



Laugh and LEARN

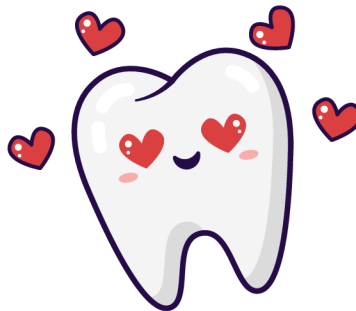
February 2025 Parent Packet

Check your parent packets for new info each month. And you'll get some additional information in your inbox each week after the program...stay tuned and make sure you're checking those emails!

Love Your Teeth Magnet

Supplies:

- Scissors
- Stickers
- Magnet



1. Cut out tooth.
2. Decorate with stickers provided (or your own stickers, or color your tooth, or decorate it any way you want!)
3. Peel and stick provided magnet on back of tooth
4. Display your work of art on the fridge!



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Disabilities
accommodated
with prior notification.

Taking Care of Tiny Teeth

February is National Children's Dental Health Month. Even before babies can talk or eat, they often start to get teeth. It is important as caregivers to take care of babies' and children's teeth from their very first tooth and beyond. Childhood cavities are common, but often preventable. It is never too late to practice good dental care. Follow the tips below from the CDC to keep your little one's teeth healthy.

For Babies

- Wipe gums twice a day with a soft, clean washcloth in the morning after the first feeding and again right before bed. This wipes away bacteria and sugar that can cause cavities.
- When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.
- Visit the dentist by your baby's first birthday to spot signs of problems early.
- Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears.

For Children

- Brush their teeth twice a day with fluoride toothpaste.
- Help your child brush their teeth until they have good brushing skills. If your child is younger than 6, watch them brush. Make sure they use a pea-sized amount of toothpaste and always spit it out rather than swallow.
- Ask your child's dentist to apply dental sealants when appropriate.
- Drink tap water that contains fluoride.

Reference: <https://www.cdc.gov/oral-health/prevention/oral-health-tips-for-children.html>

Source: Katherine Jury, Extension Specialist for Family Health

Next Play Date

Friday, March 14 | 9:00AM
Grayson County Extension Office

