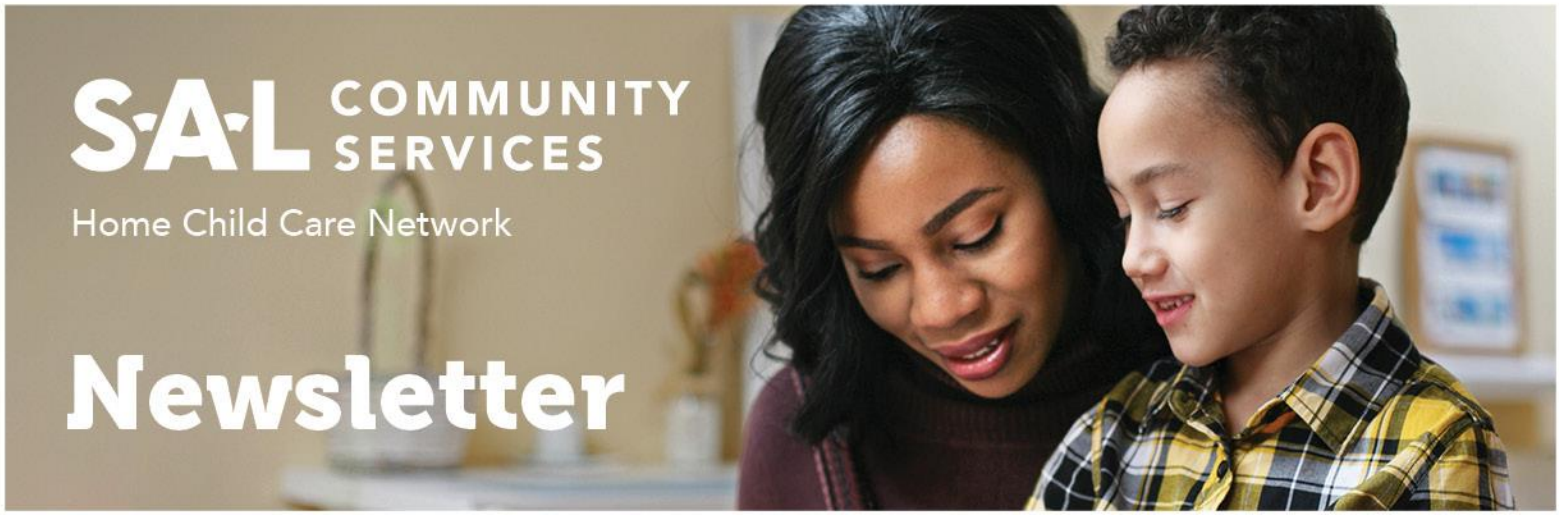


February 2024 | Home Child Care Network

Let's Talk About Teeth

February is National Children's Dental Health Month. It is important to teach proper oral hygiene at a young age because children are at a higher risk for cavities and tooth decay.

According to the US Department of Health and Human Services by age 5 about 60% of children will be affected by tooth decay. It is recommended that a child sees their dentist by age 1 or within 6 months of their first tooth.

Here are some simple tips to remember and share with your children from the American Dental Association:

1. Brush your teeth 2x/day with fluoride toothpaste.
2. Clean between your teeth daily with floss.
3. Eat healthy foods and limit sugary beverages.
4. See your dentist at least twice a year.

Red Light, Green Light!

Staying active during the winter months is difficult when the children cannot go outside but it is still important to get them moving.

February is Black History Month; a fun way to celebrate is by playing red light, green light.

African American Garret Morgan was the great mind who invented the automatic stop light!

Did you know, the original stop light only had green and red lights? It wasn't until many years later that a yellow light was added.

Mix N' Squish Hearts

The month of February is filled with lots of hearts. Try this simple and mess free activity!

- Take a zip lock bag and draw a heart on it with permanent marker.
- Then add 2-3 different colors of paint on the inside.
- Close and seal the bag shut.
- Allow the child to squish and mix the paints together.



We Are Accepting New Providers!!

SAL Community Services Home Child Care Network
3800 Avenue of the Cities, Suite #108 | Moline, IL 61265
(309) 764-8192 | www.salcommunityservices.org

We are currently accepting new providers into SAL's Home Child Care Network for the following counties: Rock Island, Knox, Henry, Bureau, Peoria, Tazewell, Stark, Woodford, Fulton, Putnam, and Marshall. For current participating Home Child Care Network providers, if you make a referral and they are signed into the Network you will receive a $200 bonus!