



July 2022 | Issue No. 17

## Helping Children to Drink Water

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.

### The Benefits of Drinking Water



Drinking water every day is good for overall health. It helps prevent dehydration, which can cause unclear thinking, mood changes, overheating, and other problems. Drinking water also improves energy levels and has other health benefits.

Fluoride is a mineral found in nature that helps prevent tooth decay. Many cities in the United States add fluoride to their community water supply when the water doesn't contain enough fluoride to prevent tooth decay. This is called "community water fluoridation."

## Resources for Staff

Explore these two [Brush Up on Oral Health](#) tip sheets to learn more about how drinking water contributes to children's oral health and overall health. Learn new strategies for helping children and their families choose healthy drink options to prevent or reduce tooth decay.

- [Encouraging Children to Drink Water](#)
- [Understanding Why Community Water Fluoridation Is Important](#)

### [Community Water Fluoridation](#)

Check out this Centers for Disease Control and Prevention webpage to get more information on the safety, effectiveness, and cost benefits of community water fluoridation. Read the FAQs to get answers to common questions about community water fluoridation.

## Resources for Parents

Share these [Healthy Habits for Happy Smiles](#) handouts to help parents understand why drinking water is important for good health, including good oral health, and to give them tips on how to encourage their child to drink more water.

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

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

Post these fluoride posters throughout your program's building to share simple, positive messages about brushing children's teeth with fluoride toothpaste, drinking fluoridated water, eating healthy foods, and talking to the dentist or primary care health professional about fluoride treatments for children.

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## Cook's Corner Recipe: Watermelon Pops

### Ingredients

1 small watermelon  
12 ice pop sticks

### Directions

1. Slice watermelon and cut into quarters.
2. Push an ice pop stick into the watermelon rind to form a pop.



**Makes 12 servings**

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