

REMINDERS

Wear RED 

- ♥ Friday, 2/2 for National Wear Red Day for Heart Disease
- ♥ Wednesday, 2/14 for Congenital Heart Defect (CHD) Awareness Day



PRESIDENT'S DAY
WE ARE OPEN!

Most schools will be closed, but our centers will be OPEN for President's Day on Monday, February 19th.

Please make sure to check your Procure App Calendar periodically for events, closures, and more.

*This is based on the school calendar. School calendars change periodically, so please make sure to confirm this closure with your child's school.

SPRING BREAK

Worried about care? We've got you covered! We will have special Spring Break programming to keep your child growing during their school break!



ORAL HEALTH EDUCATION



1 in 5 kids aged 5-11 years old have at least one untreated cavity

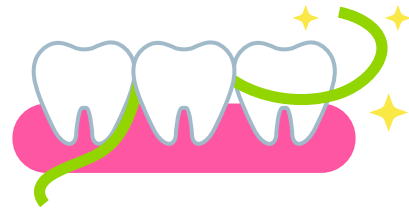
But cavities are preventable!



National Children's Dental Health Month

February is National Children's Dental Health Month. Cavities, also known as caries or tooth decay, are the most common chronic disease of childhood, yet cavities are preventable.

Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums.



THERAPY SPOTLIGHT

TEETH BRUSHING

Encourage teeth brushing from an early age to provide oral-sensory experiences for your child. Remember; keep it positive and child-led! Did you know: poor oral health can lead to increased illness? Check out our favorite starter tooth brush here:



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Oral Health



Oral Health is essential to overall health

Children with poor oral health often miss more school and receive lower grades than children who do not have poor oral health.



1 in 5 kids aged 5-11 years old have at least one untreated cavity



1 in 7 adolescents aged 12-19 years old have at least one untreated cavity

Tooth decay (a cavity) is one of the most common chronic childhood diseases in the United States.

Risk factors for cavities:

- Family members have cavities
- Eating/drinking a lot of sugary food and drinks, especially soda
- Special healthcare needs
- Braces, orthodontics, or oral appliances

Tips for Oral Health



Babies

- Wipe gums twice daily with a soft cloth
- When teeth come in, brush twice daily with a soft, small-bristled toothbrush and plain water
- Visit the dentist by the first birthday
- Talk to your dentist or provider about putting on a fluoride varnish to help protect teeth

Children

- Brush teeth twice daily with fluoride toothpaste (under 2, check with your dentist or provider first)
- Drink tap water that contains fluoride
- Have access to a dentist for regular care
- Ask your dentist about sealants

Good News!
Cavities are preventable!

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