



May 2021 | Issue No. 3

Promoting Age 1 Dental Visits

Welcome to Resources to Make You Smile! This monthly newsletter features information and tools Head Start staff can use to help families 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.

Age 1 Dental Visit



Parents can prevent and manage tooth decay by ensuring their children have regular dental visits and by taking good care of their child's teeth. Head Start staff plays a key role in helping parents understand the importance of regular dental visits, beginning with the age 1 dental visit.

Explore the [Age 1 Dental Visit](#) tip sheet to find out how and why children benefit from regular dental visits. Share this information with parents to help them know what to expect during an age 1 dental visit. This resource is part of the [Brush Up on Oral Health tip sheet](#) series.

Read [The Importance of the Age One Dental Visit](#) to learn more about the benefits of this visit and the serious effects of delaying dental visits until a child is older.

Resources for Parents

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

[Healthy Habits for Happy Smiles](#)

Use these tip sheets to help parents find a dental clinic and prepare their child for a visit:

- [Finding a Dental Clinic for Your Child](#)
- [Visiting the Dental Clinic with Your Child](#)

[Sesame Street in Communities: Starting Early](#)

Watch this video about Snazzle's first visit to Dentist Grover. Learn what children might experience during their dental visit.

[When Should I Take My Baby to the Dentist?](#)

This video from the American Dental Association describes what to expect during a dental visit and how to prepare a child for their first dental visit.

Cook's Corner Recipe: Cucumber Melon Salad

Ingredients

- 1 tablespoon lime juice
- 1 tablespoon vegetable oil
- 1 pinch of salt
- 1/8 cup crumbled feta cheese (optional)
- 1 pinch crushed red pepper (optional)
- 1 cucumber, cut in half lengthwise and sliced
- 1 cup diced melon (watermelon, cantaloupe, or other melon)
- 1/2 cup fresh cilantro, chopped



Directions

1. In a large bowl, whisk together the lime juice, vegetable oil, salt, and feta cheese and red pepper (optional).
2. Stir in cucumber and melon.
3. Sprinkle with cilantro (optional).

Makes 6 servings

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

Stay Informed

Please share this issue of Resources to Make You Smile! with colleagues who may be interested. Find past issues of [Resources to Make You Smile!](#) on the Early Childhood Learning and Knowledge Center (ECLKC).

Did someone forward you this newsletter? Stay up to date by subscribing: <https://eclkc.ohs.acf.hhs.gov/subscribe>

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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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