



Washington Preschool  
1100 Broad Avenue  
Findlay, Ohio 45840  
419-425-8231  
Mrs. Kathy Young, Principal



## February Newsletter

2018



### Principal's Corner

Applications for 2018-2019 preschool are now available! Existing students who are returning do not need to re-apply but please tell your neighbors or friends if they are interested in our program.

Lincoln/Washington Preschool Focus group will be held at Lincoln Elementary on February 20<sup>th</sup>. Watch for an invitation to share your thoughts.

### District Information

Kindergarten registration will be starting soon!

If your child will be attending Kindergarten for the 2018-2019 school year, please watch for more information to be coming home in the next few days regarding registration.

### February is Dental Health Month

Dental hygiene for preschoolers should be a priority, even though baby teeth don't stick around for long. After all, children can develop cavities and tooth decay in their baby teeth if they're eating sugary foods and not following proper oral care.

Good dental hygiene in preschoolers starts with you. Lead by example by brushing and flossing every day.

### Dates to Remember

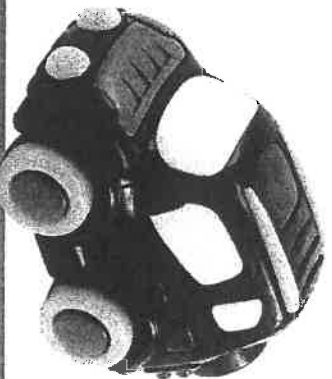
- February 6-8 - Children's Museum Field Trip
- February 9 - 2 hour delay
- February 13 - 100<sup>th</sup> Day celebrated!
- February 19 - No School- Presidents Day
- February 20 - Focus Group

## Get Dental Care for Your Child

- Check your child's teeth and gums once a month. Look for white spots. If you see white spots, take your child to a dentist right away.
- If your child has not been to the dentist, make an appointment.
- Continue to visit the dentist to have your child's teeth and gums checked. The dentist will tell you when you need to come back.

## Keep Your Own Mouth Healthy

- Brush your teeth with a soft toothbrush and toothpaste with fluoride, twice a day, after breakfast and before bed.
- Floss once a day before bedtime.
- Eat healthy foods, like whole-grain products, dairy products, fruits, vegetables, meat, fish, chicken, eggs, beans, and nuts.
- Eat fewer sweets like candy, cookies, or cake. Drink fewer sugary drinks like fruit-flavored drinks or pop (soda). Eat sweets or drink sugary drinks at mealtimes only.
- Get dental care.



## Resources

### Finding a Dentist

- <http://www.aapd.org/finddentist>
- <http://www.ada.org/ada/findadentist/advancedsearch.aspx>
- <http://www.knowyourteeth.com/findadentist>

### Finding Low-Cost Dental Care

- <http://www.nidcr.nih.gov/FindingDentalCare/ReducedCost/FLCDC.htm>

### Finding Dental Insurance Coverage

- <https://www.insurekidsnow.gov>

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Website: <http://www.mchoralhealth.org>



## A Healthy Smile for Your Young Child

### Tips to Keep Your Child Healthy



Taking care of your young child's teeth and gums is important. Brush your child's teeth, give your child healthy foods, and take your child to the dentist. If you take care of your teeth, it will help your child's teeth stay healthy, too.



Children need healthy teeth.

Healthy teeth help them to chew and to speak clearly. Baby teeth also make space for adult teeth. Young children want to brush their own teeth, but they need help. Until your child is about 7 or 8, you should brush her teeth.

Give your child a healthy start. Here are tips to keep your child's teeth and gums healthy.



## Take Care of Your Child's Mouth

- Brush your child's teeth with toothpaste with fluoride (floor-ide) twice a day, after breakfast and before bed. Use a soft toothbrush made for young children.
- For children under age 3, use a small smear of toothpaste. For children ages 3–6, use toothpaste the size of a pea.



Smear

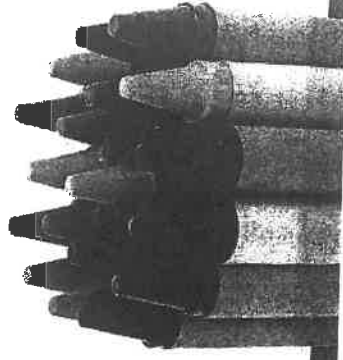


Pea-size

- Brush the front and back of your child's teeth. Lift his lips to brush at the gum line of his front teeth.
- Make sure your child spits out the toothpaste after brushing. Do not have your child rinse with water. The toothpaste that stays in your child's mouth is good for his teeth.
- Floss your child's teeth if they touch each other. Ask dental office staff for help.
- If your child has sore gums from a tooth coming in, give him a cold teething ring, cool spoon, or cold wet washcloth. Or you can rub your child's gums with a clean finger.
- Germs can pass from your mouth to your child's mouth. Use a different spoon to taste your child's food. If your child's pacifier falls on the floor, clean it with water.
- Do not dip pacifiers in sweet foods like sugar, honey, or syrup.

