



Brush Up on Oral Health

January 2019

- **Oral Health Resources Available Through ECLKC**
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Did You Know?

- **All of the resources described in this tip sheet are available through the Early Childhood Learning and Knowledge Center's (ECLKC's) [oral health web page](#).**
- **Many oral health resources for families on ECLKC are available in English and Spanish. Some resources are available in other languages.**



Oral Health Resources Available Through ECLKC

Good oral health is more than just a pretty smile. The health of a child's mouth can affect their growth and development, ability to learn, behavior, and social

interactions. To this end, Head Start is committed to preparing and collecting current and accurate oral health resources and making them available to Head Start staff and families to promote good oral health.

This issue of *Brush Up on Oral Health* describes oral health resources available through [ECLKC](#) to help Head Start staff and families better understand the importance of oral health. A recipe for a healthy snack that can be made in the Head Start classroom or at home is also included.

Oral Health Resources for Head Start Staff

There are many resources available through ECLKC to help Head Start staff learn about oral health for pregnant women and children. Topics address a variety of issues including dental visits, fluoride, nutrition, oral health care, oral hygiene, and oral-health-related safety and emergency first aid. Resources include:

- **Curricula and Trainings.** Provide oral health education, training, and technical assistance to Head Start staff. Many can be found in the [Head Start Oral Health Curricula: Choose and Use](#) portal. Others include [Open Wide: Oral Health Training for Health Professionals](#) and [Applying Consultation Skills to Oral Health Promotion](#).
- **Fact Sheets and Tip Sheets.** Provide information on current practices for promoting good oral health. These include [Be an Oral Health Champion](#); [Brush Up on Oral Health](#); [Oral Health: Tips for Health Managers](#); [Fluoride](#); and [Oral Health and Learning: When Children's Oral Health Suffers, So Does Their Ability to Learn](#).

- **Implementation Tools.** Offer strategies for implementing oral health policies and procedures designed to improve oral health in Head Start settings. These include [Classroom Circle Brushing: Quick Reference Guide](#), [Increasing Access to Drinking Water and Other Healthier Beverages in Early Care and Education Settings](#), [Lift the Lip and Prevent Decay](#), [Oral Health Forms](#), and [Steps for Toothbrushing at the Table: Growing Healthy Smiles in Early Care and Education Programs](#).
- **Posters.** Share positive oral health messages in English and Spanish that can be used as teaching aids in Head Start classrooms and at parent events. These include [Drinking Water with Fluoride](#), [Fluoride: Cavity Fighter](#), [Strengthen Your Body: One Glass at a Time](#), and [Teaching Them to Brush](#).



Oral Health Resources for Families

There are many resources available through ECLKC to help families learn about oral health. These include:

- **Cookbook.** [Cook's Corner: Recipes for Healthy Snacks](#) offers simple recipes for healthy snacks that children can make in Head Start programs or at home. The cookbook is available in English and Spanish.
- **Handouts.** The [Healthy Habits for Happy Smiles](#) handouts provide simple tips on oral health issues. These can be shared with parents to help them address specific oral health issues at home. The handouts are available in English and Spanish.
- **Tip Sheets.** [Oral Health: Tips for Families](#) provides tips for taking care of children's oral health beginning in infancy. The tip sheet is available in Amharic, Arabic, Burmese, Chinese, English, Hmong, Somali, Spanish, and Vietnamese. [Two Healthy Smiles: Tips to Keep You and Your Baby Healthy](#), [A Healthy Smile for Your Baby: Tips to Keep Your Baby Healthy](#), and [A Healthy Smile for Your Young Child: Tips to Keep Your Child Healthy](#) provide tips on maintaining good oral health for pregnant women, infants, and children. The tip sheets are available in English and Spanish. [Questions to Ask When Looking for a Dental Office](#) can support parents in finding a dental office that is best for their child.
- **Webinar.** [Healthy Smiles: Oral Health Webinar for Spanish-Speaking Parents](#) offers key messages about oral health and best practices. Head Start staff can host a viewing party and show the webinar to parents who speak Spanish.

Cook's Corner: Berry Egg Muffins

Here is a delicious healthy snack that children can make in a Head Start classroom or at home with their families.

Ingredients

- 2 very ripe bananas
- 4 eggs
- ½–1 cup berries, such as blueberries, raspberries, or strawberries



Directions

1. Preheat oven to 375°F.
2. Mash bananas until smooth.
3. Whisk in the eggs until combined.
4. Spray mini muffin tin with cooking spray.
5. Place 2–3 berries in each cup in the tin.
6. Pour banana mixture over berries until each cup in the tin is full.
7. Bake for 12 minutes or until cooked through.

Makes 12 servings

Safety tip: An adult should supervise the use of the oven.

Contact Us

The National Center on Early Childhood Health and Wellness welcomes your feedback on this issue, as well as your suggestions for topics for future issues. Please forward your comments to health@ecetta.info or call 866-763-6481.

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School readiness begins with health!



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