



National Center on
Health, Behavioral Health, and Safety



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Oral Injury Prevention

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.

Oral Injury Prevention



Oral injuries to the face and mouth are common among young children, usually as a result of a fall. The top front teeth are injured most often from tripping or stumbling. Bruises, cuts, or scratches near or in the mouth are also common.

Explore the [Preventing Oral Injuries](#) tip sheet to discover how common oral injuries occur and how they can impact children's primary and permanent teeth. Learn what Head Start staff can do to prevent oral injuries from happening.

Resources for Staff and Parents

Share these resources with Head Start staff and parents to better understand how oral injuries occur and strategies to prevent them.

[Active Supervision](#)

Active supervision is an effective strategy for creating a safe environment and preventing injuries in young children. This fact sheet explains what active supervision is and how to keep children safe by teaching families and staff how to look, listen, and engage.

[Preventing Injuries to Your Child's Mouth](#)

Children can injure their mouths when they fall, trip, climb, or run with something in their mouth. Explore this resource for tips for preventing injuries to children's mouths.

Cook's Corner Recipe: Holiday Crackers

Ingredients

10 round whole wheat crackers
2 slices low-sodium cooked lunch meat, such as beef, chicken, or ham
2 slices low-fat yellow or white cheddar cheese

Directions

1. Place the crackers on a plate or platter.
 2. Cut the meat into circles using a round cookie cutter.
 3. Place a meat circle on each cracker.
 4. Cut the cheese using cookie cutters in holiday shapes such as bells, snowflakes, snowmen, stars, and trees.
 5. Place a cheese shape on the ham on each cracker.
- To prevent injuries, an adult should supervise use of cookie cutters.

Makes 5 servings

Safety tip: To prevent injuries, an adult should supervise use of cookie cutters.



Stay Informed

Please share this issue with others 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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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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