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Finding 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 Health Care



Oral health care is vital for children and pregnant people to stay healthy. Regular dental visits are important for

health, and finding oral health problems early. Unfortunately, there are some common barriers to finding care. These barriers can include cost, not being enrolled in or eligible for Medicaid or the Children's Health Insurance Program (CHIP), difficulty finding a dental office or clinic, and lack of time.

Head Start staff can help children, parents, and pregnant people overcome barriers and access oral health care by:

- Finding out if the child or pregnant person has insurance
- Working with a family service worker or case manager to find care
- Using online databases, such as [Find a Dentist](#), to find care
- Coaching parents on how to talk to oral health professionals

Resources for Staff

Read these [Brush Up on Oral Health](#) tip sheets to learn how to talk with families about and help them find oral health care.

- [Finding Oral Health Care](#)
- [Finding Oral Health Professionals That Accept Medicaid and CHIP](#)
- [Reducing Fear of Dental Visits](#)

Resources for Parents

Share the following [Healthy Habits for Happy Smiles](#) handouts with families to help them learn about the importance of getting oral health care for children and pregnant people.

- [Getting Oral Health Treatment Is Important!](#)
 - [Getting Oral Health Care While You Are Pregnant](#)
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Cook's Corner Recipe: Mummy Toast

Ingredients

- 1 slice whole wheat bread, toasted
- 1 tablespoon pizza sauce with no added sugar
- 6 to 8 pieces low-fat cheese, sliced into thin strips
- 1 black olive, sliced

Directions

1. Spread the pizza sauce over the toasted bread slice.
2. Arrange the cheese on top of the pizza sauce.
3. Put the black olives on top of the pizza sauce for the eyes.
4. Put the mummy toast under the broiler to melt the cheese.



Makes 4 servings

Safety tip: To prevent burns and other injuries, an adult should slice ingredients and supervise use of the oven.

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 or (toll-free) 888-227-5125.

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