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## Anesthesia and Sedation

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 help Head Start staff support families, pregnant people, and children. 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.

### Using Anesthesia and Sedation for Oral Health Care



Anesthesia and sedation are important tools for dentists providing oral health care in situations where a child must remain still, have their pain controlled, or be calmed down.

Types of anesthesia and sedation used for oral health care include topical, local, or general anesthesia; nitrous oxide; and sedation, which are generally safe for children. However, certain types may pose some risks.

Families need to know what types of anesthesia are recommended for their child to make an informed decision about whether they should be used for their child.

### Resources for Head Start Staff

## [Understanding Use of Anesthesia and Sedation for Oral Health Services](#)

Learn about the types of anesthesia and sedation that are used for oral health care and questions families can ask to make an informed decision about whether any should be used for their child. This tip sheet is part of the [Brush Up on Oral Health](#) series.

### Resources for Parents

Share this resource with families to reinforce positive oral health messages.

#### [Anesthesia or Sedation for Your Child's Dental Work?](#)

Use this webpage from the American Academy of Pediatrics to help families learn about use of anesthesia or sedation during their child's dental visits, the types of anesthesia that can be used, and health professionals who may be present when children receive oral health care under anesthesia or sedation. Available in [Spanish](#).

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### Cook's Corner Recipe: Cucumber Hummus Rounds

#### Ingredients

2 cucumbers, ends trimmed, sliced into ¼-inch-thick rounds  
2 cups hummus  
½ cup red or orange bell pepper, finely chopped  
½ cup green onions, finely chopped (optional)

#### Directions

1. Spoon ½ teaspoon hummus onto each cucumber slice.
2. Sprinkle cucumber slices with chopped bell pepper and onion (if using).



Makes 15 to 20 servings

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

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## Stay Connected

Join [MyPeers](#) to connect with Head Start and early childhood colleagues around the country on this and other topics. Members of the **Health, Safety, and Wellness** community are currently networking, sharing, and learning from each other. Find it under “All Communities” and select the blue “Join” button.

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).

Did someone forward you this newsletter? [Subscribe](#) to stay up to date!

## 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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