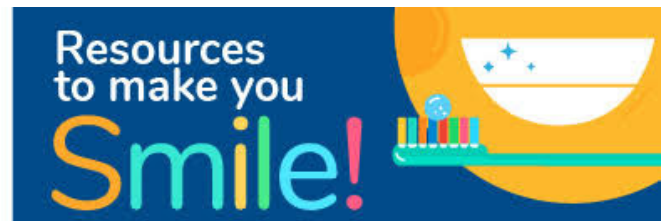




National Center on
Health, Behavioral Health, and Safety



Issue No. 48

Choosing Healthy Drinks

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 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.



Healthy Drinks for Healthy Teeth

Healthy drink choices are just as important as healthy food choices. Some adults may not be aware of hidden sugars in drinks. When children consume drinks with sugar throughout the day, their risk for tooth decay increases.

Water and milk are the best drinks to keep children's teeth strong and prevent tooth decay. Head Start staff and families can play a key role in promoting good oral health by serving children healthy drinks.



Resources for Staff

[Choosing Healthy Drinks](#)

Review this Brush Up on Oral Health tip sheet to learn strategies for identifying drinks with added sugar and making healthy drink choices.

[Potter the Otter: A Tale About Water](#)

Use this fun story to talk with young children about making healthy drink choices. The downloadable book includes a counting and tracing page, a coloring page, and a pictograph showing the amount of sugar in popular drinks. Share it with parents to use with their children at home, too!

Resources for Parents

Share these [Healthy Habits for Happy Smiles](#) handouts with families for tips on choosing healthy drinks:

- [Choosing Healthy Drinks for Your Young Child](#)
- [Encouraging Your Child to Drink Water](#)

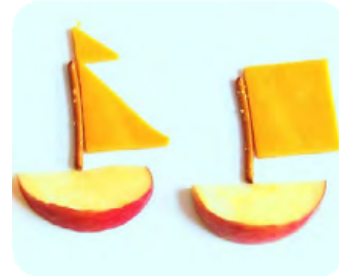
[Healthy Drinks, Healthy Kids](#)

This website offers guidance to help parents and other caregivers choose healthy drinks for children from birth to age 5. These resources are available in multiple languages.

Cook's Corner Recipe: Cheese and Apple Pirate Ships

Ingredients

- 1 apple, cut into 8 to 10 slices
- 8 to 10 pretzel sticks
- 8 to 10 ounces low-fat cheddar cheese, such as Colby-Jack or mozzarella, cut into squares or triangles



Directions

1. Put an apple slice on a plate.
2. Put 1 pretzel stick above the apple slice to make the mast of the ship.
3. Put 1 or 2 cheese slices next to the pretzel to make the sails.

Makes 4 to 5 servings

Safety tip: To prevent injuries, an adult should cut the ingredients.

Join the Conversation on MyPeers

Sign up in just seconds to connect with Head Start and early childhood colleagues around the country on this and other topics. Community members are already networking, sharing, and learning from each other.

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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.



The Office of Head Start (OHS) supports children's growth from birth to age 5 through services focused on early learning and development, health, and family well-being.

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