

HEALTHY

Handfuls

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FIRST 5 INYO

F. amilies
 U. nderstanding
 N. utrition & Fitness

AN EARLY CHILDHOOD NUTRITION & FITNESS NEWSLETTER * MARCH 2011

EARLY ORAL HEALTH TIPS



CLEAN BABY'S GUMS regularly with a soft cloth or sponge before teeth appear

DON'T SHARE CUPS OR UTENSILS because your saliva carries decay you can pass on to your child

BRUSH TEETH AS THEY EMERGE and start to floss as soon as teeth are side by side

USE FLOURIDE-FREE PASTE UNTIL AGE 2 when you can ensure your baby will spit and not ingest it

DO NOT ALLOW MILK OR JUICE IN CRIB AT NIGHT since both contain sugars that will accelerate decay

RINSE MOUTH WITH WATER after sugary snacks if you can't brush right away

TAKE BABY TO DENTIST for yearly exams starting at age 1

Inyo Parents Fail to Provide Childhood Dental Care

More than 60% of Inyo's children 5 & under are not getting yearly exams

National Children's Oral Health Awareness Month has drawn to a close, and while a wide variety of organizations throughout Inyo County came together in February to teach children how to care for their teeth, it is clear that local parents still have a lesson or two to learn about what makes for a healthy smile.



Less than 40% of Inyo parents of children ages 1 to 5 take their child in for a yearly dental check-ups according to a 2010 survey of local parents. This means that the majority of young children in our county are not getting a basic service they need for their health and safety – a yearly dental exam.

The American Dental Association has found that almost 65% of American children will develop some form of decay that needs treatment before they enter kindergarten, and untreated decay can lead to serious health complications, severe pain, and even deadly blood infections. One of the major challenges in Inyo County however, has been that without a pediatric dentist in the county, many children have to travel to Mammoth or Ridgecrest for a basic exam or treatment services.

First 5 Inyo County, the Inyo Superintendent of Schools Office, Lone Pine Elementary School, and Altrusa of the Eastern Sierra are all working together to provide free dental screening opportunities in Bishop and Lone Pine for children ages 1 to 5. Any children identified at these free exams can be referred for local treatment at the Toiyabe Dental Clinic where a visiting Pediatric Dentist will be serving one Friday and one Saturday of every month.

Dr. Borin generously donated his services for the first round of exams took place at the Superintendent of School's Cabin Fever Festivals last month. Each event featured healthy oatmeal breakfasts donated by McDonalds, and a toothsome tale by Altrusa of the Eastern Sierra featuring El Raton Perez, a little mouse who is the Spanish equivalent of the Tooth Fairy. About 100 children in all were screened and at least 17 were referred for treatment regarding some stage of decay.

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“It is essential that we equip families with the resources they need to raise healthy children, and in this case that resource is access pediatric dental care,” said First 5 Commissioner, Marie Santos. “The easier we can make it for parents to access dental check-ups the healthier our children will be.”

Some of the upcoming opportunities to for free dental exams for children ages 1 to 5 include Altrusa’s Books and Barn Animals Jamboree on May 7th alongside the Choo Choo Swap Meet and Lone Pine Elementary’s Preschool and Kindergarten Roundup which is will soon be scheduled for April or May. First 5 Inyo is also trying to get some extra oral health info and resources to Spanish-speaking parents with our Spanish Oral Health Kit distribution at various community events.

If you need help scheduling a dental exam or treatment for your child, Inyo County’s Dental Case Manager, Lisa Trunnell, is available to help you assess options, make appointments, and plan transportation. Call her at 760-873-3258. You can also pick up a Spanish Oral Health Kit and information about keeping your child’s teeth healthy and clean at the First 5 Inyo office at 568 W. Line Street across from the Bishop Post Office.

March & April Events

FREEDOM IN MOTION RIDE TO READINESS PROGRAM

Free to 4- or 5-year-olds preparing for Kindergarten
Call Carol Archuletta at 760-933-2606 for more info.



BABY BOUNCE & BOOK CUDDLES

MAR. 8 — 9:15 TO 10:15 AM
873-5123 to register.

WEELUVMUSIC Movin’ & Groovin’

MAR. 8 — 10:30 to 11:30 AM
873-5123 to register.

FIRST 5 INYO NEW & EXPECTANT PARENT CLASS

Thursdays MAR. 10, 17, 24, & 31
6PM to 7 PM

\$100 Vons gift card for parents who complete all 4 sessions. Call Jody at 873-6453 to register.

CHILDRENS DAY OF THE ARTS

MAR. 12—10 AM to 1 PM

Free activities for kids 12 and under — 15 booths for kids 5 and under between the Bishop elementary & middle school campuses.

BILINGUAL FAMILY FUN FIT PLAY DAY

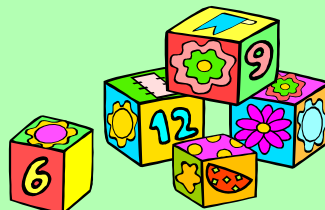
MAR. 26—9:30 to 11:30 AM

Families with kids 5 and under are welcome to stop by the city park to play these fun, active games as their schedule permits.

GRAND OLE PLAY DAYS

Thursdays APRIL 14, 21, 28 & MAY 5

Grandparents and other caregivers are welcome to join our free play & story sessions. Call Jody at 760-873-6453 to register.



EGG HUNT AT BISHOP CITY PARK

Dates and times forthcoming. Watch web calendar for more information!

Quick Picks

*Easy to Prepare Meals
That Are Good For You!*

This month’s recipes



Zucchini Grilled Cheese

Lemon Chicken & Artichokes

Simple Turkey Ragu

&

Chocolate Cherry Granola Bars

are available at our website:
www.inyocounty.us/first5

GREAT GAME!

Supplies:

Dried beans, tweezers, bowl

Objective:

Place handfuls of beans on a hard, dry surface like a wooden play table, and then give your child a pair of tweezers and a bowl for corralling the beans. As your child practices pinching the tweezers to pick the beans one by one they are building important motor skills that involve finite muscle groups and hand to eye coordination.

Time each child for a more competitive group game, and the one who can move the most beans in under a minute wins!