



CHILDREN'S DENTAL HEALTH

Did you know February 2018 is National Children's Dental Health Month? A child's primary (baby) teeth may be temporary but they deserve good care. A child needs strong, healthy primary teeth to not only to chew food and to pronounce words properly. In this month's newsletter, we provide a few ideas to promote dental health and make dental care part of your daily routine.



Cleaning of Young Children's Teeth

- Make an appointment to see a dentist by age 1 or within 6 months after the first tooth arrives.
- Brush your young child's teeth at least twice per day.
- Ask your child's dentist or pediatrician when you should start using toothpaste.
- Supervise your children when they start brushing their own teeth.

Cleaning of School-aged Children's Teeth

- It's time to have your child brush their own teeth, but parent should double check!
- Once teeth are touching, it is also time to start flossing.
- Continue keeping up with regular visits to the dentist (recommended every 6 months). Ask your child's dentist or pediatrician when you should start using toothpaste.
- Be a good example by taking care of your teeth.



Tips to Win the Battle of the Brush- Make it Fun!

- **Supervise, but BE the fun maker!** Just because you have the important job of supervising, doesn't mean you can't be part of the fun. Brush together and use a song and dance to make it a fun activity. Choose a song that is at least 2 minutes long!
- **Use the power of 'make believe.'** Take your child's favorite stuffed animal and ask your child to 'pretend' to brush his teeth. Use fun, imaginary dialogue with the stuffed animal to show how cool it is to take care of good teeth.
- **Visit the [2 min 2x website](#)** to show your child how to brush and learn how to keep your child's teeth healthy.
- **Download this [interactive calendar](#)** where children can cross off each time they brush their teeth. Reward them with a book they have been eyeing!

To find children's dentists in Marion & Polk Counties visit [Capitol Dental's List of Providers](#).

For more articles like this see

[-- Oregon Parenting Together --](#)



Flu Guide For Parents

The flu is much worse this year than previous years. Different strains of influenza circulate each year. This year, influenza A — specifically H3N2 — is especially prevalent, according to the CDC. Read on here to learn how protect your child and yourself from catching and spreading the flu.

[Click here for tips on preventative actions to fight the flu.](#)



READY! for Kindergarten

Have you checked out Ready! For Kindergarten?

Ready! for Kindergarten provides take-home materials (toys) and tools, to empower parents and caregivers to help young children develop strong brain connections and kindergarten readiness. There are 3 total workshops; you can attend one or all. Here are upcoming workshops:

Hayesville Elementary

Call to register- (503) 399-3153
February 21, March 20, April 25
5:00-7:00pm

North Marion Elementary

Call to register- (503) 678-8500
February 6 and March 20
5:00-8:00pm

St. Paul Elementary School

Call to register- (503) 633-2691
February 7 and April 4
5:30-7:30pm

Heritage Elementary School

No registration required!
February 5
5:30-7:30pm

To find more Ready! workshops visit our [calendar!](#)

Upcoming Parenting Classes

Incredible Years (English)

Scotts Mills Elementary
805 1st St.
Scotts Mills, Oregon
Every Tues., Feb. 6-May 15
5:00-7:00pm
Call (503) 873-4394 to register



Incredible Years (English & Spanish)

Morningside United Methodist Church
3674 12th St
Salem, Oregon
Every Thurs., Feb. 1- April 26
5:30-8:00pm
Call (503) 364-5013 to register

Nurturing Parenting (English)

Independence Elementary
150 S. 4th St
Independence, Oregon
Every Thurs., Feb. 1- March 15
3:00-5:00pm
To register visit the event here

For additional classes in Marion
County visit our [calendar!](#)

For additional classes in Polk
County visit [Mid-Valley Parenting](#)



Blog of the Month

You know what's really cute? Seeing your kid smile and get excited about brushing their teeth! You know what's even cuter? Watching your four-year old grab their toothbrush and bring out the little one for his 16-month old sister as well!

[-- Read More --](#)

Do you want fun easy activities that help your child learn? Download the **FREE** Vroom smartphone app for activities and learn the science behind early brain development. Available in English and Spanish

Search for the Daily Vroom app in the iTunes, Google Play or Amazon Fire stores.

OR

Sign up for weekly brain building text message by texting CHILD to 48258.

vroom
Brain building moments

Vroom Tip

When you're brushing your child's teeth, look in the mirror together. Talk about how your teeth are the same and different from his/hers. For example, you have more teeth and bigger teeth, but you can make funny faces. Follow your child's lead and talk with him/her about what he/she notices.

[More Vroom Tips](#)