

Stone Soup Gazette

February is National Children's Dental Health Month

The Fundamentals of Children's Dentistry

By [Tammy Davenport](#), About.com



February is National Children's Dental Health Month. One of the best ways to educate children about visits to the dentist and maintaining good oral hygiene is to familiarize yourself with the fundamentals of [children's dentistry](#).

Oral Hygiene

Brushing children's teeth twice a day, [flossing](#) daily and regular dental [check ups](#) are essential for establishing good oral hygiene at an early age. Your child may need assistance or supervision until around the age of 6 or 7. This [step by step guide](#) will show you the proper way to brush your children's teeth.

Preventing Cavities

While the best protection against [cavities](#) is good oral health, additional steps can be taken

to help prevent [decay](#). Be sure to use toothpaste that contains [fluoride](#). When your child's permanent back teeth erupt, you should talk to your child's dentist about applying dental [sealants](#).

Dental Habits

Children can develop dental habits at a very early age. While it is important to maintain good oral habits in children, it is equally important to understand and break the [bad habits](#).



If your child does develop cavities, you should take

him /her to the dentist for an evaluation and possible [fillings](#). Do not be under the misconception that children do not need to have cavities filled because their baby teeth will fall out eventually. The fact is that children keep many of their baby teeth for a long time, and cavities can be painful.

Nutrition

Nutrition plays an important role in good dental health. Eating nutritional snacks and limiting the amount of sugary drinks will help to prevent [plaque](#) from forming on the teeth.

Educating Children

Children love to have fun while they are learning. Teaching children about good dental health is easy with these fun, free and educational [dental activities](#) such as, puzzles, games, printable coloring pages, brushing charts, fun facts, crafts, dental experiments and more.

Update: What's new at OCHNA

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We would like to announce that the 2007 OCHNA survey data is in-house. While we are only in the preliminary stages of analysis and writing, we are excited about new ideas for the upcoming 2008 data reports.

Similar to the 1998 and 2001 data, the 2004 OCHNA survey results are in the process of being available in an online database through our website (www.ochna.org). The data should be fully available by March 2008.

OCHNA's "Data Training Workshop" held on February 4, 2008 was a success. We strongly encourage you to contact us at (714) 547-3631 for further information on this workshop or for data assistance.



St. Jude Neighborhood Health Center's Vida Sana Program

731 S. Highland Avenue
Fullerton, CA 92832



The Vida Sana Program is a dynamic family based pediatric obesity prevention program. It is offered at St. Jude Neighborhood Health Center. This state of the art community clinic is situated within Richman Park, steps from the City of Fullerton's Richman Community Center and adjacent to Fullerton School District's Richman Elementary School.

The primary goal of the program is to reduce the prevalence of childhood obesity in the Richman community through a family-centered approach.



“At risk and “high risk” obese children are referred to the program by St. Jude center staff. At this point in the delivery of services, client and family members are offered a behavioral approach to healthy eating

and lifestyle alterations. The program families are case managed individually identifying their specific needs. A behavioral based family contract is then tailored to each family's priorities.

Cultural sensitivity is a primary focus while integrating the basic concepts of health/nutrition education; portion control; importance of “5 or more a day” fruit and vegetable message; as well as increasing family-based physical activities. The concept of disease prevention takes “main stage” along with the idea of “thinking before eating.” The program's hours of operation are conducive to the needs of the clients with activities and sessions being held on Saturdays and evenings.



Partnering with the City of Fullerton, the Fullerton School District, Orange County Health Care Agency, local businesses and community agencies is an important objective of the program in an effort to extend the healthy lifestyle message. The families are exposed to “hands on” educational activities such as walks to the Fullerton Certified Farmers Market and evening Albertson's Market tour. At these events family members are exposed to tasting new types of fruits and vegetables; comparing whole, non-fat and low fat milk; nutrition label reading and food comparisons. The City's Summer Park Program, “Spooktacular” event and School District's Program for Disengaged Youth also integrated the St. Jude Healthy Lifestyles' message into their activities.



Upcoming events include: “Healthy Eating Family Cooking Class,” co-sponsored by the St. Jude Neighborhood Health Center, County of Orange Health Care Agency, and the City of Fullerton; and “Eat Healthy and Be Happy: A Nutrition Labeling Class,” co-sponsored by the St. Jude Neighborhood Health Center, City of Fullerton, and the Fullerton School District.

For more information contact Tina Caton, PNP at tina.caton@stjoe.org.



