

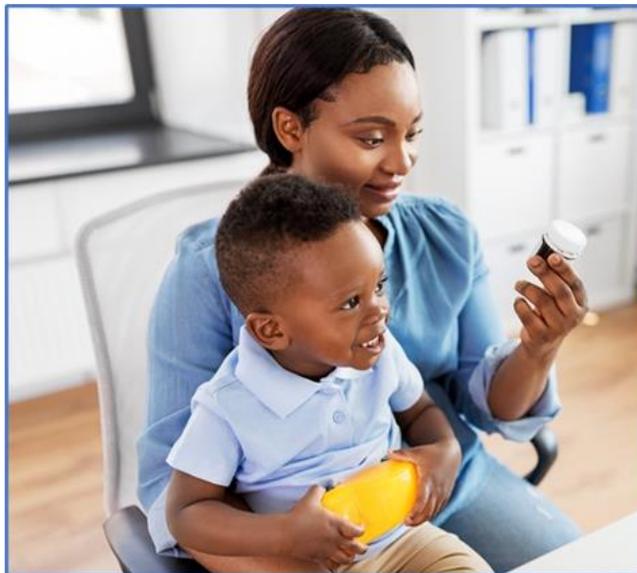


November 2021 | Issue No. 9

Fluoride Supplements

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 people, 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 Supplements



Fluoride is the safest and best way to prevent tooth decay. Fluoride supplements are recommended for children ages 6 months to 16 years whose primary source of drinking water does not contain enough fluoride.

Explore the [Facilitating the Use of Fluoride Supplements](#) tip sheet to learn more about fluoride supplements. Find out who determines if a child should receive fluoride supplements and the role of Head Start staff in facilitating them.

Strengthen staff's knowledge and understanding of fluoride and fluoride supplements with [Prevention of Dental Caries in Children from Birth Through Age 5 Years: U.S. Preventive Services Task Force Recommendation Statement](#).

Resources for Staff and Parents

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

[Fluoride](#)

Visit this webpage from the American Dental Association to learn how fluoride helps prevent cavities in children and adults.

[Fluoride for Children: FAQs](#)

Find answers to your questions about fluoride from the American Academy of Pediatrics.

[Fluoride: Topical and Systemic Supplements](#)

Learn more about fluoride supplements with these key points.

Cook's Corner Recipe: Thanksgiving Pumpkins

Ingredients

2 small oranges, such as clementines or tangerines
1 celery rib

Directions

1. Peel the oranges.
2. Cut the celery rib into thin strips.
3. Push a celery stick into the center of the orange.

Makes 2 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 currently has more than 1,500 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 or (toll-free) 888-227-5125.

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