



Caldwell Early Head Start Newsletter January 2017

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:

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Reminder:

**Read aloud
15 minutes
every day**

Happy New Year!!

Did You Know?

To keep children healthy, the American Heart Association recommends the following:

- Children under age 2 should not consume foods with added sugar.
- Children ages 2 to 18 should consume no more than 6 teaspoons of added sugar a day.



Choosing Healthy Drinks

Choosing healthy drinks is just as important as making good food choices. Many drinks have added sugar. When children consume drinks with sugar often throughout the day, their risk for developing tooth decay increases.

Milk and Water Are Healthy Drink Choices

During a baby's first year of life, breast milk is best. If an infant is not fed breast milk, the infant should be fed iron-fortified formula. The American Academy of Pediatrics recommends that children be fed whole milk until age 2, unless the child's primary care provider recommends switching to reduced fat (1 percent) or non-fat (skim) milk sooner because of health reasons. Low-fat or non-fat milk and plain water, ideally fluoridated tap water, are healthy drink

ORAL HEALTH

Tips for Families from the National Center on Early Childhood Health and Wellness

You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

Why Is It Important?

When Children Have a Healthy Mouth, They:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

Having a Healthy Mouth Also Means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family



Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea-size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your child care, Early Head Start, or Head Start program know if you need help or have questions about oral health.



ASSOCIATION FOR
CHILDREN & FAMILIES



NATIONAL CENTER FOR
EARLY CHILDHOOD HEALTH AND WELLNESS