



National Center on
Health, Behavioral Health, and Safety



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Promoting Oral Health Using Culturally Responsive Practices

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.

Cultural Responsiveness



Families have a wealth of strengths stemming from their cultures — the languages, beliefs, values, and behaviors that shape their lives. Culture influences how families take care of themselves. Culturally responsive practices incorporate families' languages, beliefs, values, and behaviors to make health information relevant to them.

To support and strengthen their relationship with a family, Head Start staff can recognize and appreciate the family's culture and how it impacts their oral health. Staff can also promote strategies that build on the family's culture to improve their oral health.

Resources for Staff

[Using Culturally Responsive Practices to Promote Oral Health](#)

Review the tip sheet to recognize similarities and differences between Head Start staff's and families' cultural beliefs, values, and behaviors related to oral health. This tip sheet is part of the [Brush Up on Oral Health](#) series that focuses on how staff can help families promote their children's oral health.

Cook's Corner Recipe: Watermelon Stars and Blueberries

Ingredients

1 small seedless watermelon
1 pint blueberries

Directions

1. Cut the watermelon into 1- to 1½-inch slices.
2. Use a star-shaped cookie cutter to cut pieces out of the watermelon slices.
3. Put a layer of the watermelon stars into a bowl.
4. Sprinkle the blueberries over the layer of watermelon stars.
5. Repeat steps 3 and 4 until all the watermelon stars and blueberries have been used.



Makes 8-10 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.

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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