



National Center on
Health, Behavioral Health, and Safety



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Understanding the Role of Dental Hygienist Liaisons

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 women and 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.

Dental Hygienist Liaisons



Dental hygienists play an important role in promoting oral health and preventing oral disease. That's why the National Center on Health, Behavioral Health, and Safety (NCHBHS) partners with the American Dental Hygienists' Association (ADHA) to support the Dental Hygienist Liaison (DHL) Project. Under this project, one dental hygienist from each state, the District of Columbia, and the U.S. Virgin Islands volunteers to help promote oral health for children and expectant parents enrolled in Head Start programs.

DHLs work with state and local organizations to offer strategies to improve access to oral health care for children and expectant parents in Head Start. They work closely with oral health and other health and social service professionals to promote oral health. DHLs also establish partnerships with Head Start programs to share resources and information with staff and families.

Resources for Staff

[Dental Hygienist Liaison Project](#)

Explore this handout to learn about the purpose, scope, and role of DHLs. Find examples of the types of activities DHLs engage in to improve the oral health of children and expectant parents enrolled in Head Start programs. The resource includes a link to the [roster](#) of the state DHLs and their contact information.

[Understanding the Role of Dental Hygienist Liaisons](#)

Learn how DHLs can help Head Start staff promote oral health and prevent oral disease in children and expectant parents in Head Start programs. Read about the role of DHLs and how to contact the DHL in your state. This tip sheet is part of the [Brush Up on Oral Health](#) series.

Cook's Corner Recipe: St. Patrick's Day Hummus

Ingredients

10-ounce box frozen baby spinach or 10 ounces fresh baby spinach (if using frozen spinach, thaw for 2–3 hours)
15-ounce cans of chickpeas (garbanzo beans)
4 cloves garlic
¼ cup olive oil
2 tablespoons lemon juice
1 teaspoon salt
½ teaspoon black pepper
¼ cup tahini (optional)
¼ teaspoon red pepper flakes (optional)
Pita bread (optional)



Directions

1. Put all the ingredients in a blender, cover the blender, and blend until the mixture is smooth.
2. Cut up the vegetables (optional).
3. Serve the hummus with pita bread or vegetables.

Makes 10 servings

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

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.

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

We Want to Hear from You!

Send your questions or comments to NCHBHS at health@ecetta.info or (toll-free) 888-227-5125.

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