## Give Your Child Healthy Foods

- Give your child healthy foods. Give her foods like fruits, vegetables, whole-grain products like bread or crackers, and dairy products like milk, yogurt, or cheese. Lean meats, fish, chicken, eggs, and beans are also good for your child.
- Wean your child from a bottle to a cup by age 12 to 14 months.
- Do not put your child to sleep with a bottle filled with milk, juice, or sugary drinks like fruit-flavored drinks or pop (soda).
- Serve juice in a cup with no lid, not a bottle. Do not give your child more than 4 to 6 ounces of juice each day. Give your child 100-percent fruit juice only. It is even better to give your child fruit instead of juice.
- Give your child water several times a day. The water should have fluoride.
- Give your child fewer sweets like candy, cookies, or cake. And give your child fewer sugary drinks. If you give your child sweets or sugary drinks, give them at mealtimes only.
- Reward your child with a big smile or a hug, not with food.



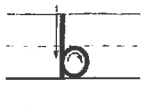
## Detailed Manuscript Stroke Descriptions



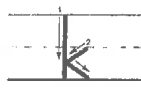
Touch below the midline; **circle back (left) all the way around. Push up straight** to the midline. **Pull down straight** to the baseline.



Touch the midline; **pull down straight** through the baseline to the next guideline; **curve back (left). Lift. Dot.**



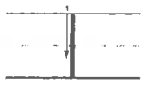
Touch the headline; **pull down straight** to the baseline. **Push up; circle forward (right)** all the way around.



Touch the headline; **pull down straight** to the baseline. **Lift.** Move to the right and touch the midline; **slant left. Slant right** to the baseline.



Touch below the midline; **circle back (left)**, ending above the baseline.



Touch the headline; **pull down straight** to the baseline.



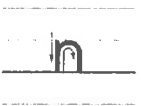
Touch below the midline; **circle back (left) all the way around. Push up straight** to the headline. **Pull down straight** to the baseline.



Touch the midline; **pull down straight** to the baseline. **Push up; curve forward (right); pull down straight** to the baseline. **Push up; curve forward (right); pull down straight** to the baseline.



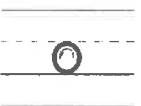
Touch halfway between the midline and baseline; **slide right; circle back (left)**, ending above the baseline.



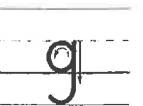
Touch the midline; **pull down straight** to the baseline. **Push up; curve forward (right); pull down straight** to the baseline.



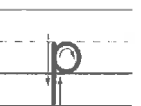
Touch below the headline; **curve back (left); pull down straight** to the baseline. **Lift.** Touch the midline; **slide right.**



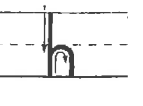
Touch below the midline; **circle back (left) all the way around.**



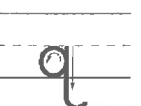
Touch below the midline; **circle back (left) all the way around. Push up straight** to the midline. **Pull down straight** through the baseline to the next guideline; **curve back (left).**



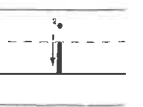
Touch the midline; **pull down straight** through the baseline to the next guideline. **Push up; circle forward (right) all the way around.**



Touch the headline; **pull down straight** to the baseline. **Push up; curve forward (right); pull down straight** to the baseline.



Touch below the midline; **circle back (left) all the way around. Push up straight** to the midline. **Pull down straight** through the baseline to the next guideline; **curve forward (right).**



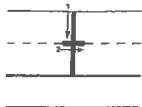
Touch the midline; **pull down straight** to the baseline. **Lift. Dot.**



Touch the midline; **pull down straight** to the baseline. **Push up; curve forward (right).**



Touch below the midline; **curve back** (left); **curve forward** (right), ending above the baseline.



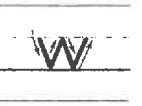
Touch the headline; **pull down straight** to the baseline. **Lift.** Touch the midline; **slide right.**



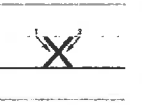
Touch the midline; **pull down straight**; **curve forward** (right); **push up** to the midline. **Pull down straight** to the baseline.



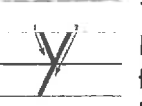
Touch the midline; **slant right** to the baseline. **Slant up** (right) to the headline.



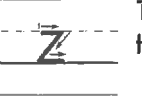
Touch the midline; **slant right** to the baseline. **Slant up** (right) to the midline. **Slant right** to the baseline. **Slant up** (right) to the midline.



Touch the midline; **slant right** to the baseline. **Lift.** Move to the right and touch the midline; **slant left** to the baseline.



Touch the midline; **slant right** to the baseline. **Lift.** Move to the right and touch the midline; **slant left** through the baseline to the next guideline.



