



H.O.P.E News April 2009

Children's Dental Health

To help your children protect their teeth and gums and greatly reduce their risk of getting [cavities](#), teach them to follow these simple steps:

[Brush](#) twice a day with an ADA — accepted fluoride toothpaste to remove plaque—the sticky film on teeth that's the main cause of tooth decay.

[Floss](#) daily to remove plaque from between your teeth and under the gumline, before it can harden into tartar. Once tartar has formed, it can only be removed by a professional cleaning.

[Eat a well-balanced diet](#) that limits starchy or sugary foods, which produce plaque acids that cause tooth decay. When you do eat these foods, try to eat them with your meal instead of as a snack—the extra saliva produced during a meal helps rinse food from the mouth.

[Use dental products that contain fluoride](#), including toothpaste.

Make sure that your children's drinking water is fluoridated. If your water supply; municipal, well or bottled does not contain fluoride, your dentist or pediatrician may prescribe daily fluoride supplements.

Take your child to the dentist for regular [checkups](#).



Quick Recipe: Taco Munch

Recipe Ingredients:

- *6 cups popped, unsalted popcorn
- *3 cups toasted corn cereal squares
- *1 cup mini pretzels
- *2 Tbsp. butter, melted
- *2-3 Tsp. dry taco seasonings
- *2 Tbsp. grated parmesan cheese
- *4 oz. cheddar cheese cut into 1/2 inch cubes

Directions:

1. Combine popcorn, cereal and pretzels in a large bowl. Combine butter and taco seasoning and drizzle over the mixture. Sprinkle with parmesan cheese and toss to coat.
2. Toss with cheddar cheese just before serving. Store in an airtight container.

Did you know?

Dental disease is the most chronic early childhood disease



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HOPE News provided by...



NETWORK 4 CHANGE.....

Stability, Hope, Strength, & Wellness



17-31 First St. S.
268-2506

www.network4change.ca

Drop By for Coffee, chat and to
Meet our New Staff

Deb Robinson
Christal Pruden
Dana Sachvie
Terra Kohle



WHAT'S HAPPENING THIS MONTH

- Comfort, Play & Teach Program
Mondays 10:00-11:30
Network 4 Change
- Play Pals
Tuesdays 9:45-11:45
SunGro Centre
- Time to Play
April 5, 19 1-3pm
Beausejour Early Years School

Comfort, Play & Teach Activity Room Program



What: Parents come to learn more about child development and discover ways to enhance their child's development using interactive and fun activities. Children come to have FUN!

Who: Toddlers (18-36 months) and their parents/care providers

When: April 6-May 11, 2009
Monday Mornings
10:00-11:30

Where: Network 4 Change

Call 268-2506 to register
(Space is Limited)



A Time to Play - Play Group/Family Support for Families with Children of Special Needs



Network 4 Change is excited to launch a new program for families with children of special needs.

A Time to Play will provide the time and space for children to have fun in a developmentally appropriate, stimulating, fun, engaging and safe space. Family members and care-providers will be given an opportunity to connect with and support one another while their children have some time to play.

★ April 5, 2009

★ April 19, 2009

1-3 pm (Beausejour Early Years School)

*Feel free to contact us regarding questions, concerns, suggestions

PROGRAM PARTNERS

Network 4 Change
Brokenhead River Community Foundation
Beausejour Early Years School
Bright Beginnings
Eastman Family Services and Housing
Association for Community Living

NORTH EASTMAN HEALTH ASSOCIATION (NEHA)

Healthy Baby

Are you pregnant or have a baby under one year?

Healthy Baby is offered at the Beausejour Health Center every second Tuesday from 10 a.m.-12 noon

Public Health Nurse

Lisa Hrynyk, RN,BN

Email: lhrynyk@neha.mb.ca

268-7468



PRESCHOOL PLAY PALS

The "Brushing" song

(Sung to twinkle, twinkle little star)

Brushing, brushing, brush this way,
Keeps our teeth healthy every day.
Once in the morning,
then at noon,
And at night time when we see the moon.
Brushing, brushing, brush this way,
Keeps our teeth healthy every day.



Tuesdays
10:00-11:30
SunGro Centre

Join us for...
Snacks
Stories
Crafts
Great Conversation

KIDS FAIR

**CALLING ALL 3 AND 4
YEAR OLDS!**

Just a reminder that our annual K.I.D.S FAIR is coming up soon and it's an opportunity you don't want to miss.

When: Wednesday, April 15, 2009
1:00-7:00p.m.

Where: Beausejour Early Years School
(900 James Avenue, Beausejour)

Why: To Learn, Explore, Play & Have Fun!

For Information call: Network 4 Change
at 268-2506





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
		1	2	3	4/5 Time to Play 1-3 pm BEYS (Sunday the 5th)
6 Comfort, Play & Teach 10:00-11:30 N4C	7 Preschool Play Pals 10:00-11:45 SunGro Center Physical Fun	8	9	10	11/12
13 Comfort, Play & Teach 10:00-11:30 N4C	14 Preschool Play Pals 10:00-11:45 SunGro Center Amazing Animals Healthy Baby BSJ Health Center 10-12	15	16	17	18/19 Time to Play 1-3 pm BEYS (Sunday the 19th)
20 Comfort, Play & Teach 10:00-11:00 N4C	21 Preschool Play Pals 10:00-11:45 SunGro Center Banana's about Books	22	23	24	25/26
27 Comfort, Play & Teach 10:00-11:30 N4C	28 Preschool Play Pals 10:00-11:45 SunGro Center Musical Magic Healthy Baby BSJ Health Center 10-12	29	30		