



THE NATIONAL CENTER ON  
**Health**

# An Introduction to the Head Start National Center on Health

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# Office of Head Start National Centers

- Program Management and Fiscal Operations

PMFO



- Quality Teaching and Learning

QTL



- Parent, Family, and Community Engagement

PFCE



- Cultural and Linguistic Responsiveness

CLR



- Early Head Start

EHS



- Health

NCH



# National Center on Health Partners

- American Academy of Pediatrics
- Education Development Center
- Georgetown University, Center for Child and Human Development
- Georgetown University, National Maternal and Child Oral Health Resource Center working in collaboration with the Association of State and Territorial Dental Directors
- University of California Los Angeles (UCLA) Anderson School of Management, UCLA Health Care Institute
- University of North Carolina at Chapel Hill, National Training Institute for Child Care Health Consultants



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# Office of Head Start Priority Health Issues

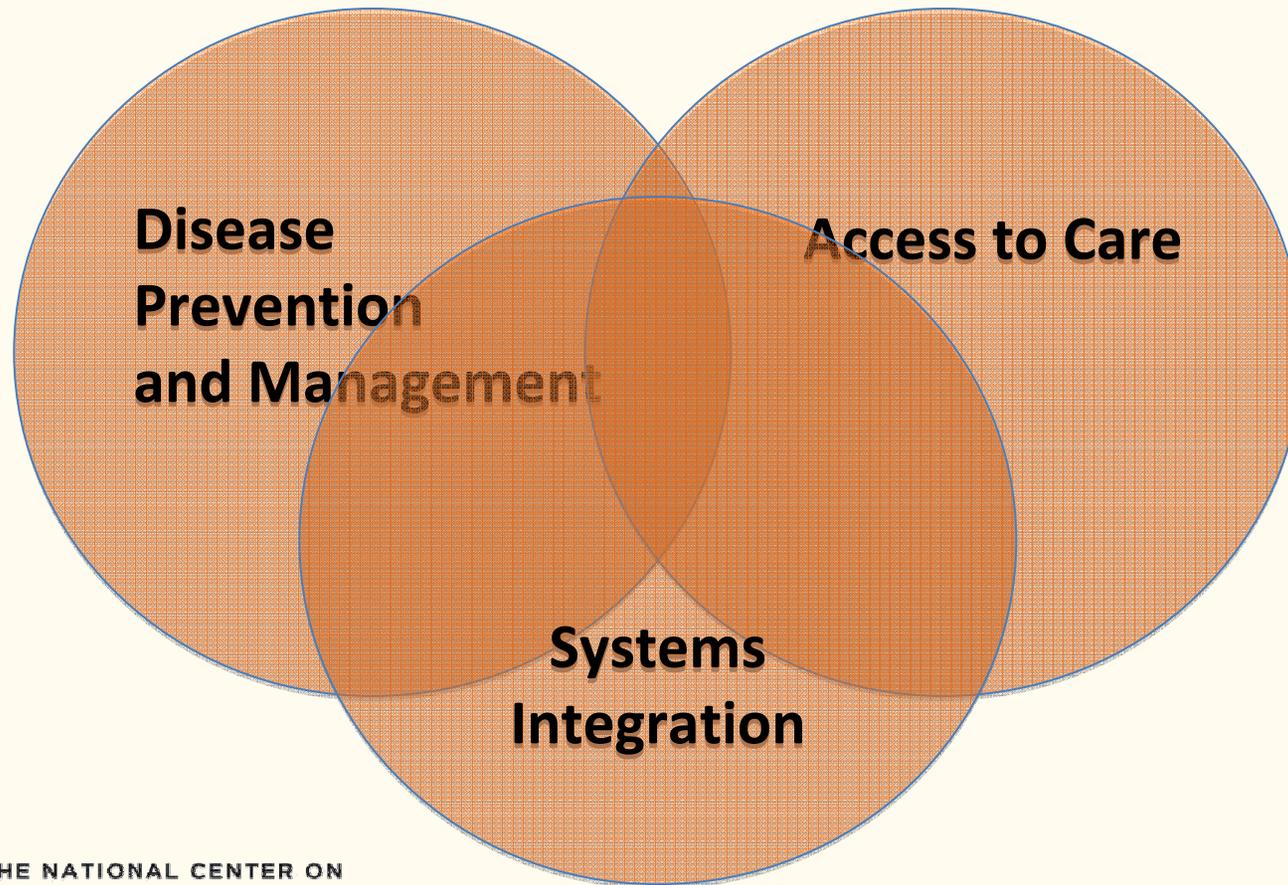
- Healthy active living
- Mental health
- Safety and injury prevention
- Health literacy
- Oral health and dental homes
- Asthma prevention with special emphasis on tobacco exposure prevention



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# Oral Health Project

## Framework for Promoting Oral Health Services



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# Oral Health Project Guiding Principles

