



# HIPPY

## homeroom

A Newsletter for the Home Instruction for Parents of Preschool Youngsters  
Parent Edition February 2019 Volume 1, Issue 40

### DID YOU KNOW?

**Did you know that the following inventions were created by African American inventors?**

- 💡 Coin changer: James Bauer
- 💡 Letter box: G.E. Becket
- 💡 Disposable syringe: Phil Brooks
- 💡 Super soaker: Lonnie Johnson
- 💡 Bicycle frame: Isaac Johnson
- 💡 Space shuttle retrieval arm: William Harwell
- 💡 Envelope seal: F.W. Leslie
- 💡 Pressure cooker: Maurice Lee
- 💡 Pencil sharpener: John Love
- 💡 Home security system: Marie Brown
- 💡 Cotton and corn planters: Henry Blair
- 💡 Pacemaker: Otis Boykin
- 💡 Lawn mower: John Burr
- 💡 Peanut butter: George Washington Carver
- 💡 Horse riding saddle: William Davis
- 💡 Doorknob and doorstop: O. Dorsey
- 💡 Fire extinguisher: Tom Marshal
- 💡 Elevator: Alexander Miles
- 💡 Traffic signal: Garret Morgan



## 10 Ways To Show Your Kids Love

1. **Be Random:** Tell your child you love him/her during dinner, while riding in the car, or anytime.
2. **Get Creative:** If your child is not a cuddler, connect in other ways. Ruffle his/her hair, dance together, roughhouse, give a pat on the back, brush his/her hair, etc.
3. **Be There When Your Child Fails:** Let your child make some mistakes-then listen, and give reassurance and affection.
4. **Give Hugs in Good Times and Bad:** It is easy to give hugs when your child is doing the right thing, but giving hugs after an argument is even more powerful to show you love your child no matter what.
5. **Stay Connected:** Write a note, draw a picture or include a sticker for your child's lunch box, bring home an interesting rock or flower for your child, take a cellphone picture of something you see during the day that your child would like, etc.
6. **Let Your Child Help:** Don't worry about the work being done perfectly, just enjoy the time spent together. Your child can help you fold laundry, empty the dishwasher, make a meal, rake leaves, etc.
7. **Sing Together:** Share your favorite music or make up songs as you go about your day.
8. **Make a Date:** Take your child on a special outing, grab a bite to eat, do a fun activity- just enjoy the one on one time with your child.
9. **Tell Stories:** Tell your child stories about when he/she was younger. Share pictures to go with the stories.
10. **Brag:** Let your child hear you brag about something that he or she has done that you were proud of.

(Sources: Parenting.com, simplekids.net, babble.com)



## Dental Health Month Resources

### **American Dental Association:**

Scroll down for the posters and activity sheets in English and Spanish. <https://www.mouthhealthy.org/en/resources/activity-sheets>

**DLTK Crafts for Kids:** Dental health crafts and activities.

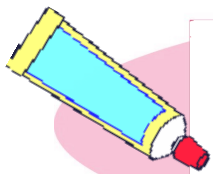
[https://www.dltk-kids.com/crafts/miscellaneous/dental\\_health\\_month.htm](https://www.dltk-kids.com/crafts/miscellaneous/dental_health_month.htm)

**NEA:** Great links to dental health month book ideas, lessons, experiments, brushing logs, and more. <http://www.nea.org/grants/National-Childrens-Dental-Health-Month.htm>

**Sesame Street:** Healthy Teeth, Healthy Me toolkit for parents. <https://sesamestreetincommunities.org/topics/health/>

**Know Your Teeth:** A ton of articles on children's oral health questions. <http://www.knowyourteeth.com/infobites/>

**Mouth Healthy:** Information about dental care and babies. <https://www.mouthhealthy.org/en/babies-and-kids>



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## Dental Health Month

### Caring for Your Children's Teeth

Start caring for your child's teeth as soon as they appear. Tooth decay can begin as soon as babies get their teeth, but it is preventable.

