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## Choosing Healthy Drinks

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.

### Healthy Drinks



Choosing healthy drinks is just as important as choosing healthy foods. Many drinks have added sugar. When children consume drinks with sugar throughout the day, their risk for developing tooth decay increases. Head Start staff play a key role in engaging parents in conversations about the importance of serving drinks that do not promote tooth decay.

Explore [Choosing Healthy Drinks](#) to find healthy drink choices and discover which drinks have added sugar. Learn tips for sharing this information with parents to help them

make better drink choices for their children. 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.

### [Healthy Habits for Happy Smiles](#)

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

- [Choosing Healthy Drinks for Your Young Child](#)
- [Encouraging Your Child to Drink Water](#)

## Cook's Corner Recipe: Cream Cheesy Cucumber Bites

### Ingredients

3 tablespoons low-fat cream cheese, at room temperature

¼ cucumber, cut into thin slices

2 slices whole wheat bread

### Directions

1. Spread the cream cheese on one side of each slice of bread.
2. Place the cucumber slices over the cream cheese on one slice of bread.
3. Put the other slice of bread, cream-cheese side down, on top of the cucumbers.
4. Cut the sandwich into bite-size pieces

### Makes 10 to 12 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).

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The **Health, Safety, and Wellness** community has more than 1,400 members who are networking, sharing, and learning from each other. Find it under All Communities and select the blue “Join” button.

### **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](mailto:health@ecetta.info) or (toll-free) 888-227-5125.

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