



National Center on
Health, Behavioral Health, and Safety



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Promoting Oral Health in Head Start Programs and at Home

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, expectant families, 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 Health Promotion



Teaching children and parents about oral health throughout the program year is a valuable service provided by Head Start staff. Repeating messages reminds children and parents about the importance of keeping their mouth healthy and how to do it.

Head Start staff can promote good oral health habits among families in many ways. They can engage children and parents, integrate oral health into classroom activities for children, and encourage parents to promote and model good oral health habits at home.

Resources for Staff

Review these [Brush Up on Oral Health](#) tip sheets for messages and approaches that encourage children and parents to value and practice good oral health habits. They describe the key role parents play in their child's oral health and include strategies and resources staff can use to motivate parents.

- [Engaging Parents in Their Child's Oral Health](#)
- [Incorporating Toothbrushing in Bedtime Routines](#)
- [Promoting Oral Health During a Home Visit](#)
- [Promoting Oral Health in Head Start Programs and at Home](#)

Resources for Parents

Share the [Healthy Habits for Happy Smiles](#) handouts to reinforce conversations with parents about what they can do to promote good oral health habits at home.

- [Brushing Your Child's Teeth](#)
- [Establishing a Bedtime Routine for Your Child](#)
- [Taking Care of Your Baby's Oral Health](#)

Show these [Sesame Workshop](#) videos to teach children and parents how to take care of their teeth.

- [Brushy Book Nighty Night](#)
 - [How Much Toothpaste?](#)
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Cook's Corner Recipe: Guacamole Eyeball Deviled Eggs

Ingredients

6 eggs
1 avocado
1 tablespoon lime juice
2 tablespoons red onion, minced
1 tablespoon fresh jalapeño, seeded and minced (optional)
2 tablespoons fresh cilantro, chopped
¼ teaspoon salt
6 black olives, cut in half
Red food coloring



Directions

1. Boil the eggs, peel off the shells, and slice the eggs in half lengthwise.
2. Scoop out the egg yolks and place in a mixing bowl.
3. Add avocado, lime juice, onion, jalapeño, cilantro, and salt to the egg yolks and mash until smooth.
4. Dip a toothpick into the red food coloring and paint veins on the flat side of each egg white.
5. Spoon the avocado mixture into the hollowed-out egg halves.
6. Put an olive half on top of the avocado mixture to make an eyeball.

Makes 12 servings

Safety tip: To prevent injuries, an adult should cook the eggs and 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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