

# February Newsletter



## February Birthdays

Hailey Hausrath 02/02  
Brandon Marong 02/08  
Carter Hausrath 02/26  
Evelyn Matthies 02/27

## Important Dates

**Feb. 14th:** Friendship Party  
**Feb. 26th:** Dental Hygienist Visit

## Monthly Themes

**Color:** Pink **Shape:** Heart

**Feb. 3-7:** Valentine/ "Jesus Feeds 1000s"

**Feb. 10-14:** Dental Health/ "Jesus Walks on Water"

**Feb. 17-21:** Transportation/ "The Good Samaritan"

**Feb.24-28:**Community Helpers/ "Mary and Martha"

## **February is Children's Dental Health Month**

This month we are celebrating children's dental health. It is never too early to start good dental habits. Teeth brushing can begin as soon as the child's first tooth pops through. If you begin tooth brushing at this early age, by the time the child can do it on his or her own, it will already be a habit.

The American Dental Association (ADA) recommends brushing your child's teeth at least twice a day to help prevent tooth decay and gum disease. Use a soft children's toothbrush. Starting at 18 months, you can use a toothpaste with low-fluoride. Be sure to use only a small amount as too much fluoride can cause white spots on your child's teeth. Help your child by showing him how to brush in gentle circles on all surfaces of the teeth. After brushing, encourage your child to spit out the toothpaste.

The ADA also recommends scheduling your child's first oral health assessment by the age of 2. It can be helpful to take your child with you to your dental exam so that she can see what the dentist does. The dental hygienist can show your child the different tools that are used to clean teeth. This way when it is her turn to sit in the seat, she will know what to expect. You can also have your child sit in your lap as the hygienist does her exam.

Besides brushing and regular dental check-ups, there are a few other easy tips you can follow to ensure your child has healthy teeth. The first thing you can do is limit the amount of juice your child is drinking. Water is the best beverage choice. It contains a small amount of fluoride which will help keep your child's teeth healthy. Milk is the next best choice as the calcium helps build strong teeth and bones. Dentists also recommend limiting sugary foods. Instead, children should snack on fruits and vegetables, yogurt, and cheese. These foods contain the vitamins and minerals that your child needs to have healthy teeth and body.

Dental health is so important. Taking just a few minutes in the morning and a few minutes before bed to teach your child healthy dental habits can save them years of dental problems. Help them keep that beautiful smile sparkly and bright!

# What's Happening at The Rock?

We're excited that on February 27th, we will have Mrs. Barry visiting us to help teach our children healthy dental habits. She will do a demonstration for the children to show them how to brush and floss as well as what can happen if we don't do these things. She will also answer any questions the children have. We are looking forward to having her here!



## Referral Program

The highest compliment our parents can give us is a referral of a new family for child care. The trust and confidence that you place in us each day means so much to us. In appreciation for your confidence, if you refer a family and they register, you will earn tuition credit!

### It's as easy as 1, 2, 3!

1. Refer a family to us.
2. The family that you refer must give the management team your name and put it on the necessary form for enrollment.
3. After the family has attended for four weeks, your account will be credited. You will earn \$50 for part-time enrollment, or \$100 for full-time enrollment.

## From the Office

Here at The Rock, we know how important it is to have children play outside. We strive to get our children out twice a day, weather permitting. Please have a snowsuit, jacket, hat, gloves, and boots in your child's cubby for outside play.



Please remember to check your child's mailbox and cubby at the end of the day. The mailboxes have all of you child's wonderful artwork. The cubbies sometimes also have special things that the children have made throughout the day or their friends have made for them. Please also remember to take home any extra items out of your child's cubby. Thank you!