- Promote evidence-informed, practice-based, developmentally appropriate, and culturally sensitive messages, materials, and services
- Focus on prevention and early intervention
- Preserve what works while promoting innovation
- Leverage public/private partnerships
- Communicate and coordinate with health professionals, child care professionals, and representatives from government agencies, organizations, and programs



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# Oral Health Project

## Activities to Support Head Start Staff

### What do we do?

- Identify, review, develop, and disseminate materials
- Respond to information requests
- Coordinate and collaborate with other national centers and training and technical assistance activities
- Conduct trainings at national and regional meetings
- Review data and research on Head Start participants
- Maintain an oral health workgroup



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# National Center on Health Resources

**HEAD START**  
An Office of the Administration for Children and Families  
Early Childhood Learning & Knowledge Center (ECLKC)

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**National Center on Health**

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**Oral Health in Head Start: A Resource Guide**

The Oral Health Resource Guide [PDF, 701KB] contains up-to-date articles, materials, and other information that may be useful to health professionals, Head Start administrators and staff, educators, policymakers, and others may use this resource to ensure that pregnant women, infants, and children enrolled in Head Start receive optimal oral health services.

**Featured Topics**

**Healthy Children Are Ready to Learn**  
This fact sheet explains how Head Start comprehensive services help young children get ready for school.

**When Health Affects Assessment**  
This fact sheet offers questions to consider about the impact of child health on assessment. It also includes a list of tools that programs use to improve child assessment strategies.

**Early Childhood Hearing Outreach (ECHO) Technical Assistance (TA) Tool**  
The ECHO Initiative offers a 3-Minute Planning and TA Tool for all birth to three programs. Based on the responses submitted to the TA Tool questions, the system provides links and resources to help plan and sustain up-to-date hearing screening practices.

**OHS Health Priorities**

**Healthy Nutrition and Physical Activity**  
Head Start is actively involved in the nation's efforts to decrease the rate of children classified as overweight or obese. Through activities that promote healthy nutrition and physical activity, Head Start programs make a huge impact on the healthy development of children and families.

- Head Start Body Start (HSBS)
- I Am Moving, I Am Learning (IML)
- Eat Right: Get Your Plate in Shape

**Developmental and Behavioral Services**

- Newsletters
- Courses
- Webinars
- Tip sheets
- T/TA tools



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# Resources for Programs

## AIAN Head Start Health Services Webinars

The National Center on Health developed the AIAN Head Start Health Services Webinar Series to support programs as they assess and build their foundations for health services to children. Each webinar has relevant tools and resources to support programs in evaluating and improving their services.

### 5 Recorded Webinars:

- Determining Child Health Status
- Health Screening
- Medication Administration
- Mental Health Services
- Oral Health

### With Each Webinar:

- Tools and resources
- Fact sheets
- Relevant HSPPS
- Sample forms
- Resources for families

This Webinar series was developed under Grant #90HC0005 for the U.S. Department of Human Services, Administration for Children and Families, Office of Head Start, by the Head Start National Center on Health.



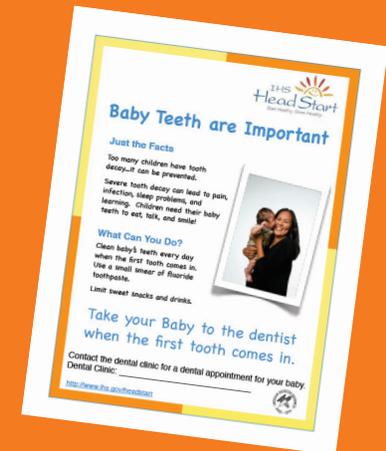
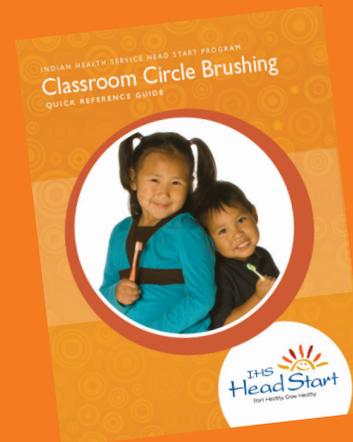
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## AIAN Webinar Series: Health Issues in Head Start

### Oral Health

### What are we asking families to do?

- Take care of their own teeth to provide a good role model for their children.
- Family brushing twice daily with fluoride toothpaste.
- For babies, wipe their gums with a soft damp cloth after feeding, and wean them from the bottle at 12 months of age. As soon as the first tooth erupts, begin brushing twice daily with a small smear of fluoride toothpaste.
- Take their baby to the dentist soon after the first tooth erupts and get dental exams yearly, being sure to follow through with any needed treatment.
- Limit sweet drinks and snacks.
- Drink fluoridated water. Both Head Start and families can support local water fluoridation.



# Resources for Staff

**GROWING HEALTHY**  
There are lots of ways to grow healthy but you don't have to do it all at once.

Child's name: \_\_\_\_\_

**IDEAS FOR LIVING A HEALTHY LIFE**

- 1 Eat at least 5 fruits and vegetables each day.
- 2 Keep screen time (like TV, video games, and computers) to 2 hours or less per day.
- 3 Get 1 hour or more of physical activity each day.
- 4 Drink 0 sugar-sweetened drinks and even 100% fruit juice.

