

February is National Children's Dental Health Month®

Get a Gold Medal Smile®



Health Impacts

Poor oral hygiene including cavities, missing teeth and periodontal disease, can affect one's overall health and ability to eat healthy foods. Several reports link low-grade infection in the mouth to illnesses such as cardiovascular disease (heart disease and stroke), respiratory ailments (lung disease), cancer (involving the head & neck, esophagus, and lungs) & poor pregnancy outcomes (babies born too small & too soon).

Sources:

"How Poor Oral Hygiene Affects Your Health"

Associated Content by Yahoo!

"Oral Health" www.health.state.ny.us

Eating for Good Dental Health

Eating nutritious foods and establishing healthy eating habits can put you and your children on the road to good dental health.

- Eat a balanced diet, including foods from all the food groups.

- Never allow your baby or toddler to fall asleep with a bottle or sippy cup of anything other than water. This will help avoid baby bottle tooth decay.
- Remove the stopper from sippy cups so your toddler won't drink out of it like a bottle.
- Teach your toddler to drink from an open cup. Some sippy cups are better for a child's teeth—ask our staff if you would like to see some examples.
- Offer your child water as their primary drink. Also offer your toddler 2 cups of milk each day in a cup.
- Limit juice to 2 oz for infants and 4 oz for toddlers. Dilute the juice with extra water. Don't allow your toddler to walk around with a sippy cup of juice.
- Establish set meal & snack times—offer milk or juice in moderation at these times. Only offer your toddler water between meals.
- Choose healthy snacks for yourself and your children—cut up fruits & veggies, cheese & yogurt. Limit snacks that stick to their teeth such as crackers, cookies and dried fruit—or serve them with something like cheese that will help clean their teeth as they eat.
- Limit your family's sugar intake.

Brushing/Flossing

Guidelines



- Adults should brush twice a day for 2 minutes and floss once a day. Good oral care is especially important in pregnancy.
- Wipe your baby's mouth and gums with a soft, damp cloth twice daily.
- Once teeth come in, brush with a small, soft toothbrush with a small amount of toothpaste. Start flossing when 2 teeth are touching.
- For your toddler, apply a small amount of toothpaste for them. Let them brush their own teeth first & then brush them yourself to get any spots they missed. Brush twice daily and floss once a day.

For more information

www.ada.org

www.healthyteeth.org

Smart Snacking for Healthy Teeth

Fresh fruits and vegetables

- Berries, oranges, melons, pears, apples, bananas
- Broccoli, celery, carrots, cucumbers, tomatoes
- Unsweetened fruit or vegetable juices
- Canned fruits in natural juices

Grains *(pair with a protein or dairy food)*

- Whole wheat bread, plain bagels
- Unsweetened cereal
- Unbuttered popcorn
- Baked tortilla chips
- Pretzels or plain crackers

Milk and dairy products

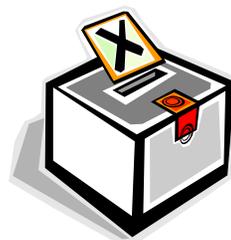
- Low or non-fat milk
- Low or non-fat yogurt
- Low fat cheese
- Low or non-fat cottage cheese

Meat, nuts and seeds (proteins)

- Sliced meats
- Pumpkin or sunflower seeds
- Nuts (for children over 2 years old) – be sure to watch your kids as they can be a choking hazard.
- Hard boiled eggs

WIC Satisfaction Surveys

We have developed a new satisfaction surveys for our WIC participants. Sometimes when you come in for your WIC appointment you will be asked to fill out a survey. When you complete a survey, please put it in the locked metal box that can be found in our waiting areas. Please do not hand it to a WIC staff member. We appreciate your honesty and input on our surveys. If at any time you would like to fill out a survey but were not offered one, feel free to ask the employee at the front desk for one. Thank you!

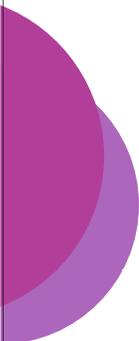


Cold & Flu Season

Cold & flu season is upon us! If you or your children are sick, please call to reschedule your appointment. You should have checks that go through the end of the month. If you are in need of checks, ask our staff when you call to reschedule and in many cases we can work something out. Thank you!

Office Closures

January 21 – Human Rights Day
February 18 – President's Day



January/ February 2013



WIC Newsletter

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