



Maintaining lifelong dental health begins with habits developed at a very early age. During February's **National Children's Dental Health Month**, learn more about kids' dental health and how you can make taking care of their teeth more fun for them.



DID YOU KNOW?

- The American Dental Association (ADA) recommends that a child's first dental checkup occur after the first tooth comes in and no later than the first birthday. It's a "well-baby checkup" for the teeth.
- Today's braces are more comfortable than ever before. Newer materials apply a constant, gentle force to move teeth and usually require fewer adjustments.
- According to the ADA, kids who only rest their thumbs passively in their mouths are less likely to have difficulty than those who vigorously suck on thumbs/pacifiers.
- If your child is eager for a visit from the Tooth Fairy, there is a **dentist-approved way** to help wiggle that tooth out.
- If your child plays a sport or is active in things like skateboarding or snowboarding, it's smart to wear a **mouth guard**, which protects teeth from being broken or knocked out.



TAKE ACTION

- Visit the American Dental Association's (ADA) **Mouth Healthy** section. Use the Life Stages tab for information and resources on children's dental health as well as your own.
- Learn some ways to get your **toddler to brush** on Delta Dental's blog.
- Take advantage of your **Pearson dental benefits**, which provide for an annual checkup covered at 100%.
- Check out some **fun print and video activities** for kids to get them interested in their dental health.
- Pick up some tips on how to help your child **stop thumb-sucking**.



UPCOMING LIFECARE® WEBINARS:

Controlling Your Debt
TUESDAY, FEBRUARY 27 —
1:00 – 2:00pm EST

Login to **LifeCare®** and search for Webinars.



UPCOMING EMPLOYEE ASSISTANCE PROGRAM SEMINARS:

- **Creating a Positive Work Environment**
FEBRUARY 14 — 1:00 pm CST
- **Manager's Guide: Mindful Leadership**
FEBRUARY 28 — 1:00 pm CST
- **Investing: A Beginner's Guide**
MARCH 7 — 1:00 pm CST

Visit the **EAP website** (Employer ID is Pearson) and select the Education and Resources section to see seminars.



FOOD OF THE MONTH: OATMEAL

Great oatmeal starts with plain rolled oats, or steel-cut oats, cooked in a little water or milk, and topped with wholesome ingredients. Though oats themselves don't contain gluten, they can get tainted with gluten while being processed or growing so look for certified gluten-free. **Try this great oatmeal recipe.**