Hello Head Start participants, I hope you are all doing well. During this time of uncertainty, we are unsure when we will be returning. Therefore, if your child is going into Kindergarten this year make sure to have a copy of your child’s current physical (ask your child’s pediatrician) or an updated physical if it is past due. In addition, the topics for this week are: healthy beverages vs. sugary beverages and oral hygiene.

**Topic 1- Physicals**

As mentioned earlier, having a current physical is important for many reasons. One of the reasons is to make sure your child gets vaccinated (to help prevent the spread of diseases) and to upkeep with your child’s well-being.

**Topic 2- Healthy vs. Sugary Beverages**

Remember when choosing a beverage make sure to choose beverages that are healthy (have less sugar and are less in calories). Such as water (about 4-6 cups a day) or milk (1% or 2%). Try to avoid beverages that are sugary. Such as: flavored milk (strawberry and chocolate), non-diet pop or soda, fruit drinks (such as fruit punch and juice concentrated), Kool Aid, Vitamin Water, sweetened teas, and energy drinks. By avoiding all soda and sugary beverages, you can help prevent tooth decay. Sugary beverages are also high in artificial sweeteners, which are not good for children.

**Topic 3- Oral Hygiene**

Head Start teachers play an important role in promoting good oral health. Therefore, since we are not in school at the moment it is important for a child to have adult supervision while brushing their teeth. Having children brush their own teeth help them develop good oral hygiene habits.

While brushing their teeth it is important to brush with fluoride toothpaste and fluoride water to help prevent tooth decay. Tooth decay is bacteria in the mouth that use sugar in food to make acid to eat away the enamel (surface) of the teeth. Other methods that help prevent tooth decay include: brushing your teeth 2x a day (morning and night) and in between meals, flossing, and following up with your child’s orthodontist.

So now that we went over all the topics for this week, we hope you have a super week and continue practicing personal hygiene and maintaining a healthy lifestyle. Just note, we are all in it together and will continue to do our very best to provide you with some educational information.