What's inside: Free Family Fun in L.A. County • Discount Coupons • Resources for Parents • Fun Activities for Kids

¡Guía para la familia!

Bilingual Guide!

Ready. Set. Grow!

Tips for Moms-to-Be!

1-888-347-7855

Resources for Families

1-888-FIRST5-LA

Línea gratuita y confidencial de ayuda para padres

EDICIÓN ACERCA DE CÓMO MANTENER UNA SONRISA SANA

Dentro encontrarás:

Actividades divertidas para los niños

Descuentos • Recursos para los padres

¡Las futuras mamás!

Edición acerca de cómo mantener una sonrisa sana

Ready. Set. Grow!

Tips for Moms-to-Be!

Linea gratuita y confidencial de ayuda para padres

Es una guía para la familia

¡Guía bilingüe!

Diversión

Diversión

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Keeping a child’s smile happy and healthy begins at day one! Good care of your child’s gums and teeth from birth helps him grow up healthy and ready to learn.

**Know the FACTS!**

1. A child’s bad tooth or untreated cavity can lead to stomachaches, eating problems and sickness elsewhere in the body.

2. Baby teeth are important! If they are bad or unhealthy, the adult teeth that grow in after them will be weaker and more likely to decay.

3. Toothaches are the #1 reason kids miss school. But they are preventable!

4. To find more facts and tips for healthy smiles, visit: www.ReadySetGrowLA.org

**If you are pregnant and need a dental check-up, call:** 1-888-FIRST5-LA

During pregnancy it’s very important to take extra care of your teeth and gums. Increased hormones leave your teeth and gums open to infection. Regular dental check-ups are the best way to prevent infections that can put you and your baby at risk.

1. Brush at least twice daily with fluoride toothpaste and floss once a day.

2. Rinse your mouth out with warm water if you suffer from morning sickness.

3. Switch toothpastes if you find that it upsets your stomach.

4. Avoid eating too many sugary foods. They can lead to tooth decay.

5. Eat a healthy, well-balanced pregnancy diet.

**Moms-to-Be DENTAL TIPS!**
Enjoys 50% OFF
noah’s ARK
at the Skirball
Visit Noah’s Ark, the innovative children’s and family destination featuring a gigantic wooden ark, filled with fancifully handcrafted animals. Or become your favorite classic superhero at our newest exhibit, ZAP! POW! BAM! The Superhero: The Golden Age of Comic Books, 1938–1950.
To ensure a safe and pleasant visitor experience, all Noah’s Ark ticketholders are assigned an entry time, permitting up to two hours in the Noah’s galleries. Advance tickets are recommended on weekends, free Thursdays and during school holidays.
www.skirball.org or (877) SGC-4TIX. Children must be accompanied by an adult. Minimum adult/child ratio is 1 to 4.

African American Art Festival
STAR ECO Station
10101 W. Jefferson Blvd., Culver City
Saturday, February 7, 2009
11:00 AM – 4:00 PM
Celebrate African American Heritage Month at STAR ECO Station with Capoeira, hip hop dancers, live music and more!

In celebration of National Children’s Dental Health Month these local dental centers will be providing free services, including x-rays, cleanings fillings & much more...
Saturday, February 7, 2009 from 9 AM to 5 PM
Children’s Dental Center of Greater Los Angeles
300 East Buckthorn Street, Inglewood (310) 419-3000
Venice Dental Center
323 S. Lincoln Blvd., Venice (310) 392-4103
Call today to make an appointment for your child.
To find other oral health events and dental services in your area call 1-888-FIRST5-LA

A Dream Realized
California African American Museum
600 State Drive, Exposition Park, Los Angeles
Bring the family to celebrate the life and dreams of Dr. Martin Luther King Jr., and a visual of President Barack Obama’s historic “dream come true” campaign.

Story Time
Southwest Museum of the American Indian
4700 Western Heritage Way, Los Angeles
First Sunday of the month at 1:30 PM. Bring the kids for special stories about diverse Native American cultures.

Old Time Jam Session
Encino Park
16953 Ventura Blvd., Encino
First Sunday of the month, 1:00PM – 4:00PM. Bring your guitar, banjo or fiddle and just listen to the music.

CalWORKs or Food Stamps recipients
Receive FREE admission to 29 L.A. County attractions including:
- L.A. County Museum of Art
- The Museum of Latin American Art
- Zimmer Children’s Museum and many more.
Just show your EBT Card & Photo ID!
For more information and a list of locations, call 1-888-First5-LA or visit www.ReadySetGrowLA.org.

