



## Good Eating and Toothbrushing Practices at Home During COVID-19

It is important for parents to serve healthy foods and practice good oral health habits to keep children's mouths healthy. As a Head Start professional, you can share tips to help parents choose healthy drinks and snacks. You can also help parents learn to brush their child's teeth with fluoride toothpaste to prevent tooth decay and to promote good oral and overall health. There are many resources for parents available on the Early Childhood Learning and Knowledge Center website.



### Cook's Corner: Recipes for Healthy Snacks

Explore ways to prepare healthy snacks with ingredients that are fresh, low in fat, and high in fiber. This can be a fun way to spend time with children during the coronavirus disease 2019 (COVID-19) pandemic or any time. Cook's Corner: Recipes for Healthy Snacks offers simple recipes that do not include added sugar. The cookbook is also available in [Spanish](#).

### Healthy Habits for Happy Smiles

This handout series provides simple tips for promoting oral health. It is also available in [Spanish](#). The series includes these issues:

- [Brushing Your Child's Teeth](#)
- [Choosing Healthy Drinks for Your Child](#)
- [Giving Your Child Healthy Snacks](#)
- [Taking Care of Your Baby's Oral Health](#)
- [Toothbrushing Positions for Your Child with a Disability](#)
- [Toothbrushing Tips for Your Child with a Disability](#)