**OUR GOAL FOR THIS MONTH**

Next help (who started): Turn to \_\_\_\_\_

- 1 Eat \_\_\_\_\_ fruits and vegetables each day.
- 2 Limit screen time to \_\_\_\_\_ minutes per day.
- 3 Get \_\_\_\_\_ minutes of physical activity each day.
- 4 Limit sugary drinks to \_\_\_\_\_ per week.

Our plan: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

**GROWING HEALTHY**  
THE NATIONAL CENTER ON HEAD START HEALTH

**Fruits and Vegetables a Day**

- Go for the rainbow. Each month, pick a color from the rainbow and try to eat a new fruit or veggie of that color: green, purple, orange, yellow, red. It's a great way for little ones to learn colors while you're at the grocery store.
- Whenever possible, let your child help get fruits and veggies ready to serve. Maybe he can wash an apple or she can mix the salad. Your little chefs may be more likely to try foods that they help to prepare.
- Ever feel like fresh fruits and veggies are just too expensive? Try frozen ones instead—they're just as healthy.

**Hours or Less of Screen Time a Day**

- A great way to cut down on screen time is to make a "no television (or computer) while eating" rule.
- If your children are watching TV, watch with them. Use commercial breaks for an activity break—hula hoop, dance, or come up with a crazy new way to do jumping jacks.
- If you need a break and want to let your child watch TV, set a timer for 30 minutes. You can get a lot done and you'll know how long they watched.
- Television in your child's bedroom might seem like a convenience but watching TV close to bedtime can affect your child's ability to sleep.

**1 Hour of Active Play or Physical Activity a Day**

- As an hour of active play might seem like a lot but you don't have to do it all at one time. Try being active for 10-15 minutes several times each day.
- What were your favorite active games when you were a child? They might seem old school to you but they'll be new to your child. Try one today.
- Rain or bad weather has you stuck in the house? Don't let it keep you and your child from being active together. Try one of these fun activities:
  - Get up a scavenger hunt inside.
  - Start your own indoor Olympics—who can jump on one foot the longest or do the most sit ups?

**Sugary Drinks a Day**

- Let your child pick their favorite "big kid" cup to use for water.
- Think plain water is too boring? Try adding a fruit slice (like orange) for natural flavor.
- Avoid buying juice or picking it up from WIC—if it's not in the house, no one can drink it.
- If you're still trying to cut sugary drinks down to zero, keep up the great work! Young children should never have soda pop or sports drinks but if you choose to give juice, please remember:
  - make sure the label says 100% fruit juice.
  - limit the amount to 1 small cup a day (4-6 ounces if you measure it out).
  - serve milk with meals and offer water at snack time.

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**Brush Up on Oral Health**

October 2012

- **To Use or Not to Use: Fluoridated Toothpaste**
- **Moving Toothbrushing from the Sink to the Classroom**
- **Taking the Mystery Out of Toothbrush Storage**
- **Healthy Kids, Healthy Mouths Campaign**
- **Cook's Corner: Recipes for Healthy Snacks**

### Did You Know?

The first toothbrush was a stick! Chewing sticks, which were large toothpicks, were used to remove food and freshen breath. Over time, people began to chew on one end of a stick that was about the size of a pencil. Chewing on the stick would soften it. The soft end could be used to brush the teeth.

The model for the modern-day toothbrush was invented in China some time between 1400 and 1500 AD. These toothbrushes had bamboo handles, and the bristles were made from the



Fostering a culture of health and wellness for Head Start children, families and staff

### Active Supervision A Referenced Fact Sheet from The Head Start National Center on Health

Keeping children safe is a top priority for all Head Start and Early Head Start programs. The Head Start Program Performance Standards require that "no child shall be left alone or unsupervised while under their care" (45 CFR 1304.52[i][1][iii]). But what is active supervision and how will it benefit children and staff?

Active supervision is the most effective strategy for creating a safe environment and preventing injuries in young children. Educators from all over the world use this strategy to make sure that children of all ages explore their environments safely. Each program can keep children safe by teaching all educators how to look, listen, and engage.

#### What is Active Supervision?

Active supervision requires focused attention and intentional observation of children at all times. Educators (all Head Start staff who care for children) position themselves so that they can observe all of the children: watching, counting, and listening at all times. They also use their knowledge of each child's development and abilities to anticipate what they will do, then get involved and redirect them when necessary. This constant vigilance helps children learn safely.



# National Center on Health Top Training Topics

- Child safety and injury prevention
- Strategies for promoting oral health of pregnant women, infants, and young children
- Effective oral health community partnerships
- Engaging families in healthy active living
- Health literacy
- Linking school readiness and health
- Promoting data-driven decision making in health services
- Early childhood mental health



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