



# Kremmling Preschool Newsletter



## February 21, 2024



**DENTAL HEALTH MONTH** - February is the National Children's Dental Health Month. Dental hygiene is one of the most important things we can teach our children. Unfortunately, for a lot of parents, getting kids to brush and floss their teeth is like ... well, like pulling teeth. But if we want to protect our kids from having their teeth actually pulled at some point in their lives, we've got to show them the ins and outs of proper dental health. Please the reverse side for some tips for parents on brushing little one's teeth.



**MISS BRITTANY'S MESSAGE** - "Hello! Our friends have been working hard on continuing to get ready, independently, for recess and we are proud of them! The kids have had a lot of fun making more 3D projects from our hot air balloons to our lanterns. I'm excited for them to be working on natural and man-made wonders of the world where we are going to be doing some building and working on some problem-solving skills along with persistence. Once again, thank you for sharing your bundles of joy!"



**2024/25 Registration** - Tomorrow, Thursday, February 22, we will have PRE-registration for the 2024/25 school year. PRE-registration will be available for families with children currently enrolled and/or children with siblings currently enrolled. Our preschool enrollment paperwork will be on top of the cubbies. Please fill this paperwork out and return asap. The online registration Be on the lookout for more information later in the month. If you have any questions, please come see Michele.



**SIP 'N' PAINT FUNDRAISER** - Are you in need of an afternoon out, away from all the busyness? Well mark your calendars for our first annual Sip 'N' Paint on Saturday, March 2. We will be gathering together to paint and enjoy light snacks and beverages at the Kremmling Chamber from 4pm to 6pm. The cost is \$30 and includes all supplies and refreshments. Space is limited to 20 painters so signup quick to reserve your spot. To signup up email [director@kremmlingpreschool.org](mailto:director@kremmlingpreschool.org). Hope to see you there!



**BIRTH - 5 YEARS DEVELOPMENTAL SCREENINGS** - On Friday, March 15<sup>th</sup>, Kremmling Preschool will host our annual FREE developmental screenings from 9am - 12pm. The Kremmling Preschool facilitates these developmental screenings for children birth - 5 years. They are conducted as a means for families and staff to identify children that are possibly in need of extra family or individual support. They also serve as an opportunity for families to just "check in" with specialists and teachers and see where their child is developmentally. In other words, you don't have to have a concern to attend these screenings, they are open to anyone. If you're interested in having for your child screened or know of someone who you think might benefit, please register soon or contact Michele for more information. Children currently enrolled in preschool DO NOT need to schedule a screening as they have already been screened. Please call Michele at the preschool (970) 724-9483 for more information or to register your child. Space fills quickly!



**Parent/Teacher Conferences** - Parent/Teacher conferences are scheduled for Tuesday/Wednesday, March 19/20. Signups will be on ParentSquare at the end of next week. If you don't see a time that will work for you or you need help with access the signup sheet on ParentSquare, please let us know and we will find something that will work for everyone. Thank you and we are looking forward to visitng with everyone!



### CALENDAR of EVENTS:

Feb. 21	Dental Screenings	April 17/18	Kindergarten Roundup
Mar. 2	Sip 'N' Paint Fundraiser	May 22	Pre-K Graduation, 630p
Mar. 10	Daylight Savings Times Begins - "Spring" Forward	May 23	Preschooler's Last Day
Mar. 15	FREE Developmental Screenings for children, 830a-12p		
Mar. 19/20	Parent/Teacher Spring Conferences		
Mar. 25-28	Spring Break, Preschool Closed		

## 5 fun ways to get your kids to brush their teeth



By Christina Joseph



Sweeping away the “sugar bugs.” Playing “beat the timer.” Making funny faces. These are just some of the silly but effective ways my husband and I got our two daughters excited about taking care of their teeth. Our hard work has paid off: now, the girls are happy to brush twice a day and show off their pearly whites to the dentist.

For many parents, teaching kids good dental hygiene is a twice-daily battle. But as experts point out, it's a fight worth having. Though it's largely preventable, tooth decay remains the most common chronic disease among children aged 6-19, according to the Centers for Disease Control and Prevention. Poor oral hygiene has been linked to everything from speech delays to dental pain and infections to diabetes.

