



National Center on
Health, Behavioral Health, and Safety

Resources
to make you
Smile!



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Emphasizing Oral Health During Home Visits

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.

Home Visits



Home visits are provided by a wide range of Head Start staff, including family service workers, health managers, teachers, and teacher aids to expectant families and parents of children from birth to age 5. During the visits, expectant families and parents learn about steps they can take to keep themselves and their children healthy and safe and to support child-parent relationships.

Common oral health issues discussed during home visits can include healthy food choices, good oral hygiene practices, and the need for regular dental visits. Sharing information about oral health with expectant families and parents stresses how important it is to have a healthy mouth to eat foods, feel self-confident, concentrate in school, and be free from infection and pain.

Resources for Staff

Read these [Brush Up on Oral Health](#) tip sheets to find out why promoting oral health during home visits is important. Explore strategies that Head Start staff can use to promote good oral health among parents, pregnant women, pregnant people, and children.

- [Promoting Oral Health During a Home Visit](#)
- [Promoting Oral Health in Head Start Programs and at Home](#)

Explore Sesame Workshop's [Teeth webpage](#) for tips and tools to help parents and children learn together how to care for their teeth. It features articles, videos, games, and activities that stress the importance of eating healthy foods, brushing teeth, and attending dental visits.

Resources for Parents

[Healthy Habits for Happy Smiles](#)

Share these handouts on different oral health-related topics with home visitors. They can use them with parents based on the topic they plan to discuss.

Cook's Corner Recipe: Strawberry and Banana Smoothies

Ingredients

- ½ cup low-fat or fat-free milk
- ½ cup low-fat or fat-free plain yogurt
- ½ cup strawberries, hulled and sliced in half
- ½ medium-size banana, peeled and sliced into chunks
- 4 ice cubes



Directions

1. Put all the ingredients in a blender.
2. Cover the blender and blend until the mixture is smooth.

Makes 2 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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