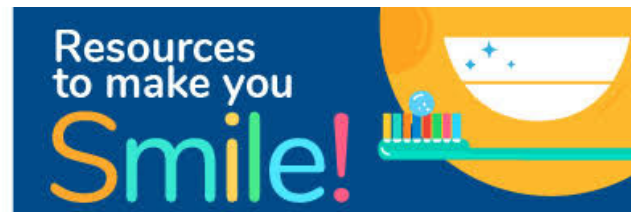




National Center on  
Health, Behavioral Health, and Safety



Issue No. 50

## Preventing Oral Injuries

Welcome to Resources to Make You Smile! This monthly newsletter features information and tools Head Start staff can use to help families promote good oral health. These tips help Head Start staff support families, pregnant women, and children. The newsletter also includes a recipe for a healthy snack that children can make in a Head Start program or at home with their families.



## Working Together to Prevent Oral Injuries

Children may stumble as they are learning to walk and when they are physically active. Most oral injuries happen when children fall. Children's top front teeth are injured most often. They can be chipped, pushed into the gum, pushed forward or back in the mouth, or knocked out. Bruises or cuts in or near the mouth are also common oral injuries.

Families and Head Start staff can work together to prevent oral injuries by creating safe spaces for children. This includes conducting safety checks, creating and following safety policies, and tracking oral injuries to identify areas for improvement. Despite safety efforts, oral injuries may still occur. By partnering and learning together, families and staff can help keep children safe and be prepared to treat oral injuries if they do occur.



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### Resources for Head Start Staff

Read these tip sheets, from the [Brush Up on Oral Health](#) series, to learn how oral injuries can happen to children and about strategies Head Start staff can use to help prevent these injuries. Also, understand which supplies to include in a first aid kit for treating oral injuries and how to give basic first aid for the five most common oral injuries that may happen to young children.

- [Preventing Oral Injuries](#)
- [Treating Oral Injuries](#)

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### Resources for Parents

Share these [Healthy Habits for Happy Smiles](#) handouts to encourage families to create a safe environment for their child to help prevent oral injuries. The handouts also provide tips on what to do if an oral injury does occur.

- [Giving First Aid for Your Child's Oral Injuries](#)
- [Preventing Injuries to Your Child's Mouth](#)

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## Cook's Corner Recipe: Pumpkin Hummus

## Ingredients

1 cucumber, cut in half, slice lengthwise, and peel to make stripes  
2 15-ounce cans drained garbanzo beans (chickpeas)  
1 15-ounce can pumpkin  
2 tablespoons tahini  
2 cloves garlic, peeled  
1 ½ tablespoons lemon juice  
1 teaspoon ground cumin  
¼ cup olive oil  
¼ teaspoon paprika  
2 cups plain yogurt  
Raw vegetables, such as cucumbers or celery, cut into sticks or rounds, or whole wheat crackers



## Directions

1. Combine all the ingredients, except the cucumber, in a blender or food processor. Blend until smooth.
2. Add more olive oil if the mixture is thick.
3. Put hummus on a plate or a shallow bowl and use the back of the spoon to form a pumpkin shape.
4. Add the cucumber to make the pumpkin stem.
5. Serve with vegetable sticks or rounds or wheat crackers.

## Makes 8 servings

**Safety tip:** To prevent injuries, an adult should cut ingredients and supervise the use of the blender or food processor.

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## We Want to Hear from You

Send your questions or comments to the National Center on Health, Behavioral Health, and Safety at [health@ecetta.info](mailto:health@ecetta.info) or (toll-free) 888-227-5125.