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Dear Parent:

Your child's Head Start class has been learning about dental health. Throughout the year, we will continue to remind the children of what they have learned about their dental health.

Please be sure to remind your child at home of the importance of the following rules for good dental health.

- 1) Brush the teeth thoroughly with fluoride toothpaste every day.
- 2) Eat a balanced diet and don't eat too many sugary snacks.
- 3) Visit the dentist as often as he she suggests.

Although your child is too young to floss his or her teeth, you will want to check with your dentist or hygienist to learn the best way you can floss his or her teeth. Also be sure to ask about the use of fluoride to make your child's teeth more resistant to decay and about the sealants to prevent decay in the chewing surfaces of the back teeth.

Remember, your child imitates the things you do. By taking care of your teeth and gums, you are setting a good example for your child to follow. Dental disease can be prevented! Most children start out with strong, healthy teeth -- help make sure that your child's teeth stay that way.

Sincerely,

Lori L. Brewer, LPN

Lori L. Brewer, LPN
Head Start Health Services Specialist

Dental #6
HS-22 2/11

