



Kremmling Preschool Newsletter



February 22, 2023



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 one's teeth.



MISS SARA'S SECTION - "Hello! Unbelievably it is almost the end of February. In the classroom we have been thinking about healthy eating and healthy teeth. Last week we took a white oval shaped object and put it in Coca Cola, the soda turned that object brown. We all took a turn with toothpaste and a toothbrush and brushed that object and we were able to get it back to white, can you guess what object we used? On the playground we are having fun in the snow and enjoy trying to "call in the elk". In the hallways the friends are doing a great job following their school manners with big kid walking feet and quiet voices. I am looking forward to seeing you all come in for conferences to share your child's growth. Thank you for everything you all do!"



BIRTH - 5 YEARS DEVELOPMENTAL SCREENINGS - On Friday, March 3rd, Kremmling Preschool will host the our annual FREE developmental screenings from 830am - 12pm. 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 - Parent/Teacher conferences are scheduled for Tuesday/Wednesday, March 14 & 15. Signups will be on ParentSquare beginning of next week. 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 and we are looking forward to visitng with everyone!



BINGO/CHILI DINNER FUNDRAISER - Mark your calendars for the annual BINGO/Chili Dinner on April 14th at the extention hall. Dinner is from 5:00 pm 6:30 pm with homemade chili, roll, and salad for \$5. Drinks and desserts may be purchased for an additonal \$1. BINGO begins at 7:00 p.m. and the cost is about \$10. We will post the sign-up sheets to volunteer soon. Please see Michele if you are unsure of how many hours you need to complete your commitment of 8 hours for the school year. Credits will be posted to accounts in April so that you may apply to your last month's tuition or receive a refund.



CALENDAR of EVENTS:

- Mar. 3 FREE Developmental Screenings for children birth-5 years, 830a-12p
- Mar. 12 Daylight Saving Times Begins - "Spring" forward
- Mar. 14/15 Parent/Teacher Conferences, signup on ParentSquare coming soon!
- Mar. 17-26 Spring Break, Preschool Closed
- April 12 Picture Day
- April 14 BINGO/Chili Dinner Fundraiser
- April 19/20 Kindergarten Roundup, TENTATIVE
- May 24 Pre-K Graduation, 630pm TENTATIVE
- May 25 Preschool last day

Please do not hesitate to call or stop by with any questions or concerns!

Michele DeSanti, Director. (970) 724-9483

5 fun ways to get your kids to brush their teeth



By Christina Joseph

SHARE



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 hard 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, Aetna'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.** Overturn 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 relatable, 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 Yvra Manso, DDS, a mom and owner of Montclair 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-veggie loving daughters to balance all the treats Granama sends their way. Christina's health goal is to resume her workout routine after being sidelined by injuries.

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