



# Caldwell Early Head Start Newsletter August 2016

## 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

## Contact Information:

### Caldwell Early Head Start

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## Reminder:

Aug. 4th is  
Family Fun Night  
@ Redwood Park

## Dental Health

What does dental health mean? Dental health is about more than healthy teeth. Positive brushing habits, regular visits to the dentist, and healthy eating all affect our dental health. Taking good care of our mouths, gums, and teeth is important. Good oral and dental hygiene can prevent tooth decay and gum diseases while also having a positive affect on babies overall health. It is recommended that children have a dental home and have their first appointment when the first tooth appears or by the first birthday.



Early Head Start classrooms support Healthy Dental Habits by encouraging healthy eating and brushing teeth after each meal!

# Family First

Family First Support Group serves others speaking Spanish that are pregnant or have children under one-year-old. The focus of this group is to reduce infant mortality in our community. The group met on July 21<sup>th</sup> at Lenoir Aquatic Center. Moms and babies enjoyed playing in the water together. Mrs. Estela shared information on water safety with families. It was a fun time for all! Our next meeting will be August 18<sup>th</sup> at 2pm until 3pm, the topic will be Infant CPR.



## Did you know...

Women who are pregnant and receiving Early Head Start services know that regular dental exams and cleanings are very important not only for the mother's health, but for the child's health as well!

During pregnancy there is an increased risk of developing gum disease and gingivitis that can affect how the baby is positioned in the uterus. Bacteria from the mother's mouth can also be transmitted through the blood to the child. This can contribute to the risk of experiencing premature delivery and low birth weight.

Good oral hygiene, regular dental exams, and cleanings can prevent any risks to the baby and help strong newborn teeth grow and develop.

