



February



HEALTH & MENTAL HEALTH NEWSLETTER

Welcome, Head Start Parents!

February is National Children's Dental Health Month! Good oral health and mental well-being go hand in hand. A healthy smile boosts confidence, while emotional wellness helps children feel safe and happy. This month, we'll share tips on brushing, nutritious snacks, and emotional resilience, to support both healthy smiles and happy minds!

Scan Me!



Healthy Eating for Body & Mind

Encourage a healthy smile and a happy mind with nutritious snacks! Instead of sugary treats, try these options:

- **Crunchy Apples & Carrots** – Natural teeth cleaners and great for reducing stress through chewing!
- **Cheese & Yogurt** – Packed with calcium for strong teeth and supports brain health.
- **Nut Butter & Whole Grains** – Helps prevent cavities and provides steady energy for focus and learning.

Milestones


6 months: First tooth appears! Start brushing with a tiny smear of fluoride toothpaste. Sing a song while brushing!

1 year: First dental visit! Praise your child for being brave at the dentist.

3 years: Kids begin brushing with supervision. Let them describe how it feels!

Did you know?

(Dental & Mental Health)

 **Dental Health:** Baby teeth are just as important as adult teeth! Start brushing early and schedule the first dental visit by age 1.

Mental Health: Teaching kids to express their emotions improves learning and social skills.

Tip: Try a "2-minute feelings check-in" before bed—ask your child how they felt today and why.

Healthy Smiles & Happy Minds Challenge

- Brush twice a day for two minutes
- Drink only water for a day
- Try a new healthy snack instead of candy
- Read a book about visiting the dentist
- Take 5 deep breaths together before bed
- Draw a picture of how you feel today
- Say one kind thing to someone in your family

Bright Smiles Happy Hearts

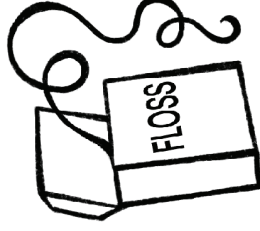
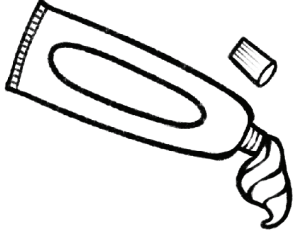
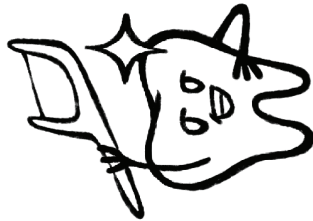
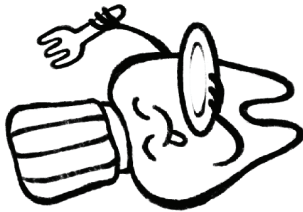
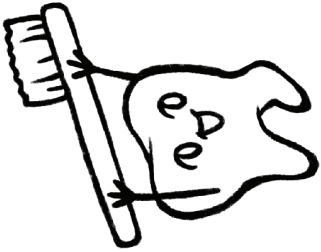
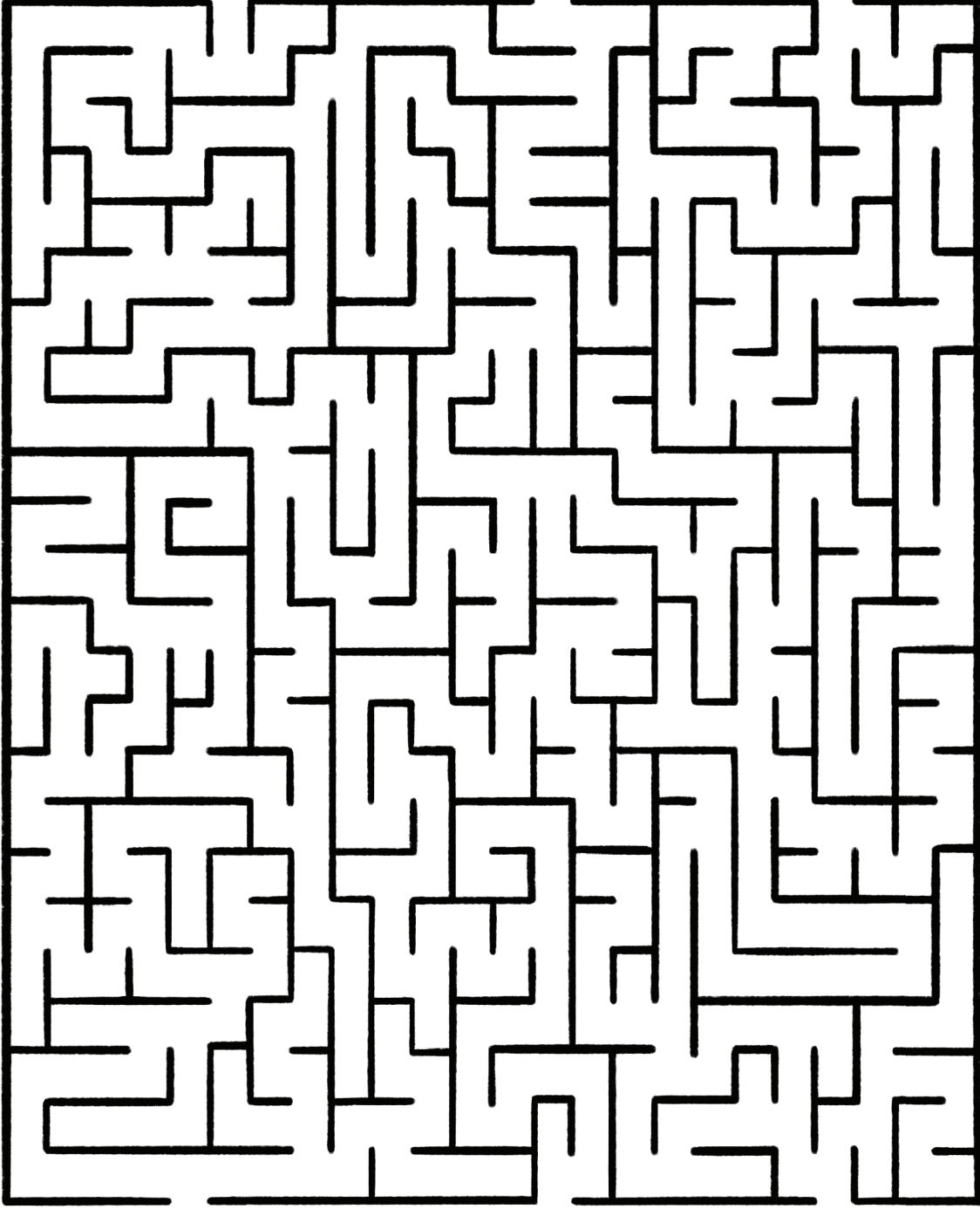
Healthy Smiles: Brush twice daily, floss, and visit the dentist every six months!

Happy Hearts: Ask "How do you feel today?" and practice deep breathing for calmness.

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February is National Children's Dental Health Month. Visit ADA.org/NCDHM for more activity sheets.

HEALTHY SMILE TIPS



BRUSH YOUR TEETH 2X/DAY WITH FLUORIDE TOOTHPASTE.



CLEAN BETWEEN YOUR TEETH DAILY.



EAT HEALTHY FOODS AND LIMIT SUGARY BEVERAGES.



SEE YOUR DENTIST AT LEAST TWICE A YEAR.

ADA American Dental Association®