Touch the midline; **slide right.** **Slant left** to the baseline. **Slide right.**



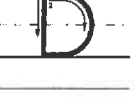
Touch the headline; **slant left** to the baseline. **Lift.** Touch the headline; **slant right** to the baseline. **Lift.** Touch the midline; **slide right.**



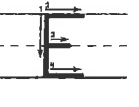
Touch the headline; **pull down straight** to the baseline. **Lift.** Touch the headline; **slide right**; **curve forward** (right) to the midline; **slide left.** **Slide right**; **curve forward** (right) to the baseline. **Slide left.**



Touch below the headline; **circle back** (left), ending above the baseline.



Touch the headline; **pull down straight** to the baseline. **Lift.** Touch the headline; **slide right**; **curve forward** (right) to the baseline; **slide left.**



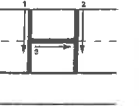
Touch the headline; **pull down straight** to the baseline. **Lift.** Touch the headline; **slide right.** **Lift.** Touch the midline; **slide right.** **Stop short.** **Lift.** Touch the baseline; **slide right.**



Touch the headline; **pull down straight** to the baseline. **Lift.** Touch the headline; **slide right.** **Lift.** Touch the midline; **slide right.** **Stop short.**

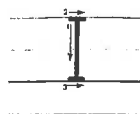


Touch below the headline; **circle back** (left), ending at the midline. **Slide left.**



Touch the headline; **pull down straight** to the baseline. **Lift.** Move to the right and touch the headline; **pull down straight** to the baseline. **Lift.** Move to the left and touch the midline; **slide right.**

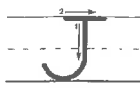
## Detailed Manuscript Stroke Descriptions (continued)



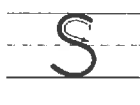
Touch the headline; **pull down straight** to the baseline. **Lift.** Touch the headline; **slide right.** **Lift.** Touch the baseline; **slide right.**



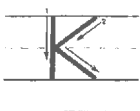
Touch the headline; **pull down straight** to the baseline. **Lift.** Touch the headline; **slide right;** **curve forward** (right) to the midline; **slide left.** **Slant right** to the baseline.



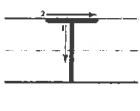
Touch the headline; **pull down straight;** **curve back** (left). **Lift.** Touch the headline; **slide right.**



Touch below the headline; **curve back** (left); **curve forward** (right), ending above the baseline.



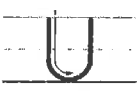
Touch the headline; **pull down straight** to the baseline. **Lift.** Move to the right and touch the headline; **slant left** to the midline. **Slant right** to the baseline.



Touch the headline; **pull down straight** to the baseline. **Lift.** Touch the headline; **slide right.**



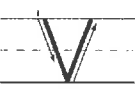
Touch the headline; **pull down straight** to the baseline. **Slide right.**



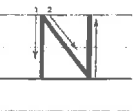
Touch the headline; **pull down straight;** **curve forward** (right); **push up** to the headline.



Touch the headline; **pull down straight** to the baseline. **Lift.** Touch the headline; **slant right** to the baseline. **Slant up** (right) to the headline. **Pull down straight** to the baseline.



Touch the headline; **slant right** to the baseline. **Slant up** (right) to the headline.



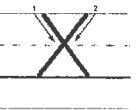
Touch the headline; **pull down straight** to the baseline. **Lift.** Touch the headline; **slant right** to the baseline. **Push up straight** to the headline.



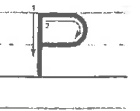
Touch the headline; **slant right** to the baseline. **Slant up** (right) to the headline. **Slant right** to the baseline. **Slant up** (right) to the headline.



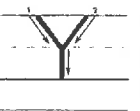
Touch below the headline; **circle back** (left) **all the way around.**



Touch the headline; **slant right** to the baseline. **Lift.** Move to the right and touch the headline; **slant left** to the baseline.



Touch the headline; **pull down straight** to the baseline. **Lift.** Touch the headline; **slide right;** **curve forward** (right) to the midline; **slide left.**



Touch the headline; **slant right** to the midline. **Lift.** Move to the right and touch the headline; **slant left** to the midline. **Pull down straight** to the baseline.



Touch below the headline; **circle back** (left) **all the way around.** **Lift.** **Slant right** to the baseline.



Touch the headline; **slide right.** **Slant left** to the baseline. **Slide right.**

# COLLECT BOX TOPS FOR EDUCATION™ FOR YOUR SCHOOL!



**1**

**Clip Box Tops.**

Don't forget to check the expiration date.  
*Recorta los cuadrillos de Box Tops y verifica la fecha de expiración*

**2**

**Tape or glue clipped Box Tops to this sheet. Please note, bonus certificates must be submitted separately.**

*Pega los cuadrillos de Box Tops en la hoja hasta que esté completa. Tenga en cuenta, bonus certificados deben ser entregados por separado.*

**3**

**Send completed sheet to your school.**  
*Envía la hoja completa al coordinador de tu escuela*
