



# NEW BRITAIN FAMILY RESOURCE CENTER

*The latest news and updates*



## DENTAL AWARENESS



By: Mrs. Marsha M.

Did you know that establishing good dental habits at an early age is crucial for lifelong oral health? It's beneficial to start wiping your baby's gums with a clean cloth before teeth erupt. As soon as you see teeth appear, start to use a pea size amount of fluoride toothpaste with a soft bristled toothbrush. Please help or supervise your child while brushing. It's important that they learn to brush correctly. Model using small circular motions to brush all surfaces of the teeth, including the front, back, chewing surfaces, and the tongue. By teaching your child good oral hygiene habits, it helps your child be consistent, and helps develop a healthy beautiful smile that will last a lifetime.

Why use fluoride? Fluoride strengthens teeth and helps prevent cavities. Make sure your child's toothpaste contains fluoride. Your dentist may recommend fluoride varnish applications every 3-6 months to help protect your child's teeth. Visit a dentist yearly, oral checkups are necessary.

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

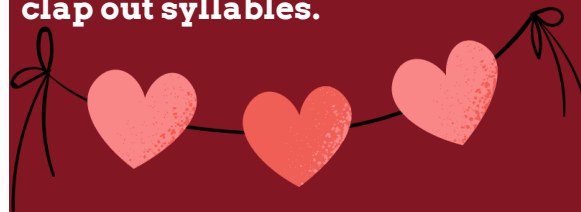
By: Mrs. Nebby Sanchez

### 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;

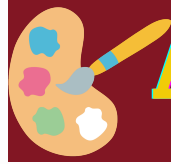
1. The ability to hear rhymes and alliteration.
2. Hearing words in spoken language.
3. Hearing syllables in spoken words and then being able to clap out syllables.



# Oral Health

BY: MS. LILA OCASIO

When it comes to the health of your child's primary teeth, there is no better time than now to start practicing oral hygiene. Oral hygiene should start as early as infancy as tooth decay is now the most common chronic disease among children living in the United States. The Centers for Disease Control and Prevention (CDC) reports that more than 40% of children have tooth decay by the time they reach kindergarten. The American Dental Association and the American Academy of Pediatrics say that every child should visit a dentist by age 1 - or as soon as the first tooth appears. Developmental stages that are imperative to your child's future dental health depend on them, so don't wait! Dentistry for children provides parents with a guide for oral care so that they will have excellent oral hygiene as they grow. To learn more about the importance of pediatric dental hygiene feel free to visit the CDC's website <https://www.cdc.gov/oralhealth/basics/childrens-oral-h>



# Arts and Crafts



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## FAMILY ACTIVITIES FOR FEBRUARY 2026

- WINTERFESTIVAL @ BURR POND  
CLICK HERE FOR MORE INFORMATION!
- BIG GAME PARTY AT STEW LEONARD'S  
CLICK HERE FOR TICKETS!
- VALENTINE'S DAY PARTY AT LYMAN ORCHARDS  
CLICK HERE FOR MORE INFORMATION!

