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## Ensuring Children Are Up to Date on Oral Health Care

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.

### Oral Exams



The Head Start Program Performance Standards (HSPPS) require programs to obtain a determination from an oral health professional about whether a child is up to date on their oral health care ([45 CFR §1302.42\(b\)\(1\)\(i\)](#)). This

determination is based on the dental periodicity schedule prescribed by the [Early and Periodic Screening, Diagnostic, and Treatment \(EPSDT\)](#) benefit of the Medicaid agency of the state where the Head Start program operates.

Oral exams conducted during the program year can identify problems that require timely and appropriate care. The oral health professional conducting the exam can also encourage parents to establish an accessible and ongoing source of oral health care for their child to help keep them [healthy and ready to learn](#).

## Resources for Head Start Staff

### [Ensuring Children Are Up to Date on Oral Health Services](#)

Learn more about the HSPPS addressing EPSDT and the dental periodicity schedule at [Child health status and care, 45 CFR §1302.42\(b\)\(1\)\(i\)](#). This tip sheet is part of the [Brush Up on Oral Health](#) series that offers up-to-date practices and simple tips to promote good oral health among children and pregnant people enrolled in Head Start programs and their families.

### [Understanding the Dental Periodicity Schedule and Oral Exam: A Guide for Head Start Staff](#)

Read this guide to learn the difference between a dental periodicity schedule and a well-child periodicity schedule. Discover when a child's first oral exam should occur, who can perform one, and what is included in an oral exam.

## Resources for Parents

Share these [Healthy Habits for Happy Smiles](#) handouts after individual meetings or group trainings with parents to provide information about the timing of the first dental visit and what to expect:

- [Visiting the Dentist by Age 1](#)
- [Visiting the Dental Clinic with Your Child](#)

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## Cook's Corner Recipe: Sunny Orange

### Ingredients

1 orange, cut into thin slices  
1 large carrot, cut into thin strips 1½ inches long  
1 blueberry, cut in half

## Directions

1. Place an orange slice on a plate.
2. Arrange the carrot sticks around the orange slice in triangle-shaped rays.
3. Place the blueberry halves on the orange for the eyes.



Makes 1 serving

**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.

Office of Head Start (OHS) | 330 C Street, SW | 4th Floor  
Mary E. Switzer Building | Washington, DC 20201  
| <https://eclkc.ohs.acf.hhs.gov> | 1-866-763-6481 | [Contact Us](#)

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