

February Parent Newsletter



Children's Dental Health

Tooth decay is Oregon's most common chronic childhood disease. [Oregon Oral Health Coalition](#) creates and discovers cost-effective strategies to improve oral health for all Oregonians. Please take a look! *Please note these resources are provided by the OrOHC.*

Brochures

[Keep Your Baby Smiling: Early Childhood Caries Prevention](#)

[Two Healthy Smiles](#)

[OHP Dental Benefits](#)



Your baby's teeth are developing long before you see that first smile.

Children of moms with tooth decay are much more likely to develop tooth decay themselves. That is why it is so important for every mom to have a healthy mouth.

- Brush your teeth twice a day with fluoride toothpaste, and floss daily.
- Continue to see a dental provider even when you are pregnant.
- Eat a healthy diet, rich in calcium.

A beautiful smile begins even before your baby's teeth start to show.

The first year of your baby's life is a great time to practice healthy habits you want to teach your child as he or she grows.

- Clean your baby's gums with a clean damp cloth after each feeding.
- Begin using a toothbrush and a smear of toothpaste with fluoride when the first tooth comes in.
- Talk to your baby's doctor or dentist about fluoride supplements when your baby is 6 months old.
- If you put your baby to bed with a bottle, use only plain water.
- When your baby begins eating solid foods, choose those without sugar.



Medical Providers and Head Start

What You Should Know About Oral Health and How You Can Help

What Oral Health Services Does Head Start Offer? Head Start program activities also promote good oral hygiene in the classroom. Each day, staff wipe infants' gums and assist children in brushing their teeth with fluoridated toothpaste. Head Start staff help parents understand the benefits of prevention and proper oral health care, along with the importance of establishing a dental home early in life.

Information from [National Maternal and Child Oral Health Resource Center](#)

Additional Resources

[Mouthhealthy.org](#) - free dental health education, screenings, preventive care, and/or treatment for kids.

[Oral Health & Early Childhood](#) - OrOHC's page of resources for oral health during the early years, including:

- Engaging oral health activities
- Videos about teeth and oral health
- Books for young children about dental visits and oral health
- Information for parents and caregivers
- Lesson plans for teachers

[Brush, Book, Bed](#) - Nighttime routine suggest by Healthy Children and American Association of Pediatrics

[End Cavities](#) - Children's Dental Health Project

[Maternity: Teeth for Two](#) - Information regarding transmission of cavity-causing bacteria from mother to child and how a mom's healthy mouth impacts her baby



[Sesame Street: Healthy Teeth, Healthy Me: Brushy Brush PSA](#)

Elmo is joined by families and some of his celebrity friends including Bruno Mars, David Hyde Pierce, Nicole Kidman, Amy Ryan, Wendy Williams, Jay Sean, Naomi Watts and Liev Schreiber as he sings a song about the importance of brushing your teeth as part of Sesame Street's newest oral health initiative Healthy Teeth, Healthy Me.

Learn more at www.sesamestreet.org/teeth



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