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Quality Care For Kids

A newsletter for Clinton/Jackson
Child Care Providers

FEBRUARY 2015

Children's Dental Health Month

February is Children's Dental Health Month. Developing good habits at an early age and regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums.

Iowa's I-Smile recommends these helpful activities:

1. Before baby's teeth erupt, wipe their gums with a clean wet washcloth at least once a day.
2. Once teeth erupt, brush them with a soft infant-

sized toothbrush at least once a day.

3. Children should brush their teeth for 2 minutes twice a day.
4. Use a pea-sized amount of fluoride toothpaste for children 2 years of age and older.
5. Children should floss their teeth (with a parent's help) daily.
6. Provide healthy snacks like fruits, vegetables,

cheese and yogurt.

7. Avoid sugary snacks and limit sugar and starches to mealtimes.
8. If needed use a pacifier for helping babies get to sleep.
9. Wean babies from the bottle by 1 year of age.
10. Start regular dental checkups at 1 year of age.

For more information go to:
www.ismiledentalhome.iowa.gov



Call your Child Care Nurse Consultant if you have any questions about child health and safety, or any special training needs.



The Child Care Nurse Consultant Program is funded by Clinton/Jackson Early Childhood Iowa

Inclusive Care

The Americans with Disabilities Act (ADA) provides comprehensive civil rights protections for individuals with disabilities. Title III of the ADA applies to child care providers including centers and child development homes.

All children benefit from inclusive care because children learn from each other, they share in each others experiences, they feel a sense of belonging, and they develop an acceptance of each other.

Communication, planning and coordination of care is important so that staff are educated and feel confident in safely caring for

the child with special needs and parents feel confident in the care that is being provided for their child.

Evaluating program policies and practices; making accommodations; and working as a team (provider, parent, physician, child care nurse consultant, etc.) for care planning is important for successful inclusive care.

For more information on inclusive care contact your local child care nurse consultant. For more information on the ADA and child care go to:

www.ada.gov/childqanda.htm

Give Kids a Smile

Contact Kati McNeme I-Smile Coordinator for tooth brushing handouts, help with your tooth brushing program, or to find a local dentist.

Kati McNeme

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