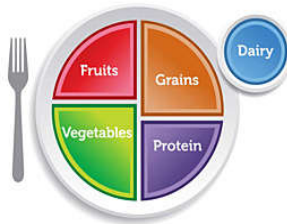




Healthy Living With Head Start

Healthy Focus at Head Start

Head Start works hard to provide your family with as many tools and resources you need to make the best decisions for a happy and healthy life. Here are a few ways we work to give your child a good head start in health:



Meal time: Each of our meals are specially designed to meet the needs of growing bodies while supporting motor skill development, social and emotional growth, and a healthy relationship with food. We encourage an adventurous spirit and bravery at the table to promote new foods and experiences.

Growth screenings: We will help you keep track your child's growth patterns throughout the school year. This gives you and our staff a glimpse of your child's healthy progress and will show us ways to help your child thrive in Head Start. The Dental/Nutrition Specialist is always free to answer questions or provide extra support or information about healthy growth at any time. Call Amy Losee at 607.433.8060 or email alosee@ofoinc.org.



Oral health: Healthy smiles mean so much to us at Head Start. Our classrooms take time each day to brush teeth and learn about oral health. We will work with your family throughout the year to keep up with dental visits and other oral health needs. Ask your Family Partner or Classroom Teacher about all the ways we can help keep your family's smiles' healthy.

Head Start Smiles

Supporting your family's oral health is a priority in Head Start. Because we know a healthy smile will lead to better learning, we have a few ways to make oral health easier for your family:

- * **Scheduling:** We have a number of prescheduled appointments available at the Smile Lodge in Clifton Park to make scheduling quick and easy.
- * **Transportation:** Many families struggle to find a dental office close enough to their home to be able to get to scheduled appointments. We can help with transportation, let your Family Partner or Classroom Teacher know ahead of time if you need help getting to your next appointment.
- * **Classroom Dental Days:** Each center will be visited by a dentist during the program year to provide an on site exam for Head Start children. Space is limited for these exams, so ask your Classroom Teacher or Family Partner when your dental day will take place, to take advantage of this program.
- * **Reminders:** To help you stay on top of oral health appointments, our staff will send reminders and offer support for upcoming appointments. Look for the Oral Health Reminder in your child's backpack to let us know the best way to help your family get to the dentist.
- * **Paperwork:** Classroom staff and Family Partners can help bridge the gap with your dental office to make getting documentation of your child's most recent oral health exam a breeze.

- * **Making Oral Health Fun:** Head Start classrooms are filled with great books and toys designed to make oral health a normal and exciting part of growing up. We take time during the day to brush our teeth together and talk about healthy smiles to make seeing the dentist a little less scary.



Your Child's Healthcare Schedule

Head Start and Early Head Start work closely with families to make sure everyone has access to medical care. This is what you might expect during health exams as your child grows:

Newborn: Height/weight, head circumference, hearing screening, developmental assessment, hemoglobin screenings, immunizations (HepB)

2-4 day well-baby visit: Height/weight, head circumference, developmental assessment

1 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations

2 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (RV, DTap, HepB, Hib, PCV, IPV)

4 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (RV, DTap, Hib, PCV, IPV)

6 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (HepB, RV, Dtap, Hib, PCV, IPV, Influenza)

9 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment

12 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, lead screening, anemia screening, immunizations (MMR, Varicella, HepA)

15 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (DTap, HIB, IPV, PVC)

18 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment

24 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, lead screening, immunizations (Influenza)

3 year well-child visit: Height/weight, blood pressure, vision/hearing screening, developmental assessment, immunizations (Influenza)

4 year well-child visit: Height/weight, blood pressure, vision/hearing screening, developmental assessment, immunizations (Influenza, Dtap, IPV, MMR, Varicella)

Individual health and immunization schedules vary - ask your care provider for your child's well-care needs

Making Mealtime Memories

Cowboy Caviar

Back to school time can get overwhelming; adding extra chaos to your everyday errands and obligations can make anyone short on time and patience. Quick and easy recipes like this can make mealtime a breeze. Get children involved in preparing the food to get them excited about mealtime.

Ingredients

- * 1 can black beans (drained)
- * 1 can black-eyed peas (drained)
- * 2 medium tomatoes
- * 1 small onion
- * 1 sweet bell pepper
- * 2 cups frozen corn kernels (thawed)
- * 1/4 cup Italian salad dressing
- * Add in any other vegetable to mix up the flavors


Directions

- * Dice the tomatoes, onions, and peppers into 1/4 inch pieces.
- * Mix all vegetables and beans into a large bowl.
- * Add the Italian salad dressing and mix until combined.
- * Refrigerate for 20 minutes before serving.
- * Serve with tortilla chips for dipping, as a filling for tacos, or as part of a salad.



Newsletter created by: Amy Losee

Please contact Amy Losee, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060

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