



AOK Family Connect



**JANUARY / FEBRUARY
2008**

Making Sure Your Child is AOK in Winter Weather

- Wear a hood, hat, scarf or face mask on the head. Over 50 percent of the body's heat loss is at the head. Cover your preschooler's head to keep warm.
 - Wear a scarf around the neck.
 - Wear a coat or snowsuit.
 - Wear mittens or gloves -- two pairs when it is very cold.
- Wear warm boots or waterproof boots over shoes.

Take time to bundle your child up. Hypothermia and frostbite can mean pain, permanent damage and even death to a child who is not properly dressed. **Prevention is the best treatment!**

All Our Kids (AOK)
Early Childhood Network
Meeting Schedule:

January 15, 2008
March 18, 2008
May 20, 2008

Time- 8:30-10:00am
Place: Tazewell County
Health Department

If you would like a free copy of the Family Yellow Pages (resource guide), or more information on AOK, please

Contact :

Julie Donaldson at
(309) 925-5511 ext. 266.

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WASH AWAY GERMS

- Wash your hands with warm water (for children, water should not exceed 120 degrees)
- Have your child sing their favorite song while washing their hands, such as ABC's.
By the time your child is done singing, the germs will be washed away.
- Rinse and dry well with a towel.



February is National Dental Health Awareness Month

It's the perfect time to assess your child's dental health habits. Here are a few tips:

- Never put your baby to bed with a bottle of milk, formula or juice.
- Start brushing your baby's teeth as soon as the first tooth appears.
- Start flossing as soon as there are two teeth that touch
- To ensure ongoing oral health, schedule your toddler for their first dental exam by age 3.
- Experts recommend that you brush your preschooler's teeth for them.
- Continue to supervise their brushing until your child is at least 8 years old to ensure a healthy smile.
- Have your child's teeth cleaned by a professional twice a year.

Tazewell County Dental Clinic
(309) 382-2229