New Community Education Programs at Alzheimer's Family Services Center

The community education programs at Alzheimer's Family Services Center are designed by dementia experts to help you build your knowledge base and coping skills. Workshops cover a wide variety of topics, including brain healthy lifestyles, a number of memory enhancement classes, diagnosis and treatment of dementia, legal and financial planning, and communication techniques to cope with cognitive changes in a loved one with dementia.

More than 100 educational classes or seminars are offered throughout the year at Alzheimer's Family Services Center and in the local community to seniors, caregivers, and healthcare professionals. Programs are offered at senior centers, churches, non-profit agencies, independent residential living communities, and hospitals in the Costa Mesa, Fountain Valley, Huntington Beach, Seal Beach, and Newport Beach area. With so many programs to choose from, you or your community group can pick the course that is right for you!

"Aging is not 'lost youth' but a new stage of opportunity and strength."

~ Betty Friedan

New Programs in 2008

Memory Boot Camp. This four-hour cognitive fitness "intensive," presented over two days, covers the multiple cognitive and physical exercises that can help boost brain power and enhance memory. Participants will be challenged to focus attention, problem-solve, and exercise memory abilities. The brain workout will include brain teasers, puzzles, adapted board games, an overview of memory enhancement technology, and a mental aerobics game plan for at-home workouts.



Brain Power 101. In this four-hour workshop, presented over two days, participants learn how a healthy lifestyle can promote cognitive fitness and reduce risk for Alzheimer's disease or related dementia. The importance of mental and physical exercise as well as diet and effective management of chronic conditions, such as hypertension, in maintaining brain health will be emphasized. Up-to-date information on diet choices and supplements, ranging from antioxidants to omega-3 fats, will be available. Participants will walk away with a plan to implement class strategies.

For more information on the classes or any other educational program, please contact David Hart, Director of Education for Alzheimer's Family Services Center. Dave can be reached at 714-593-9630 or dhart@AFSCenter.org

EmpowHer Adopted from www.empowher.com

Are you frustrated with the lack of resources and information available on women's health? EmpowHer is "an innovative social networking web site for women focused on health." On this site you will find up-to-date news, research, podcasts, blogs, forms and articles related to health. The goal of this site is to provide a community for women to communicate their ideas and stories, so that they are able "to make more informed decisions about healthcare and become advocates for themselves in the doctor's office." Please visit www.EmpowHer.com to learn more and EmpowHer yourself.



"It's one woman at a time. Women are going to change our healthcare and I want to help lead that change."
-Michelle King Robson, Founder and President of EmpowHer.com

Sharing Your Love for Children on Valentine's Day

A message from Julianne Moore, four-time Academy Award-nominated actress, children's book author, mother of two and Save the Children supporter

This Valentine's Day I hope you will join me and my family in sharing your love not just with the people closest to you, but also with America's children in need. [Start a new tradition by sending Save the Children Valentine's Day cards.](#)

[Click here to see a preview of the cards](#)

Recently, I visited one of the poorest, most remote communities in the mountains of Appalachia, where Save the Children has worked for more than 75 years. In a land of such wealth and prosperity, it is shocking to see so many children and their families struggling to get by. In fact, in rural America, one in five children lives in poverty.

When I spoke with my children about the trip, we were inspired to [find a way for other kids and families across the country to make a difference](#) in the lives of children in need. Valentine's Day has always been a time to show how much you care, so we approached Save the Children with this special Valentine's Day campaign.

As a mother, I would like to appeal to moms everywhere, that while we are giving Valentine's cards, which we do anyway, let's do some good at the same time for other children in America.

[By making a donation](#) to Save the Children, you can print out or email beautiful Valentine's Day cards featuring children's artwork to give to classmates, friends and family. If you choose, you can [honor someone special with a gift donation](#) and we will send a personalized card for you. Your donation will help Save the Children reach more children in poor, rural communities in the United States through early childhood education, literacy, physical activity and nutrition programs.

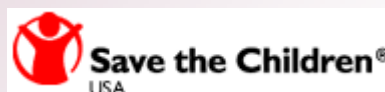
As an author, I was particularly moved to see firsthand how these programs are helping to foster children's love of reading by teaching new moms about early learning activities for their young children and helping struggling students overcome obstacles to reading.

In rural communities with limited resources, Save the Children is offering children hope for a brighter future, and what better gift can we give on Valentine's Day than hope?

Julianne Moore

Visit the web address below to tell your friends about this.

<http://www.savethechildren.org>  [Tell-a-friend!](#)



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The Stone Soup Gazette is Orange County Health Needs Assessment's official bi-monthly electronic newsletter, with a distribution of over 1,000.

We welcome your comments, concerns, suggestions, and submissions for future newsletters.

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Happy Valentine's Day



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