

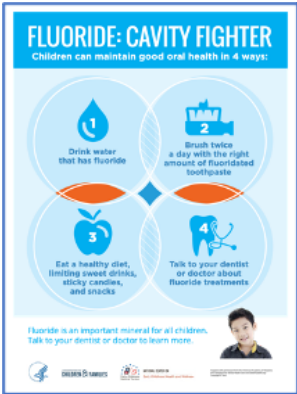


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### Understanding How Fluoride Helps Prevent and Repair Tooth Decay

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 persons, 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.

#### Fluoride



Fluoride is an important tool for preventing tooth decay. For generations, many communities have added fluoride to their public water supply. It is also added to most toothpaste brands and can be applied using varnish or gel in a dental or medical office and other settings.

Explore the [Fluoride](#) tip sheet to learn how tooth decay occurs and how fluoride works to prevent and repair it. Discover tips on engaging parents in conversations about preventing tooth decay with fluoride. 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 support pregnant persons in keeping their mouths healthy:

- [Getting Fluoride for Your Child](#)
- [Brushing Your Child's Teeth](#)

### [I Like My Teeth](#) (ZIP file)

Use these posters to share positive messages about drinking water with fluoride and teaching children to brush their teeth with fluoride toothpaste:

- [Drinking Water with Fluoride Keeps Teeth Healthy and Strong](#)
- [Fluoride: Cavity Fighter](#)
- [Strengthen Your Body: One Glass at a Time](#)
- [You're Teaching Them To...](#)

## **Cook's Corner Recipe: Corn and Black Bean Salad**

### **Ingredients**

- 1 15-oz can black beans
- 2 cups frozen corn kernels, thawed
- 1 red pepper, chopped
- 2–3 tablespoons red onion, finely chopped
- ¼ teaspoon fresh garlic, finely chopped
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons, cilantro, finely chopped
- ⅛ teaspoon chili powder

### **Directions**

1. Put the black beans, corn, red pepper, red onion, and garlic in a large bowl.
2. Put the olive oil and lemon juice in a small bowl and mix well with a fork or whisk.
3. Pour over the black beans, corn, red pepper, red onion, and garlic mixture.
4. Season with salt and pepper. Add the cilantro and the chili powder.
5. Mix well.

**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).

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

Join [MyPeers](#) to connect with Head Start and early childhood colleagues around the country on this and other topics.

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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