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Cooking with your child is a fun and easy way to teach him or her about eating healthy foods. While making dinner, explain to your child what you are cooking and the importance of each ingredient.

In this recipe, broccoli has a lot of vitamin C to keep kids healthy, garbanzo beans are full of iron that gives them energy, and cheese has calcium for strong teeth and bones.

Pasta Primavera

Ingredients
1 (8 oz.) package of pasta
2 CUPS broccoli, cut into bite-size pieces
1 CUP carrots, cut into bite-size pieces
1 CUP garbanzo beans
1/2 CUP cubed or shredded reduced-fat or regular cheddar cheese, if desired
1 CLOVE garlic, minced or 1/8 teaspoon garlic powder
1 tomato, diced
1/2 CUP low-fat Italian vinaigrette salad dressing, as desired

Instructions:
1) In a medium saucepan, bring water to a boil. Add pasta and cook for 8-10 minutes.
2) When pasta is almost ready, add broccoli and carrots to the boiling water. Cook for 3 minutes and drain pasta and vegetables.
3) Combine pasta and vegetables with remaining ingredients in a large bowl.
4) Cool in refrigerator until ready to serve.

This recipe has been provided by our friends at WIC. Call 1-888-FIRST5-LA for more information on WIC and other family resources.

Parent Quiz!

1. True or False It’s important to wipe a baby’s gums clean even before the first tooth appears.
2. True or False It’s time to start brushing a child’s teeth with a fluoride toothpaste at age 2.
3. True or False Children younger than 6 years should use only a pea-size amount of toothpaste with fluoride.
4. True or False Parents should brush their children’s teeth until their children can do it by themselves.
5. True or False At bedtime, it’s best to give a child a bottle filled with plain water.
6. True or False All babies need to visit the dentist before their 1st birthday.

Tiny Teeth Trivia: True or False

1) True or False It’s important to wipe a baby’s gums clean even before the first tooth appears. 1) True.
2) True or False It’s time to start brushing a child’s teeth with a fluoride toothpaste at age 2. 2) True.
3) True or False Children younger than 6 years should use only a pea-size amount of toothpaste with fluoride. 3) True.
4) True or False Parents should brush their children’s teeth until their children can do it by themselves. 4) True.
5) True or False At bedtime, it’s best to give a child a bottle filled with plain water. 5) True.
6) True or False All babies need to visit the dentist before their 1st birthday. 6) True.

Answers:
1) True. Wipe gums after feedings with a clean, damp cloth, and when teeth come in, switch to a small, soft toothbrush.
2) True. Brushing at least twice a day with a toothpaste that contains fluoride helps prevent and even reverses early tooth decay.
3) True. Swallowing too much toothpaste is bad for kids. Teach them to spit it out!
4) True. Little kids don’t have the skills to brush their teeth well until around age 8.
5) True. Babies who fall asleep with bottles of milk, formula or juice in their mouth are “soaking” their little teeth in sugar. Water is the way to go.
6) True. Visit a dentist early to learn how to take good care of your baby’s teeth and prevent dental problems from starting.
¿Cuáles son las 5 diferencias entre estos dos dibujos?

Dibuje una sonrisa chistosa!

1) cepillos 2) pestañas 3) tapaderas 4) lenguas 5) dientes

Las canciones y rimas infantiles son una manera muy divertida de motivar y de enseñar a sus hijos a cepillarse los dientes.

PARA TENER DIENTES SANOS – Canción cantada con la melodía de “La muñeca vestida de azul”

Unos dientes sanos me dijo el doctor
Se cepillan siempre de grande a menor
De abajo hacia arriba
Con concentración
De arriba hacia abajo
Con mucha emoción
Dos veces al día
Es mucho mejor
Por dentro y por fuera
Para more action
Dos y dos son cuatro,
cuatro y dos son seis,
seis y dos son ocho, y ocho, dieciséis,
y ocho veinticuatro, y ocho, treinta y dos,
serán todos mis dientes cuando sea mayor.

First 5 LA es una organización única, dedicada a la protección del niño. Fue creada por los ciudadanos de California, quienes votaron para invertir los impuestos de los productos del tabaco en programas para mejorar la vida de los niños desde la etapa prenatal hasta los cinco años de edad en el Condado de Los Ángeles. Nuestra visión es crear un futuro mejor a través de nuestras comunidades donde los niños puedan nacer saludables y desarrollarse en un ambiente amoroso para que crezcan sanos, motivados a aprender y alcancen todo su potencial.