

# Kremmling Preschool Newsletter

February 23, 2022



**DENTAL HEALTH MONTH** - February is the National Children's Dental Health Month. Dental hygiene is one of the most important things we can teach our children. Unfortunately, for a lot of parents, getting kids to brush and floss their teeth is like ... well, like pulling teeth. But if we want to protect our kids from having their teeth actually pulled at some point in their lives, we've got to show them the ins and outs of proper dental health. Please the reverse side for some tips for parents on brushing little ones teeth.



**MISS SARA'S SECTION** - "Hello All! Thank you all for the fun Valentine's Day! We had a great day with fun parties. I am enjoying visiting with parents at conferences. We have been thinking about opposites, singing and dancing to opposite songs. We are welcoming more snow to the playground. Thank you all for everything, have a great week!"



**BIRTH - 5 YEARS DEVELOPMENTAL SCREENINGS** - On Friday, March 11th, Kremmling Preschool will host the our annual FREE developmental screenings from 9am - 1230pm. The Kremmling Preschool facilitates these developmental screenings for children birth - 5 years. They are conducted as a means for families and staff to identify children that are possibly in need of extra family or individual support. They also serve as an opportunity for families to just "check in" with specialists and teachers and see where their child is developmentally. In other words, you don't have to have a concern to attend these screenings, they are open to anyone. If you're interested in having for your child screened or know of someone who you think might benefit, please register soon or contact Michele for more information. Children currently enrolled in preschool DO NOT need to schedule a screening as they have already been screened. Please call Michele at the preschool (970) 724-9483 for more information or to register your child. Space fills quickly!



**Parent/Teacher Conferences** - It has been great to visit with all of you about your preschooler! Thank you for coming in and for sharing them with us! Ms. Kalonie's class parent/teacher conferences have been reschedule to next week. If you haven't done so already, please take a moment to sign up for Parent/Teacher conferences! They are rescheduled for Tuesday/Wednesday, March 1 & 2. If you don't see a time that will work for you or you need help with access the signup sheet on ParentSquare, please let us know and we will find something that will work for everyone. Thank you for you patience and understanding!

## **CALENDAR of EVENTS**

Feb. 21	President's Day, Preschool Closed
Feb. 22/23	Parent Teacher Conferences, sign-up sheets on ParentSquare
Mar. 11	FREE Developmental Screenings, for children birth-5 years, not enrolled in Preschool
Mar. 14	Daylight Savings Time Begins - "Spring" forward
Mar. 14	Preschool Board Meeting, 430pm
Mar. 21-24	Spring Break, Preschool Closed
April 11	Early registration for morning preschoolers currently enrolled
April 13	Picture Day
April 18	Preschool Fall Open Enrollment
April 20/21	Kindergarten Roundup, TENTATIVE
May 25	Pre-K Graduation, 630pm TENTATIVE
May 26	Preschool last day

Please do not hesitate to call or stop by with any questions or concerns. Michele DeSanti, Director 724-9483

## 5 fun ways to get your kids to brush their teeth



By Christina Joseph



Sweeping away the “sugar bugs.” Playing “beat the timer.” Making funny faces. These are just some of the silly but effective ways my husband and I got our two daughters excited about taking care of their teeth. Our hand work has paid off: now, the girls are happy to brush twice a day and show off their pearly whites to the dentist.

For many parents, teaching kids good dental hygiene is a twice-daily battle. But as experts point out, it’s a fight worth having. “Though it’s largely preventable, tooth decay remains the most common chronic disease among children aged 6-19, according to the Centers for Disease Control and Prevention. Poor oral hygiene has been linked to everything from speech delays to dental pain and infections to diabetes.

“We know that oral health is closely linked to overall health,” explains Mary Lee Conicella, DMD, Aestna’s chief dental officer. “If we make sure children receive proper dental education and care early on, it will help them to be healthy throughout their lives.”

Here are five ways to make brushing and flossing a fun — and regular — part of your child’s daily routine.

### Start the oral hygiene early.

It’s never too early to make brushing and flossing a part of their morning and nightly routines. In fact, dentists recommend starting dental care even before your child’s first tooth arrives. During infancy, wipe down their gums nightly with a soft, damp cloth. Switch to a toothbrush when their teeth come in (usually around 6 months of age), and floss once teeth start touching (typically around age 2 or 3). Schedule a visit to the dentist by the first birthday, regardless of how many teeth they have. [Simple mindfulness exercises can help soothe any pre-appointment jitters.](#) Check with your dental provider about benefits surrounding semi-annual checkups.

### Set a good example.

### Turn toothbrushing into a game.

Whether you’re 6 or 66, dentists recommend brushing teeth twice a day, for two minutes at a time. That’s because studies show that the longer you brush, the more plaque you remove, says Conicella. Try one of these creative games to help them meet the two-minute mark:

- **Brush during commercial break.** During each 30-second commercial, have your child brush a quadrant of their mouth. By the time they’re done, Kennedy says, their show is back on. Just remember to turn off the TV at least a half hour before bedtime to ensure a good night’s sleep.
- **Set a timer.** Open an egg timer filled with colorful sand, and challenge them to keep brushing until all the sand has reached the bottom. Or buy your child a toothbrush that blinks or plays music for two minutes.
- **Play their favorite song.** The free app Brush DJ plays tunes in your library for two minutes and — bonus — lets you set reminders to brush twice a day, floss, use a mouthwash, and visit the dentist.
- **Offer incentives.** What kid doesn’t want to stay up a few minutes later at bedtime or be in charge of choosing the next movie for family night? Consider offering a simple reward or creating a rewards chart to encourage your little one to brush their pearly whites for two minutes. Don’t forget to praise them afterward for their amazing technique or super sparkly teeth.

### Tell a story.

It used to be a fight for Callie Rae McCarthy to get her 2- and 4-year-olds to brush. But when the Bloomfield, N.J., mom said there were animals hiding in their teeth, the kids popped their mouths wide open. Now, the children choose which animal to go after each night, and it darts all over the teeth and tongue while Callie Rae or her husband chases it with a toothbrush. At the end, she hands the brush to each child and tells them to finish the chase. “They laugh and they giggle — isn’t that just what we want with everything?” she says.

In fact, experts say using something reliable, like a story, is a great way to get reluctant brushers to participate. You can also try reading an age-appropriate book about taking care of your teeth or letting your child practice brushing their stuffed animal’s teeth.

### Choose the right tools.

Brushing and flossing can be difficult for little hands. Opt for age-appropriate tools, such as toddler toothbrushes, flossers without sharp edges, and power toothbrushes, which experts say mimic little circles for accurate brushing. “Small kids don’t have manual dexterity,” Kennedy says. “A power toothbrush gives kids the boost to get that plaque off.” Tip: If your child is hesitant to try one, let them feel the movement of the whirling bristles on the palm of their hand before starting. Also let your child pick out their favorite toothbrush and favorite flavor of toothpaste.

Creating a fun and engaging routine at home will ensure your child develops a lifelong habit of caring for their teeth. “[Brushing and flossing] should be fun and simple and pain free,” says Tyra Manso, DDS, a mom and owner of Moncular Pediatric Dental Care in New Jersey. “If you introduce flossing and brushing at a young age, kids will start to feel yucky if they don’t do it.”

### About the author

Christina Joseph Robinson is a veteran editor and writer from New Jersey who still loves to read the old-fashioned newspaper. She’s raising two fruit-and-vegie loving daughters to balance all the treats Grandma sends their way. Christina’s health goal is to resume her workout routine after being sidelined by injuries.

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