“We know that oral health is closely linked to overall health,” explains Mary Lee Conicella, DMD, Aetna's chief dental officer. “If we make sure children receive proper dental education and care early on, it will help them to be healthy throughout their lives.”

Here are five ways to make brushing and flossing a fun — and regular — part of your child's daily routine.

### Start the oral hygiene early.

It's never too early to make brushing and flossing a part of their morning and nightly routines. In fact, dentists recommend starting dental care even before your child's first tooth arrives. During infancy, wipe down their gums nightly with a soft, damp cloth. Switch to a toothbrush when their teeth come in (usually around 6 months of age), and floss once teeth start touching (typically around age 2 or 3). Schedule a visit to the dentist by the first birthday, regardless of how many teeth they have. [Simple, mindless exercises can help soothe any teething appointment jitters.](#) Check with your dental provider about benefits surrounding semi-annual checkups.

### Set a good example.

### Turn toothbrushing into a game.

Whether you're 6 or 66, dentists recommend brushing teeth twice a day, for two minutes at a time. That's because studies show that the longer you brush, the more plaque you remove, says Conicella. Try one of these creative games to help them meet the two-minute mark:

- **Brush during commercial break.** During each 30-second commercial, have your child brush a quadrant of their mouth. By the time they're done, Kennerly says, their show is back on. Just remember to turn off the TV at least a half hour before bedtime to ensure a good night's sleep.
- **Set a timer.** Overturn an egg timer filled with colorful sand, and challenge them to keep brushing until all the sand has reached the bottom. Or buy your child a toothbrush that blinks or plays music for two minutes.
- **Play their favorite song.** The free app Brush DJ plays tunes in your library for two minutes and — bonus — lets you set reminders to brush twice a day, floss, use a mouthwash, and visit the dentist.
- **Offer incentives.** What kid doesn't want to stay up a few minutes later at bedtime or be in charge of choosing the next movie for family night? Consider offering a simple reward or creating a rewards chart to encourage your little one to brush their pearly whites for two minutes. Don't forget to praise them afterward for their amazing technique or super sparkly teeth.

### Tell a story.

It used to be a fight for Callie Rae McCarthy to get her 2- and 4-year-olds to brush. But when the Bloomfield, N.J., mom said there were animals hiding in their teeth, the kids popped their mouths wide open. Now, the children choose which animal to go after each night, and it darts all over the teeth and tongue while Callie Rae or her husband chases it with a toothbrush. At the end, she hands the brush to each child and tells them to finish the chase. “They laugh and they giggle — isn't that just what we want with everything?” she says.

In fact, experts say using something relatable, like a story, is a great way to get reluctant brushers to participate. You can also try reading an age-appropriate book about taking care of your teeth or letting your child practice brushing their stuffed animal's teeth.

### Choose the right tools.

Brushing and flossing can be difficult for little hands. Opt for age-appropriate tools, such as toddler toothbrushes, flossers without sharp edges, and power toothbrushes, which experts say mimic little circles for accurate brushing. “Small kids don't have manual dexterity,” Kennerly says. “A power toothbrush gives kids the boost to get that plaque off.” Tip: If your child is hesitant to try one, let them feel the movement of the whirling bristles on the palm of their hand before starting. Also let your child pick out their favorite toothbrush and favorite flavor of toothpaste.

Creating a fun and engaging routine at home will ensure your child develops a lifelong habit of caring for their teeth. “[Brushing and flossing] should be fun and simple and pain free,” says Tyra Marso, DDS, a mom and owner of Montclair Pediatric Dental Care in New Jersey. “If you introduce flossing and brushing at a young age, kids will start to feel yucky if they don't do it.”

### About the author

Christina Joseph Robinson is a veteran editor and writer from New Jersey who still loves to read the old-fashioned newspaper. She's raising two fruit-and-veggie loving daughters to balance all the treats Grandma sends their way. Christina's health goal is to resume her workout routine after being sidelined by injuries.

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