

“Teeth are always in style.” ~ Dr. Seuss”



Did you know that February is National Children's Dental Health Month? As you can imagine, between Valentine's Day, the start of Lent, and celebrating teeth our preschoolers have been very busy!

Not only is Dr. Seuss' quote fitting for this month, but he has a very appropriate book as well which is aptly named: "The Tooth Book". It was always one of my favorites to share with my class not only as we talked about dentists and good oral hygiene but also as we prepared to celebrate his upcoming birthday in March.

Reading books about teeth is just one of the fun activities that our teachers did to help our students learn about dental care. Although the preschool would normally have had a visit from a local dentist, unfortunately, COVID put a damper on the plan this year. Nevertheless, it was wonderful to watch how our teachers expanded their creativity to make up for the loss of his visit! I saw dinosaurs hav-

ing their teeth brushed very carefully by some of our two year olds. I heard special dental songs being performed. I saw giant models of teeth being examined by some 3-year olds. There were works of art showcasing teeth using special paint concoctions to make them look textured. I also spotted lots of practice happening with cutting out pictures of teeth. Guiding the scissors around those curves and rounded edges is no small feat for little hands! An abundance of perseverance and patience are definitely required! I overheard many thoughtful discussions about how to keep cavities away and hypothesizing about what happens when an elephant loses a tooth!

Amidst all the fun and enthusiasm related to teeth, there was also the reminder being passed on to the children about how God made each one of us and wants us to care for ourselves and each other. This message permeates all that we do and

say to our children. Making the connection that God is always part of our lives, in multiple ways is such an important part of our faith experience.

In our prayers this week, let us ask God to continue to assist us in teaching our children good deeds and practices. Let us continue to guide them to develop the best in mind, body, and spirit so that they can more easily follow the path of Christ. Let us also be reminded to keep sharing healthy smiles with whomever we meet. As Mother Theresa so wisely said, "Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."

Registration for the 21-22 school year continues to be open! To learn how to join our amazing preschool, please visit our website at: preschoolatstfrancis.com or contact Shelley Freeman at shelley.freeman@stfrancisraleigh.org