



# HEALTHY RELATIONSHIPS STRENGTHENS FAMILY FORMATION

BISHOP TRIBAL COMMUNITY



# TIE DYE

# SWEATSHIRTS

WEDNESDAY, FEBRUARY 28TH

5:30-7:30PM

BISHOP TANF VCR

**Supplies and dinner will be provided.**

**SPACE IS LIMITED**

Scan QRCode to sign up and to secure your spot

For more info or to sign up call 760-873-5107





American Heart Association  
Healthy Bond for Life™

# LESS STRESS. LOTS OF LOVE.



**Best Friend Fridays™** celebrate our pet companions who are always there for us — helping us handle stress and boosting our physical and mental health. Having a pet is a **Healthy Bond for Life™** that may help you live a longer, healthier life! (And we've got the science to prove it.)

## PETS CAN HELP YOU:

- Deal with stress
- Get more exercise and meet fitness goals
- Feel less lonely and isolated
- Lose weight
- Lower blood pressure and cholesterol levels
- Recover after a health event



Owning a dog can help prevent chronic conditions such as **DIABETES** and **DEPRESSION**, and simply petting a dog **HELPS LOWER BLOOD PRESSURE.**

### DURING THE PANDEMIC

According to a Rover survey



**53%**

of U.S. adults got a new dog



**32%**

got a new cat



**14%**

got both

**93%**

said their "pandemic pet" improved their mental and/or physical well-being.



### PETS MAKE WORK BETTER

**80%**

said it made working from home more enjoyable.

**44%**

would consider changing jobs for a pet-friendly workplace.

**37%**

would give up vacation time and take a pay cut to bring their pet to work.

Having a pet around while working can help:

- ✓ Reduce stress
- ✓ Increase productivity
- ✓ Improve employee satisfaction, teamwork and collaboration

Learn more about Healthy Bond for Life's Best Friend Fridays at

**heart.org/pets**

BEST FRIEND FRIDAYS

**At work or at play, pets are the best.**

Take time each Friday to celebrate your pets and all they add to your life and post a photo or video using #BestFriendFridays!



# Brush Up on Oral Health

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## Talking with Children About Dental Visits

It's understandable that children sometimes get nervous about their first few dental visits. Going to the dental office or clinic is a new and unfamiliar experience for them. For young children who are not used to oral health care yet, having their teeth and mouths examined can feel intrusive. What young children hear about dental visits affects what they think an upcoming visit will be like. If they are told that bad things may happen during a dental visit, they might feel afraid.



## Tips for Head Start Staff to Share with Parents to Prepare Children for Dental Visits

Follow these tips to prepare children for dental visits:

- **Be positive.** Dental visits are easy and painless for most children. Suggest that parents use positive statements about what will happen during a visit. For example, say, "The dentist will see what a good job you do taking care of your teeth" or "When you leave the dental office, your teeth will be nice and clean."
- **Keep it short and simple.** If children ask what will happen during the dental visit, advise parents to give a short, simple answer. For example, parents can say, "The dental hygienist will count how many teeth you have." Sharing too much information about dental visits may confuse and worry children.
- **Don't bring up shots or possible pain.** Many children worry about getting shots or having their teeth drilled during a dental visit. Oral health providers use "sleepy juice" to numb the gum before giving a shot, so the child barely feels it. If the child asks whether he or she will get a shot, a good answer for parents to give is, "I don't know, but we can ask the dentist or dental hygienist."
- **Tell parents to keep their fears to themselves.** If parents have fears about dental visits, tell them not to share their feelings with their child. Hearing about adults' fears can make children afraid of dental visits too.
- **Role-play visiting the dentist and dental hygienist.** Tell parents to have children dress up and pretend that they are dentists or dental hygienists. Children can use white shirts

# Swap Opportunity

7:45am—3:30pm

Monday-Friday

Take this opportunity to take as much as you need. All gently used clothing



was donated.

Thank you!

