

## Extend Your Learning Resources

### **Food**

**American Academy of Pediatrics:** Explore the Nutrition page where more than 100 articles about a wide variety of food topics, including allergies, food substitutions, picky eating, serving portions, and food safety:

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/default.aspx>

**USDA CACFP:** Explore the meal and snack nutritional guidelines, along with sample menu guides, recipes, and technical assistance supports. The menu bar on the left hand side contains the link to see if your early learning program is eligible for food reimbursement: <https://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

**USDA CACFP:** One pager – New Child and Adult Care Food Program Meal Patterns Child and Adult Meals

**USDA CACFP:** One pager – New Child and Adult Care Food Program Meal Patterns Infant Meals

**USDA CACFP:** One pager – Child and Adult Care Food Program Meal Pattern Revision: Best Practices

**USDA Choose My Plate:** Search resources related to preschool (2-5 years) or school age children's nutrition, including: growth charts, tips for picky eaters, meal and snack ideas by age, and printable tip sheets for implementing healthy eating habits:

<https://www.choosemyplate.gov/children>

**USDA Food and Nutrition Service Food Buying App:** Use this app to search for foods and track purchased food in compliance with the nutritional standards:

<https://www.fns.usda.gov/tn/food-buying-guide-mobile-app>

**USDA National School Lunch Program:** Explore the meal nutritional guidelines:

<https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

**Zero to Three, How to Handle Picky Eaters:** While written for parents, this page has tips for how to introduce and encourage the sampling of new foods:

<https://www.zerotothree.org/resources/1072-how-to-handle-picky-eaters>

### **Tooth Brushing**

**American Academy of Pediatrics:** Explore the Oral Health page for dozens of articles related to tooth brushing, including tips for tooth brushing with young children and children with disabilities, as well as topics like fluoride use:

<https://www.healthychildren.org/English/healthy-living/oral-health/Pages/default.aspx>

***Eating and Brushing- What's Healthy for Kids?***

**American Dental Association Healthy Mouth:** This site contains resources related to teething, tooth brushing at different age groups, visiting dentists, and the prevention of tooth decay. Watch dozens of short videos (30 seconds to 2 minutes), see colorful infographics, or click on the “Resources” tab for printable activity sheets and lesson plans: <https://www.mouthhealthy.org/en/babies-and-kids>

**Centers for Disease Control and Prevention** Helpful Strategies to Protect Tiny Teeth: tip and strategies for oral health ages birth and up.

<https://www.cdc.gov/chronicdisease/resources/infographic/oral-health-kids.htm>

**Head Start:** Explore the “Oral Hygiene” page of the Head Start website for resources for early learning providers related to the importance of oral hygiene and how to implement healthy habits. This website includes printable color posters for classroom use and printable resources for parents in English and Spanish:

<https://eclkc.ohs.acf.hhs.gov/oral-health>

**Meal Pattern Reference Guide** <https://www.k12.wa.us/policy-funding/child-nutrition/community-nutrition/child-and-adult-care-food-program/meal-patterns-and-menu-planning>

**Tooth Brushing Video Examples:** Watch videos of early learning programs implementing tooth brushing activities. These provide good visual examples of how to store tooth brushes, how to set up tooth brushing activities when access to a sink or bathroom is limited, how to engage a group in the activity, and how to model tooth brushing for children:

- 30 Second Video (Head Start) with tooth brushing song at a sink: <https://www.youtube.com/watch?v=Dh3xulpqL0o>
- 3 Minute Video (Head Start): [https://www.youtube.com/watch?v=\\_PRsq6uwC0o](https://www.youtube.com/watch?v=_PRsq6uwC0o)
- 6 Minute Video (Head Start): <https://eclkc.ohs.acf.hhs.gov/video/steps-toothbrushing-table-growing-healthy-smiles-early-care-education-programs>
- 90 second Video (BoysTown Pediatrics): While this video doesn't take place in an early learning setting, it does show how to wash a baby's gums and gives tips for brushing teeth with children under the age of 2: <https://www.youtube.com/watch?v=NFih6ww0MpQ>

**Washington Dental Association:** This is a great resource to share with parents if they are looking for a dentist for their child or a dentist who serves individuals with developmental or acquired special needs. The pediatric dental search requires parents complete a referral form where they will be contacted by a representative to assist them in finding a dentist. Parents are able to request assistance in their preferred language, including Spanish, Somali, Russian, Vietnamese, and more.

<https://www.wsda.org/public>