



National Center on  
Health, Behavioral Health, and Safety



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## Treating Oral Health Injuries

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, 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 Injuries



Injuries to the head, face, and mouth are common in young children. They often happen when children fall, trip, climb, or run with items in their mouths. Oral injuries may be serious because they can damage the child's permanent teeth forming under the primary teeth. Oral injuries can also affect children's speech, ability to chew, self-confidence, ability to learn, and overall health.

Head Start staff and parents can prevent oral injuries by making learning environments and families' homes safe. It's also important for staff and parents to know what to do if an oral injury happens.

## Resources for Staff

### [Brush Up on Oral Health](#)

Check out these tip sheets to learn more about the different types of oral injuries, how to prevent them, and how to treat them when they happen.

- [Preventing Oral Injuries](#)
- [Treating Oral Injuries](#)

### [Active Kids, Healthy Teeth Guide](#)

Explore this American Academy of Pediatric Dentistry guide to be prepared for the most common types of childhood oral injuries. It is also available in [Spanish](#).

## Resources for Parents

Share these [Healthy Habits for Happy Smiles](#) handouts with parents to help them learn how to prevent oral injuries at home and what to do if their child injures their mouth.

- [Giving First Aid for Your Child's Oral Injuries](#)
- [Preventing Injuries to Your Child's Mouth](#)

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## Cook's Corner Recipe: Mexican Cucumber Snack

### Ingredients

1 cucumber, peeled and sliced  
Juice from 1 lime  
1 tablespoon Tajin seasoning

### Directions

1. Place cucumber pieces in a bowl.
2. Drizzle lime juice over cucumber slices.
3. Sprinkle Tajin seasoning over cucumber slices.

### Makes 4 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.

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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