As we move into February, I hope you all have been able to stay warm, healthy, and safe. February is a short month, but it is a month full of celebrating differences and loving those closest to us. February is recognized as Black History Month. This month, we share the accomplishments and experiences of the Black Community. We take this time to appreciate others; from our origins, appearances, language, to all of the different occupations. It is about embracing these differences and learning the importance of striving for greater equality and civil rights for all.

At the New Britain FRCs, we strive to understand the importance of diversity and the significance of providing an enriching curriculum that explores this topic. We hope to start introducing diversity this month through our “Play and Learns” by learning about friendships. We will also be paying tribute to February’s favorite holiday, Valentine’s Day, by reading “The Day it Rained Hearts.” We will also start introducing proper hygiene practices, specifically focusing on brushing teeth.

As we continue to be remote, we look forward to the day when we can provide in-person lessons at our resource centers. In such a trying time, with still so much uncertainty, it’s sometimes hard to see any positives. We assure you that we continue to remain a pillar of support for you and your family. We are here to listen and we are here to help you in any way. As each day ends and a new one begins, let’s remember to remain kind to one another and appreciate where our journey in life has taken each of us. Let’s hug our family members a little tighter this month but more importantly, let’s try to empower those around us to be their own trailblazers in history.

“If you can be the best, then why not try to be the best?” - Garrett Morgan, an American inventor behind the traffic light.
Show Us Your Smile!
By Ms. Emily Sirois

When it comes to the health of your child's primary teeth, there is no better time than now to start practicing oral hygiene. Oral hygiene should start as early as infancy as tooth decay is now the most common chronic disease among children living in the United States. The Centers for Disease Control and Prevention (CDC) reports that more than 40% of children have tooth decay by the time they reach kindergarten. The American Dental Association and the American Academy of Pediatrics say that every child should visit a dentist by age 1 - or as soon as the first tooth appears.

Being proactive with pediatric dental care ensures your child's primary teeth stay healthy, free of decay and other dental diseases such as inflammation of the gums and tissues. This is an important part of dental care because it prevents bacteria from continuing to grow in your child's mouth. A professional pediatric dentist will provide you with expert tips on how to take care of your child's teeth at home. Advice that is typically given includes the proper way to floss and brush your child's teeth and additional information based on the specific condition of your child's mouth. Another topic that is usually discussed is your child's eating habits and what you as a parent can do to help protect your child's teeth and gums as they mature.

Your child's primary teeth are important. Developmental stages that are imperative to your child's future dental health depend on them, so don't wait! Dentistry for children provides parents with a guide for oral care so that they will have excellent oral hygiene as they grow. To learn more about the importance of pediatric dental hygiene feel free to visit the CDC’s website or reach out to New Britain's Community Health Center to schedule an appointment!