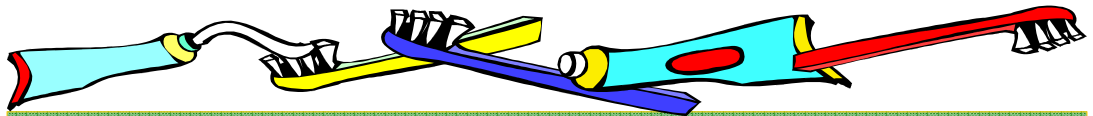


Injury Prevention

The Year of Safety



Dental Health and Safety

**"Safety is
Everyone's
Responsibility"**

Tooth decay (dental caries) affects children in the United States more than any other chronic infectious disease. Putting the baby down to sleep with a bottle of juice or milk can increase the chances of developing tooth decay. Injuries to children often involve trauma to the head and mouth. The leading cause of oral injuries are sports, violence, falls and motor vehicle crashes. It's time to take a proactive approach to dental health. **Ask your child's physician about the application of fluoride varnish (it can be applied every 3 months beginning when the first tooth appears up to age 3). Begin introducing the cup around 9 months of age and stop the bottle at 12 months.**

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Preventing Dental Caries:

- Although dental caries (tooth decay) is largely preventable, it remains the most common chronic disease of children aged 5 to 17 years—5 times more common than asthma (59% versus 11%).
- Once established, the disease requires treatment. A cavity only grows larger and more expensive to repair the longer it remains untreated.
- Fewer than 1 in 5 Medicaid-covered children received at least one preventive dental service in a recent year; many states provide only emergency dental services to Medicaid-eligible adults.
- Poor children have nearly 12 times more restricted-activity days because of dental-related illness than children from higher-income families. Pain and suffering due to untreated tooth decay can lead to problems in eating, speaking, and attending to learning.
- Many adults also have untreated dental caries (e.g., 27% of those 35 to 44 years old and 30% of those 65 years and older).
- Bacteria + Sugar + Teeth = Decay. Tooth decay is an infectious disease. The bacteria can be transferred to a child through saliva. Discourage sharing of utensils during meal times.

Dates to Remember

February—Heart Month

March—Poison Prevention

General recall information
www.safekids.org

Peanut recall information:
<http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm>

What Parents and Caregivers Can Do

Here are some things you can do to ensure good oral health for your child:

- Encourage your children to eat regular nutritious meals & avoid frequent between-meal snacking.
- Protect your child's teeth with fluoride.
- Use a **fluoride toothpaste**. If your child is less than 7 years old, put only a pea-sized amount on their toothbrush. Assist your child in brushing, especially the back molars, where cavities appear most often. Use a soft bristle brush for both children and adults.
- If your drinking water is not **fluoridated**, talk to a dentist or physician about the best way to protect your child's teeth. Ask your Physician about applying varnish at his office.
- Talk to your child's dentist about **dental sealants**. They protect teeth from decay.

Check out the following Web sites for more tips on children's oral health:

- **Children's Oral Health-Surgeon General Fact Sheet**. You will learn quick oral health facts and find information on other ways to protect your child's oral health.
- **Infant Formula and Fluoridated Water**. This page answers frequently asked questions (FAQ's) about mixing infant formula with fluoridated water.
- **Brush Up on Healthy Teeth**. This is a health education campaign including a Brush Up Quiz for Parents, Tip Sheet, and Poster. **En español**. Information for this article from <http://www.cdc.gov/OralHealth/publications/factsheets/>



**EARLY LEARNING
COALITION**
OF SOUTHWEST FLORIDA

"Nurturing the young children of Southwest Florida and those who care for them".

This news letter is available on line in Spanish and English at <http://www.elcofswfl.healthtopics.html>



February is American Heart Month

Heart disease is the leading cause of death for both women and men in the United States.

Women account for 51% of the total heart disease deaths.

- Heart disease can begin early, *even in the teen years.*
- A woman's risk for heart disease rises between the ages of 40 and 60.
- No matter how old you are, you can take steps to lower your risk for heart disease!



Peanut butter recalls—How does that affect your center?

Please note that there have been an enormous amount of products that have been recalled related to possible contamination. We would not be able to put all the recalls in this new letter—so we recommend highly that you go to the link below and sign up for free notification on recalls, directly to your email account.

Remembering that an ounce of prevention is worth a pound of cure—don't put the children or your staff at risk, get the information accurately and quickly on the peanut butter recall and others that might impact your business.

General information on current and past recalls can be obtained from the following sites:
<http://www.recalls.gov/>

Products distributed in Florida. Further details on these and other products related to peanut butter and peanut paste recalled by Peanut Corporation of America, can be obtained from the following site: <http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm> .



With the passing of the bill by President Obama, once again we want to let you know that Kid Care is available for families in Florida and encourage you to pass this information onto your friends and families.

Florida KidCare is the state's children's health insurance program for uninsured children under age 19. It includes four different parts, or programs: MediKids, Healthy Kids, Children's Medical Services and Medicaid. When you apply for the insurance, Florida KidCare will check which program your child may be eligible for based on age and family income.

There are several ways to apply for Florida KidCare:

- If you applied for Florida KidCare before, call **1-888-540-5437** to update your information by telephone, or
 - [Apply online](http://www.floridakidcare.org), (www.floridakidcare.org) or
 - [Print an Application and Instructions](#) you can also fax it back to 1-866-867-0054
- Florida KidCare also offers several ways for you to [pay your monthly premium](#)