



Give Kids A Smile!

Children who develop good oral health habits at an early age will benefit from a lifetime of healthy teeth and gums.

How to Care For Your Child's Teeth? A child's primary teeth, called "baby teeth," typically begin to appear between age six months and one year. Baby teeth are as important as permanent adult teeth because they hold space in the jaws for permanent teeth

When to Visit the Dentist? Parents should visit the dentist for "well baby checkup" within six months of the eruption of the first tooth and no later than the first birthday.

What to Expect? Besides checking for tooth decay, the dentist can provide information on how to clean the child's teeth properly and discuss the impact of adverse habits such as thumb sucking or the use of a pacifier.

For tips to make you and your family "Mouth Healthy" for Life visit MouthHealthy.org.

Fun Dental Facts!

The Average American...

- Produces 25,000 quarts of saliva in a lifetime. That is enough saliva to fill 2 swimming pools.
- Spends 38.5 total days brushing teeth over a lifetime.
- Will use 14 inches of dental floss every year

Animals Teeth.....

- Dogs have 42 teeth, cats have 30 teeth, pigs have 44 teeth, and an armadillo has 104 teeth.
- An Elephant's tooth can weigh over 6 lbs. and measures 1 foot across.
- The snail's mouth is the size of a pin, but it can have over 25,000 teeth!

Just Plain Weird Facts!

- In the middle ages, people believed that dog's teeth boiled in wine made an excellent mouth rinse for tooth decay prevention.
- The soreness you feel when you burn your mouth on mozzarella cheese has a name – pizza palette.
- 73% of Americans would rather go grocery shopping than floss.!

Illness....

- The 2nd most common disease in the U.S. is tooth decay. The 1st is the common cold.
- Children lose 51 million hours of school due to dental related illness.
- Toothbrush bristles can lead to re-infection is your don't replace your toothbrush after you have the flu, cold or other viral infections.
- A toothbrush be kept at least 6 feet away from a toilet to avoid airborne particles resulting from the flush.

Finger Prints & Teeth!

- Just Like Finger Prints, Tooth Prints are Unique to each individual



- Give Kids a Smile!
- Healthy Heart!
- Fun Dental Facts



Learn Every Day About

- Science
- Green Earth
- The Ocean
- Dr. Seuss Week



Did you know....

Babies can't taste salt until they're 4 months old!

Although babies can detect sweet, bitter & sour tastes from birth, they can't taste salt until the kidneys start to use sodium. This appears to be hardwired into the child development process and unrelated to the volume of cheese puffs you consumed while pregnant.



Holidays:

Feb. 4 – 100th Day of School

Feb.14 - Valentine's Day/ Class Party

Feb 8 - Parents Night Out

Feb. 18 - President's Day/NO VPK CLASSES

Finding Time for Heart Health



During **February**, we see the human heart as the symbol of love.

February is also American Heart Month, a time to show yourself some love by learning about your risks for heart disease and stroke to stay "heart healthy" for yourself and your loved ones.

Making time for a heart-healthy lifestyle can seem overwhelming. But the good news is that making a few small simple lifestyle changes can lead to heart-healthy habits that require little effort and will make life easier! **Whether you're a single parent or married**, you can work heart-healthy habits into your family's life and daily schedule.

- **Identify free times for activity.** Go through family schedules so that you can plan good times to get the family together for physical activity.
- **Pick two 30-minute during the week and two 60-minute time slots during the weekend for family activity time.**
- **Make time to plan a weekly menu, go shopping and prep your meals.** With a [little planning](#), it'll be easy to learn [healthy preparation methods](#), fix [healthy snacks](#), eat fewer fast foods and reduce the stress of last minute rush.
- **Simplify your family's schedule.** In today's society we're expected to do it all. Non-stop lifestyle isn't healthy. Prioritize your activities and see what you can do without so you'll have more time for the things that matter.
- **Take baby steps, not giant leaps.** Getting heart-healthy is a journey; you don't have to do everything at once.
- **Ask everyone in the family to do their part.** Depending on their ages, kids can help prepare healthy meals and [help around the house](#). Treat your family like a team and encourage everyone to work together.
- **Live by example.** We all need to do our best to walk the walk. If we want our kids to eat healthy and exercise, we've got to model that behavior. You're not perfect, but if you're determined and persistent, there's not much that can stop you.