are pregnant
- To serve children with disabilities and their families

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Now that 2016 is in full swing, many of us have at least started thinking of becoming healthier. There is a lot of information out there about how to eat healthier and exercise and we want to help. During the next few months, EHS will be holding several "pop-up" grocery store tours aimed at educating people about how to shop healthier and more economically. People will learn how to read food labels more accurately and how to use that information for their family. Check with a staff member for more information and to find out when you can join us for one of these great educational opportunities!



Frugally!
SKILLS TO SHRINK THOSE GROCERY BILLS!



Love is in the air...

It's that time of year again, Valentine's Day. What a perfect time to not just tell someone you love them, but show them. It's the little things in life that mean the most and often we try to do BIG things. Showing your family that you care and love them doesn't have to cost a thing or take a big effort. Children need you to show them you love them by expressing your love (hug them!) being a positive role model, setting realistic expectations, encouraging them, spending quality time with them, and getting on their level and playing with them. As Valentine's Day approaches, think about what is important in your family's life right now and hug them every day and try to do



BOLO

Nutrition classes at AEHS! Coming soon, check with your Home Visitor!



Meet Vickie!

Vickie Deal has been with Early Head Start for more than 3 years. She has an Associate's Degree in Early childhood and loves working with our littlest people and families. She is one of the Teachers in our multi-age classroom and brings a strong love of children to everything she does. She is a native of Taylorsville and loves to work in her yard gardening, watching animals and enjoying the great outdoors.



Look at those pearly whites!!

February is National Children's Dental Health month. Good dental hygiene in early childhood is so important and often overlooked. Take time today to make dental health your priority!

The ADA recommends parents take children to a dentist no later than their first birthday. Here's what you can do at home to [start](#) healthy dental habits:

- Begin cleaning your baby's mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth. As soon as teeth appear, decay can occur. A baby's front four teeth usually push through the gums at about 6 months of age, although some children don't have their first tooth until 12 or 14 months.
- Until you're [comfortable](#) that your child can brush on his or her own, [continue](#) to brush your child's teeth twice a day with a child-size toothbrush and a pea-sized amount of fluoride toothpaste. When your child has two teeth that touch, you should begin flossing their teeth daily.
- For children younger than 3 years, caregivers should begin brushing children's teeth as soon as they begin to come into the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician. Supervise children's brushing to ensure that they use of the appropriate amount of toothpaste.
- For children 3 to 6 years of age, use a pea-sized amount of fluoride toothpaste. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician. Supervise children's brushing and remind them not to swallow the toothpaste.



MouthHealthyKids.org is a website that has activities and games to help children learn the importance of good oral health. Check it out with your child today!



Something to sink your teeth into...

Helping your baby develop strong healthy teeth while your pregnant... wait, what? Yes you can!!

Studies show that you can help your developing baby have strong healthy teeth by taking care of your teeth and body during pregnancy. These simple steps have life-long benefits for you and your unborn child.

1. After brushing your teeth at night, rinse with fluorinated mouth wash every night.
2. Visit your dentist during pregnancy
3. Make sure you have a good source of vitamins A, C and D, protein and calcium as baby's teeth develop during the 3rd through 6th month of pregnancy. Their first 20 primary teeth are already developed in their gums at birth.



So, practice good dental health habits and take a bite out of childhood tooth decay by starting before your child is born!