Early Childhood Health Services News
Head Start Health Services Staff: Pauline, Health Service Coordinator, Darcie and Abby our Unity Point Contracted Nurses

Oral Health
Oral health is just as important as your child’s physical, mental, and hearing health.

Tooth decay is the most common chronic childhood disease and the most preventable. That is why having a child have a dental home and regular dental exams are part of the Head Start performance standards. We are here to help you with any barriers you may have in obtaining a dental exam or dental treatment for your child.

If you are experiencing barriers to your child having a dental exam, please contact your Head Start Health Coordinator, Pauline, at 235-0383. Our partnership

Dental Partnerships—Our program is partnering with Dr. Fontaine Walker to provide oral health services to our children and families. Providing dental exams in our centers and home visits throughout the year and providing fluoride varnish applications every three months. Including children without insurance. We also partner with the I-SMILES program providing oral screens for Head Start children in the elementary schools.

Preventing Dental Carries (Cavities)

- Brush teeth, tongue, and gums twice a day for 2 minutes with fluoridated toothpaste
- Have your child eat a well balanced diet. Limit or eliminate sugary/sticky snacks
- Consult a physician/dentist regarding supplemental use of fluoride or sealants
- Take your child to the dentist by 1 year of age
- Maintain regular check ups every 6 months

Our Oral Screen includes a Fluoride Varnish

How fluoride works!

It’s like a vitamin for teeth!

- At Birth
  - Teeth are forming, but are not in a baby’s mouth yet
  - Fluoride makes them grow stronger
- Teeth in the Mouth
  - Fluoride makes teeth stronger
  - Protects teeth from acid that germs make
  - Stops germs from making acid
  - Helps fix places where acid started to eat holes (cavities) in the outside layer (enamel) of teeth
  - Slows cavities down