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Focus on Primary (Baby) Teeth

Welcome to Resources to Make You Smile! This monthly newsletter features information and tools Head Start staff can use to help families with practices to promote good oral health. These tips will help Head Start staff support families, pregnant women, and children, including children with disabilities. The newsletter also includes a recipe for a healthy snack that children can make in a Head Start classroom or at home with their families.

Primary Teeth



Some parents believe primary, or baby, teeth are less important than permanent teeth because they are going to “fall out anyway.” However, primary teeth are key to a child’s growth and development. Head Start staff play a

vital role in helping parents understand the importance of primary teeth to good oral health and overall health and well-being.

Read the [Primary \(Baby\) Teeth](#) tip sheet to learn why primary teeth are important. Share this information with parents to help them understand the importance of primary teeth. This resource is part of the [Brush Up on Oral Health Tip Sheet](#) series.

Resources for Parents

Share these resources with parents to reinforce positive oral health messages.

[Understanding Why Baby Teeth Are Important](#)

Use this [Healthy Habits for Happy Smiles](#) tip sheet to learn more about the role primary teeth play in a child's health and development.

[Primary Tooth Development](#)

This chart from the American Dental Association (ADA) shows the average age when each primary tooth comes into the mouth and when each will likely fall out.

[Baby Teeth Are Going to Fall Out, So Why Take Care of Them?](#)

Watch this video from the ADA that describes the role of primary teeth in saving space for permanent teeth.

Cook's Corner Recipe: Sunny Orange

Ingredients

- 1 orange, cut into thin slices
- 2 large carrots, cut into thin strips 1½ inches long
- 4 blueberries, cut in half

Directions

1. Place an orange slice on a plate.
2. Arrange the carrot sticks around the orange slice in triangle-shaped rays.
3. Place the blueberry halves on the orange for eyes.

Makes 4 servings

Safety tip: To prevent injuries, an adult should slice ingredients.



Stay Informed

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We Want to Hear from You

Send your questions or comments to the National Center on Health, Behavioral Health, and Safety at health@ecetta.info or (toll-free) 888-227-5125.

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