



# Healthy Kids Monthly

(Created Specifically for CAA's by CAA's)

## You are a VIP!!!

Certified Application Assistants (CAAs) are Very Important People and play an important role in helping children and families enroll in healthcare services.

- ◆ In addition to helping families complete and submit the Healthy Kids application, CAAs also keep families informed about program changes and help them maintain their health coverage.
- ◆ CAAs also help families who do not qualify for Healthy Kids by referring them to other programs available.



## Healthy Teeth for Healthy Kids!

### From birth to 1 year old:

- ◆ Wipe or brush your baby's teeth daily, especially after eating, with a clean washcloth or a moist, soft child's toothbrush, without toothpaste.
- ◆ To avoid spreading the germs that can cause cavities, **don't put anything in a child's mouth if it has been in your mouth.** This includes spoons, cups and toothbrushes. The bacteria in your mouth can cause tooth decay in your child.

### From 2 to 3 years old:

- ◆ Give your child **water rather than juice** when thirsty. After 6 months of age, one small serving of juice a day is sufficient. It is also recommended that you dilute juice by adding an equal amount of water.
- ◆ When your child is about 2 years old, **brush their teeth** with a pea size amount of fluoride toothpaste twice a day, especially before bedtime. Spit out excess.

### From 3 to 5 years old

- ◆ Help your child brush at least twice a day. Your child will need your help until he or she is about 8 years old.



(First 5 California, //www.cffc.ca.gov/Help/kttp.asp)



Issue 2

### Healthy Kids Special Points for May 2008:

- © 14- New Enrollments
- © 6—Children have aged out to the "6-18" group
- © **Go Mariela!**

Mariela Ramos from Family Health Care Network submitted the most Healthy Kids applications for May!!! Thanks for all of your hard work!



First 5 Tulare County  
3435 South Demaree, Suite A  
Visalia, Ca 93277  
559-622-8650