



WORDS FROM WENDY

Oral Health in Childcare



Children depend on adults for protection from harm and for health education. Infection and physical injury are commonly recognized as the types of harm from which your children need the most protection. Other health problems that may be less evident can be identified early in a child's life, when corrective actions are likely to be effective.

Since the roots of lifetime healthy behaviors and emotional resiliency are planted in the early years, early childhood educators have unique opportunities to include positive experiences for children on a daily basis.

The type of oral hygiene and dental care children

receive, along with diet and heredity, often determines their oral health throughout life. Child care programs can help prevent dental disease by:

- serving nutritious food, limiting sugared and sticky foods.
- ensuring that children get the right amount of fluoride through a variety of means like drinking water, toothpaste, and applied fluoride varnish.
- teaching children and staff about good oral health care by having them brush their teeth during the day.
- identifying children with evident dental problems and referring

them to oral health professionals.

Very young children can learn good oral hygiene habits that will last into adulthood. Routine brushing after lunch has the double benefit of cleaning teeth and establishing a good habit. If well organized, brushing will probably not take more than 5 minutes!

If you have not considered implementing tooth brushing into your program, please do so. Peggy Funk, our Dental Hygienist (423-5044) or I would be happy to help. Give us a call to get started today!

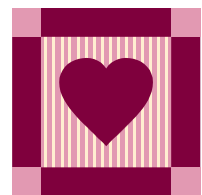
- taken from "Healthy Young Children" by Dr. Susan S. Aronson

North Iowa Community Action

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Training Opportunities

- © Feb 6th Preschool Creative Curriculum- Charles City Call Sara Noehl to register @ 866-394-4854
- © Feb 13th Mandatory Reporter training ICN sites in Allison and Mason City. 6:30pm-8:30pm. Cost \$5 call 1-800-475-0804 to register
- © Feb 28th Ramps and Pathways in Clear Lake. Call Molly to register at 641-424-9559.



HAPPY VALENTINES DAY!!

Alphabet soup... What does it all mean?

QRS- Quality Rating System

QPPS- Quality Preschool Program Standards

DHS- Department of Human Services

DPH- Department of Public Health

CCNC- Child Care Nurse Consultant

CCR&R- Child Care Resource and Referral

HCCI- Healthy Child Care Iowa

CACFP- Child and Adult Care Food Program

NAEYC- National Association for the Education of Young Children

CPSC- Consumer Product

Safety Commission

IPC- Injury Prevention Checklist

CRR- Child Record Review

ICN- Iowa Communications Network

I know it can be difficult to keep these straight. Call me if you have questions. 1-800-657-5856 ext. 33

"We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, adds up to big differences that we often can not foresee."

- Marian Wright Edelman

