



Schoolcraft County Great Start Parent Coalition February 2021 Newsletter



February is Children's Dental Health Month!



Tips for Maintaining Your Child's Oral Health

Schedule routine check-ups.

Clean your baby's gums daily.

Until those teeth come in gently wipe a damp washcloth over the gums to clear away harmful bacteria after each feeding.

Start brushing with the first tooth. Begin brushing your baby's teeth when you see one coming in with an infant toothbrush. Use water and a tiny bit of fluoride toothpaste (the size of a grain of rice). Brush twice each day for two minutes.

Children ages 2-6 should use a pea-sized amount of fluoride toothpaste. Always supervise kids younger than six years old while brushing. They are more likely to swallow toothpaste.

Begin flossing. Once your child's teeth touch, you can start flossing in between them.

Snack healthy! Fruit juice, sports drinks, fruit snacks, and sticky candies all pose serious threats to your child's teeth. Give kids calcium-rich snacks like cheese or low-sugar yogurt.

Keep them hydrated! Avoid sugary drinks.

Water helps to rinse away any sugar or particles that can lead to cavities.

Replace your child's toothbrush every three to four months.

From The American Dental Association and U.S. Surgeons General



Contact Information: Cheryl Demers, Parent Liaison
text or call 906-450-7195 or email cdemers@dsisd.net



Check out our Facebook Page:
Schoolcraft County Great Start Parent Coalition

LET'S TALK ABOUT FOOD

LET'S LOOK FOR GREEN VEGETABLES.

WHAT'S IN THE FRIDGE?

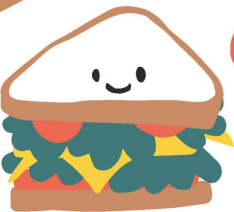
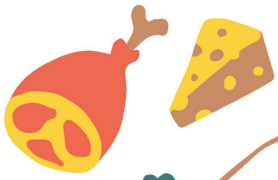
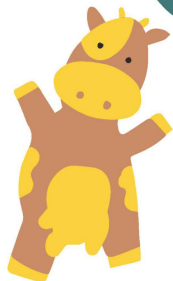
WHAT COLOR ARE YOUR FRUITS?

WHAT'S YOUR FAVORITE MEAL?

LET'S MAKE A GROCERY LIST.

ABOUT

WHAT ARE THE INGREDIENTS?



Delta-Schoolcraft Counties

WWW.GREAT-START.ORG

TALKING IS TEACHING.

TALKING IS TEACHING.ORG





Please Join us for a Virtual Parent Cafe

*A place to build support
for parents by parents*

Topic – Fill Your Cup



*Let's take time to talk about
how we take care of ourselves,
so we can take care of our families*

Wednesday, February 3, 2021

from 6:00-7:00pm

***please register here**

<https://tinyurl.com/y56yzfh6>

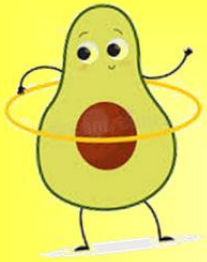
We will send you a Zoom link for the cafe*



***Brewing Strong Families
and Strong Communities***

**Contact Cheryl Demers at 906-450-7195 or Laurie Mold at 419-320-5542
for more information**

Coming Soon:



Fruity Fitness



Delta-Schoolcraft Great Start Great Start
Online Family Funtime

Wednesday February 24th 6:30pm-7:30pm On Zoom

Jill Connin, Schoolcraft MSU Extension Nutrition Instructor, joins Great Start to provide your family with a fun evening focused around healthy eating and exercise that will make you feel good inside and out! Enjoy an interactive story time and kid-friendly activities together.

Families will also receive an activity bag with a free book, craft and materials to use and learn together at home.

Register at <http://bit.ly/2NBux90>

Bags will be available for pick up after Monday, February 15th at the Delta Schoolcraft ISD and at Manistique Schools Public Library after Wednesday 2/17/21.

Contact Cheryl Demers at cdemers@dsisd.net/906-450-7195 or Laurie Mold at lmold@dsisd.net/419-320-5542 with any questions.



MICHIGAN STATE UNIVERSITY | Extension

Register at <http://bit.ly/2NBux90>



Habitat
for Humanity®
HiawathaLand

SNOW SCULPTURE *Contest*

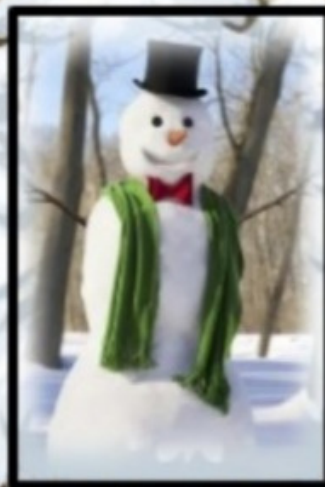
Follow this event on Facebook!
@HfHHiawathaLand

Call Habitat at 341.7437 for details or to register.

*Register to enter.

*Submit a picture
by noon on
Feb. 15th.

*Voting is Feb.
15th - 26th.



*A voting Board
will be located at
Jack's Fresh
Market.

*You may also
vote on our FB
page.

PRIZES - 1st, 2nd, & 3rd Place plus People's Choice

***Open to Individuals, Families,
Schools, Organizations, & Businesses**