



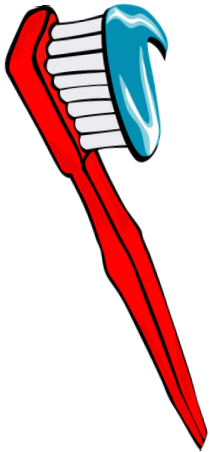
# Grant County Health Dept

111 South Jefferson St, Floor 2  
Lancaster, Wisconsin 53813-1672  
www.co.grant.wi.gov  
(608) 723-6416

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## Start Caring for Your Child's Teeth Early



Your child's teeth are at risk for cavities as soon as they first appear— around age 6 months. The good news is that cavities are preventable!

### **Clean Your Child's Teeth**

- ☺ As soon as your child's teeth begin to come in, brush them gently with a child-size toothbrush and water
- ☺ For children older than 2, brush their teeth with a pea-sized amount of fluoride toothpaste. Be sure they spit out the toothpaste.
- ☺ Until your child can brush his or her own teeth, continue to brush your child's teeth twice a day with a child-size toothbrush and a pea-sized amount of fluoride toothpaste. When your child has two teeth that touch, floss their teeth every day

### **Prevent Cavities**

- ◆ Try not to share saliva with the baby through common use of feeding spoons or licking pacifiers. Saliva can carry cavity causing bacteria.
- ◆ Place only formula, milk or breast milk in bottles. Avoid sugar water, juice or soft drinks.
- ◆ Do not let infants or children take bottles or cups to bed. (Unless filled with water.)
- ◆ If your child uses a pacifier, provide one that is clean—don't dip it in sugar or honey.
- ◆ Help your child learn to drink from a cup by his/her first birthday.



### **Ask About Fluoride**

- Fluoride is a mineral that occurs naturally in water, including oceans, rivers and lakes.
- Fluoride is also added to some community tap water, toothpastes and mouth rinses.
- Bottled water may not contain fluoride.
- Infants and toddlers who do not receive enough fluoride may be at an increased risk for cavities since fluoride helps make teeth more resistant to cavities. It also helps repair weakened enamel.
- Discuss your child's fluoride needs with your dentist or doctor. They may recommend a fluoride supplement if you have well water or live in a community without fluoridated water.

*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhswir.org](http://www.dhswir.org) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.

## Food Expiration Dates What Do They Mean?

"Sell by," "Use by" and "Best if used by" are all common labels we see when purchasing our food. What do they really mean? Stamping a date on a food product's package is done to help the store determine how long to display the product for sale.



**"BEST IF USED BY"** helps the shopper know the time limit to purchase or use the product at its BEST quality. It is not a safety date. After the date passes, while not of the best quality, the product should still be safe if handled properly and kept at 40° F or below in your refrigerator. However, if these foods are mishandled or if the packaging is broken or open, food-borne bacteria can grow and cause food-borne illness—before or after the date on the package.

**"USE BY"** date is also the last date recommended for the food to be at its peak quality.

**"SELL BY:** date tells the store how long to display the product for sale. You should buy the food before that date.

Always check to see if packaging is intact. Foods that change in colors, odor, or texture should be disposed of. Also, make sure to follow the handling and preparation instructions on the label to ensure top quality and safety of your foods. Source: USDA Food Safety and Inspection Service

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).



## WIC & Health Check Clinics

*(Immunizations given at all these clinics)*

**Feb 21st**—Late Platteville Lutheran Church of Peace—3:00pm to 6:30pm

**Feb 26th**—Lancaster Schreiner Memorial Library—9:00am to 3:30pm

**Mar 7th**—Platteville Lutheran Church of Peace—9:00am to 3:30pm

**Mar 12th**—Boscobel United Methodist Church—9:30am to 3:30pm

**Mar 13th**—Fennimore United Methodist Church 9:00am to 3:30pm

**Mar 19th**—Cuba City St Rose Mazzuchelli Hall - 9:30am to 3:30pm

**Mar 21st**—Platteville Lutheran Church of Peace - 9:00am to 3:30pm

**Mar 26th**—Lancaster Schreiner Memorial Library—9:00am to 3:30pm

**Mar 27th**—Late Lancaster Schreiner Memorial Library—3:00pm to 6:30pm

**Mar 28th**—Platteville Lutheran Church of Peace - 9:00am to 3:30pm

**Apr 4th**—Platteville Lutheran Church of Peace—9:00am to 3:30pm

**Apr 9th**—Boscobel United Methodist Church—9:30am to 3:30pm



Grant County Health Dept will be closed at noon on April 19th.

# Sleep Well and Get Your Zzzz's

Sleep is necessary in order to function in our daily lives. Insufficient sleep has been linked to motor vehicle accidents. Those with poor sleep are more likely to nod off while driving, and their reaction time is slower. Research also suggests that people who consistently do not get enough sleep are more at risk for chronic health conditions such as, depression, obesity, diabetes, high blood pressure, cancer, and reduced quality of life.



## How Much Sleep?

The National Institute of Health recommends school-age children get at least 10 hours of sleep. Teenagers need 9-10 hours, and adults benefit from 7-8 hours of sleep. Of course, this is not set in stone and can vary from person to person. According to the CDC, 30% of adults reported averaging less than 6 hours of sleep per day.

## Sleep Promotion Tips

- Create a routine: go to bed and rise in the morning at the same time.
  - Avoid caffeine, alcohol, and nicotine close to bedtime. These can affect your body's ability to sleep deeply and continuously through the night.
- Avoid looking at your cellphone or tablet screen when in bed. The blue light from electronics can send a 'wake up' signal to the body.
  - Apply a small amount of essential oils, like lavender to your pillow or body. Lavender can have a calming effect helping people reach a deeper sleep.
- Play calming music or a white noise machine in the background.
- Take a warm shower before bed.
- Avoid large meals prior to sleep.
- For the best sleep keep your room temperature around 65 degrees.



For more information on the benefits of adequate sleep visit [www.sleep.org](http://www.sleep.org) or [www.cdc.gov](http://www.cdc.gov)

# Little Loving Things You Can Say

Most parents and caregivers want to care for and nurture children as best they can. Children believe what they hear, and what adults say to children influences how children feel about themselves. When you are with a child listen and respond positively to them to let them know they are important. By using loving words you will help children develop greater confidence and feel good about themselves. You'll feel better, too.



*You Are Terrific!*

**YOU CAN**

**DO IT.**



*Tell me more.*

Good Job!



**Good Try.**

Thank you.

You are a good friend.

**WAY TO GO!**

**SUPER!**

*I love you.*



**You are a big help.**

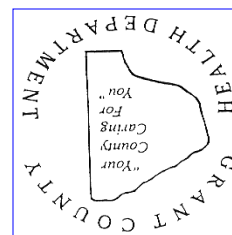
**You are smart.**

**You're sweet.**

**I'm proud of you.**

**Looking good.**

**HAVE A GOOD DAY!!**



Change Service Requested

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