

WCAC Early Head Start Newsletter

January/February 2018

Happy New Year!



January is Birth Defect Awareness Month. We know that not all birth defects can be prevented. But, we also know that women can increase their chances of having a healthy baby by managing health conditions and adopting healthy behaviors before becoming pregnant. Make a PACT, a commitment to yourself, to get healthy before and during pregnancy by actively trying to plan ahead, avoid harmful substances, choose a healthy lifestyle, and talk with your healthcare provider.

Plan ahead.

- *Get 400 micrograms (mcg) of folic acid every day. Folic acid is a B vitamin.
- *See a healthcare professional regularly. A woman should be sure to see her doctor when planning a pregnancy and start prenatal care as soon as she thinks that she is pregnant. It is important to see the doctor regularly throughout pregnancy, so a woman should keep all her prenatal care appointments.

Avoid harmful substances.

- *Avoid alcohol at any time during pregnancy.
- *Avoid smoking cigarettes.
- *Avoid marijuana and other drugs.
- *Prevent infections.

Choose a healthy lifestyle.

- *Keep diabetes under control.
- *Strive to reach and maintain a healthy weight.

Talk with your healthcare provider.

- *Talk to a healthcare provider about taking any medications.
- *Talk to a healthcare provider about vaccinations (shots).

Pregnancy is an exciting time, but it also can be stressful. Knowing that you are doing all that you can to get ready for pregnancy, staying healthy during pregnancy, and giving your baby a healthy start in life will help you to have peace of mind. To learn more visit:

<https://www.cdc.gov/ncbddd/birthdefects/prevention.html>

February: Healthy Hearts, Child Passenger Safety and Children's Dental Health

Eating For A Healthy Heart

Eating for a healthy heart means filling your plate with heart-healthy foods like fruits and vegetables, paying attention to fiber, eating fish a couple times a week, eating healthy fats and limiting unhealthy fats like trans fats, as well as salt. And although no single food is a cure-all, certain foods have been shown to improve your heart health.

Yogurt Raisins Whole Grains Beans Salmon/Fish Nuts
Chocolate Tomatoes Apples Berries Pomegranates Bananas
Popcorn Green Tea

For more information and tips visit

www.heart.org

CAR SEAT TIPS

How to Ride Safely

***The back seat is the best.** It is the safest place to ride for all children under age 13. Not all cars allow for a car seat in every place that has a seat belt. Check your car owner manual to see where you can put a car seat.

***Be wary of toys in the car.** Choose toys that are soft and will not hurt your child in a crash. Secure any loose objects in the car.

***Wear your seat belt.** We know that when adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every ride. Be sure everyone in the vehicle buckles up, too.

Never leave your child alone in a car, even for a minute.

Find a Car Seat Expert. Safe Kids hosts car seat inspection events across the country where certified car seat technicians can teach you to install and use your car seat properly. In some communities, they also serve in fixed locations called inspection stations during specific days and times. You may find an inspection station at a GM dealership, a hospital or even a fire house.



Children's Dental Health

A baby's 20 primary teeth are already present in the jaws at birth and typically begin to appear when a baby is between 6 months and 1 year.

Most children have a full set of 20 primary teeth by the time they are 3. Every child is different, but usually the first teeth to come in are located in the top and bottom front of their mouth.

When teeth first come in, some babies may have sore or tender gums. Gently rubbing your child's gums with a clean finger, a small, cool spoon or a wet gauze pad can be soothing. You can also give the baby a clean teething ring to chew on. If your child is still cranky and in pain, consult your dentist or physician. Baby teeth are very important to your child's health and development. They help him or her chew, speak and smile. They also hold space in the jaws for permanent teeth that are growing under the gums. When a baby tooth is lost too early, the permanent teeth can drift into the empty space and make it difficult for other adult teeth to find room when they come in. This can make teeth crooked or crowded. That's why starting infants off with good oral care can help protect their teeth for decades to come.

A dental visit at an early age is a "well-baby checkup" for the teeth and should happen **after the first tooth comes in and no later than the first birthday**. Besides checking for cavities and other problems, the dentist can show you how to clean the child's teeth properly and how to handle habits like thumb sucking. Learn more about how to prepare for this visit. It's important to care for your baby's teeth from the start. Here's what to do:

*Begin cleaning your baby's mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth. As soon as teeth appear, decay can occur. A baby's front four teeth usually push through the gums at about 6 months of age, although some children don't have their first tooth until 12 or 14 months.

*For children younger than 3 years, start brushing their teeth as soon as they begin to come into the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician. Supervise children's brushing to ensure that they use of the appropriate amount of toothpaste.

*For children 3 to 6 years of age, use a pea-sized amount of fluoride toothpaste. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician. Supervise children's brushing and remind them not to swallow the toothpaste.

Until you're comfortable that your child can brush on his or her own, continue to brush your child's teeth twice a day with a child-size toothbrush and a pea-sized amount of fluoride toothpaste. When your child has two teeth that touch, you should begin cleaning between their teeth daily.

JANUARY 2018

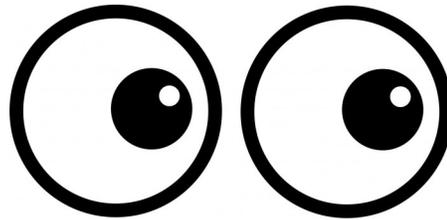
Monday 1st: Agency Closed (New Year's Day)

Wednesday 10th: Parent Meeting 9:00-10:00

Monday 15th: Agency Closed (Martin Luther King Day)

Friday 19th: Socialization (@ Head Start 10:30-12:30)

****Hearing/Vision Screenings****



Tuesday 23rd: Socialization (@Webster Library 10:00-12:00)****Hearing/Vision Screenings****

Policy Council Meeting 5:00-7:00 Dinner and Child care provided

Friday 26th: Scholastic Book Orders Due!!!

FEBRUARY 2018

Thursday 1st: Socialization (@Spencer Library 10:00-12:00)

Friday 9th: Socialization (@Southbridge Library 10:00-12:00)

Wednesday 14th: Parent Meeting 9:00-10:00

Friday 16th: Socialization (@Head Start 10:30-12:30)

Monday 19th: Agency Closed (Presidents Day)

Wednesday 27th: Socialization (@ Webster 10:00-12:00)



In order to be able to continue having field trips Early Head Start has to do some fundraising. At our last parent meeting it was decided that we would have a can and bottle drive. All you have to do is save your cans and bottles and parent volunteers will collect them and cash them in to help us afford a few more field trips this year. More information about pick ups to follow!