



National Center on
Health, Behavioral Health, and Safety



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Talking with Children About Dental 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 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 Visits



Visiting the dental office can be a new and unfamiliar experience for young children. The things children hear from parents and others about dental visits affect what they think a visit will be like. If they are told about good things that will happen, such as having their teeth counted or getting a new toothbrush, children are likely to look forward to it. Head Start staff can help parents prepare their child to expect a positive dental visit.

Resources for Staff

Read these [Brush Up on Oral Health](#) tip sheets for practical strategies to make sure young children are ready for dental visits.

- [Talking with Children About Dental Visits](#)
- [Reducing Fear of Dental Visits](#)

Resources for Parents

Share these [Healthy Habits for Happy Smiles](#) handouts with parents to help them feel comfortable talking about and preparing children for dental visits.

- [Visiting the Dental Clinic with Your Child](#)
- [Visiting the Dentist by Age 1](#)

Encourage parents to watch these [Sesame Workshop](#) videos with their child to help them understand that visiting the dental office can be a positive experience.

- [Starting Early](#)
 - [Open Sesame](#)
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Cook's Corner Recipe: Cheese Quesadilla

Ingredients

2 tortillas, made with either corn flour or wheat flour
½ cup fat-free refried beans (optional)
1 cup low-fat cheese, shredded



Directions

1. Put one tortilla on a microwave-safe plate. Spread a layer of refried beans on the tortilla, and sprinkle shredded cheese over the beans. If refried beans are not used, sprinkle the cheese on the tortilla.
2. Put the second tortilla on top of the cheese layer.
3. Cook the quesadilla in the microwave until the cheese is melted, about 30 seconds to 1 minute.
4. Cut the quesadilla into triangle slices with a knife or pizza cutter. Before serving, check to make sure that the cheese is not too hot to eat.

Makes 8 to 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 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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