



February is National Children's Dental Health Month!

Lifelong oral health habits start at home. Take steps to start making good oral care a daily event for your entire family now, and see those habits last through a lifetime!

- ☺ Brush your teeth at least twice a day with fluoride toothpaste, especially after breakfast and before bedtime. Drinking water after eating also helps to clear your teeth of food particles.
- ☺ Floss every day, best time to do it is at night so left over food doesn't stay stuck all night and lead to cavities.
- ☺ Limit snacking and especially things that are really sticky.
- ☺ Visit a dentist regularly for a routine checkup and a cleaning.
- ☺ Don't forget to change your tooth brush regularly, if you need one let your school nurse know and we will get one for you!
- ☺ Every time you go to the dentist you get a new tooth brush and toothpaste too!
- ☺ Sugary drinks like pop, juice, Gatorade can lead to cavities if they are sipped on all day and if teeth are not brushed after. Best to stick with water! Remember this for young kids who use sippy cups too!

Source: [American Dental Association](#)

February is National Heart Month

5 Tips for Keeping Your Child (and your family!) Heart Healthy

A healthy heart begins with a healthy lifestyle that includes a balanced diet and physical activity! Here are some tips to ensure a healthy heart for the whole family!

- **Avoid Sugary Drinks**
 - These drinks have a lot of added sugar in them, which means unnecessary calories that can translate into extra and unwanted weight.



- **Make Healthy Food Choices**
 - Healthy foods are very important for a healthy heart. Heart healthy foods include vegetables, fruits and whole grains. Dairy products should be low fat and meats should be lean. Having fried, fatty and baked foods sometimes is fine, but should be limited.
 - Portion control is also important, eat until you are satisfied but not stuffed! Wait to go back for seconds until you know if you are still hungry.
 - Regular meals, especially breakfast, is helpful in regulating metabolism and eating as a family when able has been associated with a healthier weight.
- **Engage in Physical Activity**
 - 60 minutes a day of moderate, vigorous activity is good for your heart!
 - What activity is best? Whatever activity you and your family enjoy most!
 - Walking, biking, hiking, skiing, dancing, jogging, jumping....anything to get your heart rate up and keep it up!

**Regular Exercise
To Keep
Your Heart Healthy**



- **Limit Screen Time**
 - Less than 2 hours a day should be spent on a screen: TV, iPad, cell phone, computer.
- **Improve your Sleep Hygiene**
 - Good sleep habits are crucial to a healthy lifestyle. Sleep regulates metabolism and good sleep has been associated with healthier weight.
 - Keep regular sleeping hours, avoid screen time for up to an hour before bed, and avoid eating 2-3 hours before bed.
- **Source: Childrensnational.or**

