

## February Awareness



**American Heart Month!** Millions of Americans have set New Year's resolutions and many of them have to do with health. Unfortunately, many of them will have abandoned those resolutions before the end of January. Help keep the momentum going and join us in February for **American Heart Month** and **National Wear Red Day**. A resource guide for the month is attached. I'm confident you'll find lots of great tools for usage in February and throughout the year. Take care of your Heart!

### February is National Children's Dental Health Month (NCDHM)

Providing a great opportunity to promote the benefits of good oral health to children, adults, and caregivers. Attitudes and habits established at an early age are critical in maintaining good oral health throughout life.

#### Tips for brushing your child's teeth:

- Brush your child's teeth after breakfast and before bed.
- Use a child-sized toothbrush with soft bristles and fluoride toothpaste.
- For children under age 3, use a small smear of fluoride toothpaste.
- For children ages 3 to 6, use fluoride toothpaste the size of a pea.
- Young children like to do things by themselves. It's good to let children brush their teeth while an adult watches. But children under age 7 or 8 cannot brush their teeth well yet. An adult needs to brush the child's teeth too.
- Find a position where your child is comfortable, and you can see your child's teeth while you brush. For example, sit on the floor with your baby's or young child's head in your lap. Or stand behind your child in front of the mirror.
- Gently brush your child's teeth using small circles. Brush all surfaces of the teeth, including the insides and outsides.
- After brushing, have your child spit out the remaining toothpaste but not rinse. The small amount of toothpaste that stays in your child's mouth is good for the teeth.
- If you are having trouble brushing your child's teeth, use a timer, a counting game, or a song while brushing. You can also ask the staff at your child's dental clinic for help.
- For more great tips go to <https://eclkc.ohs.acf.hhs.gov/oral-health/article/oral-health-resources-families>



### National Eating Disorders Awareness highlighted February 24 – March 1



Eating disorders are serious but treatable mental illnesses that can affect people of every age, sex, gender, race, ethnicity, and socioeconomic group. No one knows exactly what causes eating disorders, but a growing consensus suggests that a range of biological, psychological, and sociocultural factors come together to spark an eating disorder. The chance for recovery increases the earlier an eating disorder is detected. Therefore, it is important to be aware of some of the warning signs of an eating disorder.

This isn't intended as a checklist. Someone struggling with an eating disorder generally won't have all of these signs and symptoms at once, and the warning signs vary across eating disorders and don't always fit into neat categories. Rather, these lists are intended as a general overview of the types of behaviors that may indicate a problem.

If you have any concerns about yourself or a loved one, please reach out for help! For more information please go to: <https://www.nationaleatingdisorders.org/learn>