- Begin cleaning your baby's mouth in the first few days after birth by wiping the gums with a clean, moist gauze pad or wash-cloth.
  - Do not share spoons or cups and do not clean the baby's pacifier with your mouth to avoid giving your child cavity-causing bacteria.
  - For children younger than 3, caregivers should begin brushing children's teeth as soon as they begin to come in by using fluoride toothpaste in a very small amount, no more than the size of a grain of rice, and a soft-bristled brush.
- \*\* Use fluoride toothpaste from the start to block cavities.**
- Caregivers should brush young children's teeth thoroughly twice a day or as directed by a dentist. Young children are not fully capable of thoroughly brushing their teeth by themselves at this age
  - For children 3-6 years old, use a pea-sized amount of fluoride

toothpaste. Brush teeth thoroughly twice per day or as directed. Supervise children's brushing and remind them not to swallow the toothpaste.

They may need help brushing until the age of 5.

- When your child has two teeth that touch, you should begin flossing his/her teeth daily.
- The best technique for brushing is to tilt the bristles a bit toward the gums and gently brush in tiny little circles, touching every surface of each tooth. Time is not as important as technique.



### Dental Visits:

- The American Dental Association recommends that the first dental visit take place within six months after the first tooth appears, but no later than a child's first birthday.
- Try to make the first visit a morning appointment when your child tends to be rested and more cooperative.
- Do not voice your own concerns or worries about the dentist. Be positive.

- Do not bribe your child or use the dentist as a punishment.
- Talk with your child beforehand about what to expect at the dentist.

### During your first visit the dentist will:

- ✓ Look in your child's mouth to conduct an oral exam.
- ✓ Let you know if your child is at risk of developing tooth decay.
- ✓ Clean your child's teeth.
- ✓ Obtain a dental history.
- ✓ Guide parents on proper brushing habits and cavity prevention.
- ✓ Discuss any habits such as pacifier use, thumb sucking, etc.
- ✓ Determine how often a child should visit the dentist and schedule a next appointment.

**\*\*Research shows that kids who saw a dentist before age 1 have 40% lower overall dental costs in their first five years than kids who did not.**

### Fun Dental Health Activities:

- Let your child pick out his/her toothbrush (fun colors or favorite characters will make your child more likely to brush).
- Keep a tooth brushing chart. Let

your child mark off the boxes or put on stickers after he or she has brushed in the morning and at night.

- Read books about dental health (see list below)
- Sing a teeth cleaning song: (To the tune of "Do your Ears Hang Low")  
*Are your teeth clean and white?  
Do you brush them every night?  
Do you brush them in the morning?  
Do you brush them at night?  
Do you brush them side to side?  
Are your teeth clean and white?*

- Happy Mouth/Sad Mouth Collage: Discuss foods that are good for your teeth and bad for your teeth. Then have your child cut pictures out of magazines. Glue the ones that make your mouth happy to one side and the ones that make your mouth sad to the other side of a piece of paper.



(Sources: [stepbystepcc.com](http://stepbystepcc.com), [mouth-healthy.org](http://mouth-healthy.org), [parents.com](http://parents.com), [knowyourteeth.com](http://knowyourteeth.com))

### Dental Health Book Recommendations

- The Berenstain Bears: Visit the Dentist* by Stan and Jan Berenstain
- Clarabella's Teeth* by An Vrombaut
- Going to the Dentist* by Anne Civardi
- Just Going to the Dentist* by Mercer Mayer
- Brush Your Teeth, Please: A Pop-up Book* by Leslie McGuire
- Open Wide: Tooth School Inside* by Laurie Keller

- Curious George Visits the Dentist* by H. A. Rey
- Brush, Brush, Brush!* by Alicia Padron
- The Crocodile and the Dentist* by Taro Gomi
- Arthur's Tooth* by Marc Brown
- The Tooth Book* by Edward Miller
- Show Me Your Smile!: A Visit to the Dentist* by Christine Ricci