



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



THE DENTIST



By: Mrs. Marsha M.

Did you know you should start brushing your child's teeth at a young age? Help brush your child's teeth twice daily with a small amount of fluoride toothpaste (pea-sized for children under 6), and should drink fluoridated water to prevent cavities; parents should supervise brushing until children develop proper technique and always ensure they spit out the toothpaste after brushing. Young children should also see a dentist by their first birthday. It's so important to schedule regular dental checkups every 6 months to monitor your child's oral health.

Motivating children to care for their teeth can be a real challenge at times. Explore positive ways to get them brushing without struggles and tears.

Here are some fun ways to help your child enjoy brushing their teeth.

- * Offer simple rewards
- * Let your child choose their own toothbrush and toothpaste
- * Brush with them
- * Use sticker chart
- * Put on music



Tips of the month

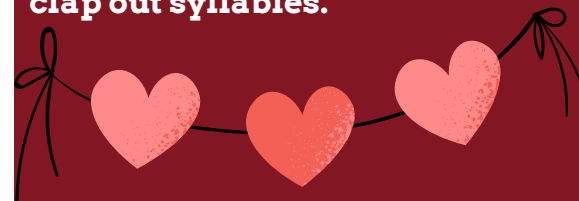
By: Mrs. Nebby Sanchez

Phonological Awareness with alphabet knowledge

Phonological awareness is an important pre-literacy skill because if there are difficulties in this area it can often lead to reading and writing difficulties. Learning letter names and letter sounds is an important step our students must master in order to become successful readers. As teachers, we want our students to have strong phonemic awareness and phonics skills. We want our students to be able to identify beginning sounds so that they can quickly decode texts and read fluently.

Children develop phonological awareness skills in a sequential pattern;

1. The ability to hear rhymes and alliteration.
2. Hearing words in spoken language.
3. Hearing syllables in spoken words and then being able to clap out syllables.



IMPORTANCE OF ORAL CARE FOR INFANTS AND CHILDREN
BY: MRS. MELINDA EBERLE

ORAL CARE FROM BIRTH TO 5 YEARS IS CRUCIAL FOR ESTABLISHING LIFELONG HEALTHY DENTAL HABITS, PREVENTING TOOTH DECAY, AND PROMOTING OVERALL WELL BEING. PRACTICING HEALTHY ORAL HABITS AND ESTABLISHING A RELATIONSHIP WITH A DENTAL TEAM LAYS THE FOUNDATION FOR PROPER CHEWING, SPEECH DEVELOPMENT, AND POSITIVE SELF-ESTEEM.

EARLY INTERVENTION IS KEY TO ADDRESSING POTENTIAL ISSUES BEFORE THEY BECOME SEVERE; THIS INCLUDES CLEANING GUMS FROM INFANCY, BRUSHING TEETH AS SOON AS THEY ERUPT, LIMITING SUGAR INTAKE, AND REGULAR DENTAL CHECKUPS TO MONITOR ORAL HEALTH DEVELOPMENT.

WAYS TO PROMOTE GOOD ORAL HYGIENE IN YOUNG CHILDREN:

- **START EARLY (TILL TEETH EMERGE):** BEGIN CLEANING GUMS WITH A SOFT CLOTH AS SOON AS POSSIBLE, DO NOT SEND YOUR CHILD TO BED WITH A BOTTLE, AND ADDRESS WITH A MEDICAL PROFESSIONAL HOW TO BEST TREAT RED, SWOLLEN AND PAINFUL GUMS FROM TEETHING.
- **USE A CHILD-SIZED TOOTHBRUSH:** CHOOSE A SOFT-BRISTLED TOOTHBRUSH APPROPRIATE FOR THEIR AGE AND A SMALL AMOUNT (PEA SIZE) OF FLUORIDE TOOTHPASTE AS RECOMMENDED BY A DENTIST.
- **TEACH YOUR CHILD TO BRUSH:** MAKE BRUSHING FUN BY SINGING SONGS, USE A TIMER, SHOW THEM HOW TO REACH TOP, BOTTOM AND BACK TEETH, AS WELL AS HOW TO RINSE THEIR MOUTH. THIS IS IMPORTANT TO DO AT LEAST TWICE A DAY.
- **LIMIT SUGARY DRINKS AND SNACKS:** IT IS IMPORTANT TO OFFER YOUR CHILD HEALTHY ALTERNATIVES LIKE FRUIT AND VEGETABLES, BREADS AND CEREALS, DAIRY PRODUCTS FOR CALCIUM, LEAN PROTEINS, AS WELL AS SUGAR FREE BEVERAGES.

REGULAR DENTAL CHECKUPS: YOUR CHILD SHOULD HAVE AN EXAM BY A DENTIST BEFORE THEIR FIRST BIRTHDAY OR WITHIN 6 MONTHS AFTER THE FIRST TOOTH COMES IN. REGULARLY SCHEDULED CHECKUPS AND CLEANINGS EARLY ON ALLOWS FOR PROPER MONITORING AND PREVENTATIVE CARE.



Arts and Crafts



STAFF CORNER

CHAMBERLAIN ELEMENTARY SCHOOL FRC
120 NEWINGTON AVE. NEW BRITAIN 06051

LILA OCASIO, FSL (860) 832-5691
OCASIO@CSDNB.ORG

NEBBY SÁNCHEZ, FSL 860-860-225-8647
SANCHEZN@CSDNB.ORG

JEFFERSON ELEMENTARY SCHOOL FRC
140 HORSEPLAIN RD. NEW BRITAIN 06053

MARSHA MICHAUD, FSL 860-224-3193
MICHAUMA@CSDNB.ORG

NEBBY SÁNCHEZ, FSL 860-225-8647
SANCHEZN@CSDNB.ORG

SMITH ELEMENTARY SCHOOL FRC
142 RUTHERFORD ST. NEW BRITAIN 06051

MELINDA EBERLE, FSL 860-223-8819
EBERLE@CSDNB.ORG

NEBBY SÁNCHEZ, FSL 860-225-8647
SANCHEZN@CSDNB.ORG

FAMILY ACTIVITIES FOR FEBRUARY 2025

- **WINTERFEST @ HUNGERFORD**
[CLICK HERE FOR MORE INFORMATION!](#)
- **FROZEN AT THE BUSHNELL**
[CLICK HERE FOR TICKETS!](#)
- **WINTER CARNIVAL AT MT SOUTHINGTON**
[CLICK HERE FOR MORE INFORMATION!](#)

