

# RPC SPRING NEWSLETTER

## Don't miss our Crabapple Open House...

We have moved back "HOME" and we want to celebrate!!!

**Sat., March 21, 2015 from 2:00pm to 5:00pm**

We are planning a grand celebration and hope you, your family and friends will join us. There will be games, a DJ, face-painting, balloon art, refreshments, fire trucks and firemen, door prizes, and tours of our beautiful new office.

Please mark your calendar, tell your friends and family and we hope to see you there.

## Spring Safety Tips

- \*Wear a helmet when riding anything with wheels
- \*Learn to swim
- \*Wear proper protective equipment for sports
- \*Stay hydrated
- \*Wear sunscreen

## Get out of that Winter coat and SPRING into action

- \*Your child learns how to be active from YOU. Go for a bike ride together, kick a soccer ball, play catch, fly a kite...
- \*Turn off the TV and take your child to the park to play
- \*Allow time during the day for your child to play with other children his age or with siblings.
- \*Keep a TV out of your child's bedroom and consider collecting ipads and tablets from her bedroom at bedtime.

MAKE YOUR CHILD'S APPOINTMENT FOR  
SPORTS AND CAMP PHYSICALS TODAY...DON'T DELAY

## LET'S PREVENT TOOTH DECAY

Did you know that children with cavities in their baby teeth are at a much greater risk for cavities in their adult teeth?

More than 40% of children have tooth decay by the time they reach Kindergarten.

Here are some tips on how to prevent tooth decay in the early years...

- Birth to eruption of first tooth: Keep baby's mouth clean by gently wiping the gums with a clean baby washcloth twice a day and as needed
- After 1st tooth to age 3: Brush teeth twice a day with fluoride toothpaste. Use just a smear or the amount of the size of a grain of rice.
- Ages 3 years to 6 years: Brush teeth twice a day with fluoride toothpaste. Use a pea-sized amount.
- NEVER put your child to bed with a bottle or food. This can lead to cavities, ear infections and choking.
- If your tap water comes from a well or if your baby is exclusively breastfed talk to your healthcare provider about a fluoride supplement.
- Limit sticky food in your child's diet like gummies, candy and fruit roll-ups.