

Petersburg Healthy Start Loving Steps Community Action Network (CAN)

PRESENTS ...

Baby Buggy Walk

When: Friday, October 28, 2016

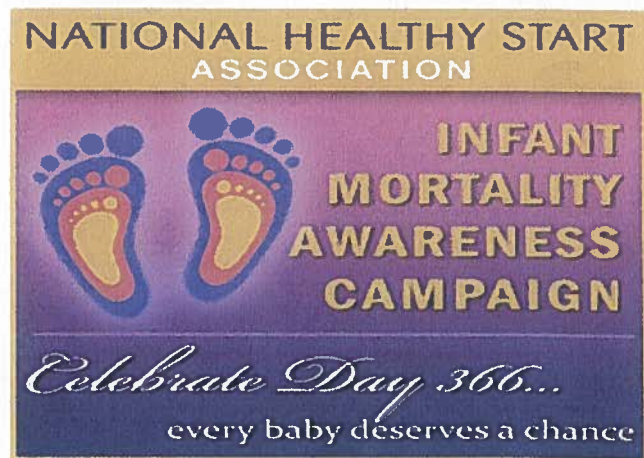
Where: Petersburg Health Dept.
301 Halifax Street, 23803

Time: 1PM to 4PM



The Petersburg Healthy Start Loving Steps Community Action Network (CAN) will host a Baby Buggy Walk to raise awareness about infant mortality and encourage women of reproductive age and new mothers to take charge of their health and the health of their children through education.

*"To take their first step.
To say their first word.
To graduate from college.
To become President.
To Celebrate Day 366."*



For Participation in the
Petersburg Loving Steps
Community Action Network
(CAN) contact...

Jennifer Murphy-James
Outreach Community Development Specialist
@ 804-863-1652 ext. 8974

Activities:

- ◆ Registration
- ◆ Baby Buggy Walk Costume Contest
- ◆ Story Time
- ◆ Informational Display Table

Before
Survey example



Pillars of Health

c/o Petersburg Family YMCA, 120 N. Madison St., Petersburg, VA 23803

Chew On This

WHAT DOES ORAL HEALTH MEAN TO ME?

1. When somebody says "health," "healthy," "well," or "wellness," what do I think they're talking about?

2. The last time I went to the dentist was (how long ago?) _____ and I went because _____.

3. When I go to the dentist I feel _____ because _____.

4. I think about the health of my mouth, including my teeth and gums (please circle one):

- a) A lot, or every day b) Sometimes, or when somebody talks about it
c) Never

5. The last time I heard anybody talking about healthy teeth, or "oral health" was: _____.

6. The last time a doctor, nurse, dentist or any health care person talked to me about "oral health" or "healthy teeth" was _____ because _____.

Thank You!

Pillars of Health's **CHEW ON THIS** program is brought to you by the Petersburg Wellness Consortium's Oral Health Engagement Project.

After Survey
example



Pillars of Health
c/o Petersburg Family YMCA, 120 N. Madison St., Petersburg, VA 23803

Chew On This

WHAT ORAL HEALTH MEANS TO ME NOW!

1. When somebody says "health," "healthy," "well," or "wellness," what do I think they're talking about?

2. The next time I go to the dentist (will be?) _____, and I will go because _____.

3. When I go to the dentist I will (do, say, feel) _____ because _____.

4. I plan to do THIS to have a healthy mouth, including my teeth and gums:

5. I can say THIS to people I know about having healthy teeth, or "oral health":

6. The next time a doctor, nurse, dentist or any health care person talks to me about "oral health" or "healthy teeth" I can or will _____

Thank You!

Pillars of Health's **CHEW ON THIS** program is brought to you by the Petersburg Wellness Consortium's Oral Health Engagement Project.



2035 Waterside Rd., Suite 105, Prince George, VA 23875 804-520-0002

DENTAL DECAY/CAVITIES

One of our providers has said that your child may have Dental (Tooth) Decay or Cavities. TOOTH DECAY/CAVITIES is when part of the outer surface of a tooth, the enamel, has been destroyed by acid that develops in the mouth.

Putting a baby to bed with a bottle in his or her mouth, not properly cleaning the teeth and mouth, and eating a lot of sticky sugary foods can lead to tooth decay/cavities. Even dried fruit and sugary drinks in sippy cups should be limited, or avoided at all times.

What It Might Look and/or Feel Like

- It hurts to chew.
- Sensitive to hot or cold food and drinks in ways they weren't before.
- Teeth fall out prematurely.
- Teeth are discolored, losing their natural white/off-white.

What Might Help

- Take child to the dentist by his or her first birthday, and as soon as possible after suggested by a health care provider.
- Do not put babies to bed with bottles filled with sugary drinks or milk. If nursing, remove the breast as soon as the child falls asleep. *Yes* nursing moms, even breast milk can help cause cavities!
- Limit the amount of sugary drinks, and sticky sugary foods (and candy) your child eats.
- Learn, and teach your child, healthy dental habits. Resource:
www.mouthhealthy.org/en/babies-and-kids/

More Online Resources:

www.healthychildren.org

www.webmd.com/oral-health/oral-health-problems-children#1

www.dentists4kids.com

If your provider has given specific instructions, follow them. Her information is designed especially for your child, and your family. This page is meant to give you general information that we trust will support the health of your child and your family.

Be well!





Area Health & Wellness Ministry
A Ministry of the Tri-Cities and surrounding areas

Connecting Faith and Oral Health

Ministry Leaders Oral Health Workshop

Third Baptist Church

October 15, 2016

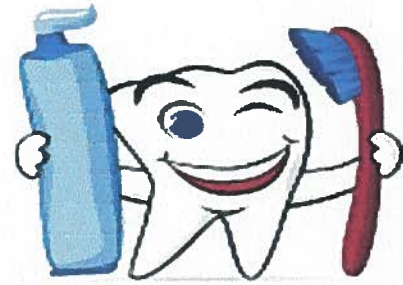
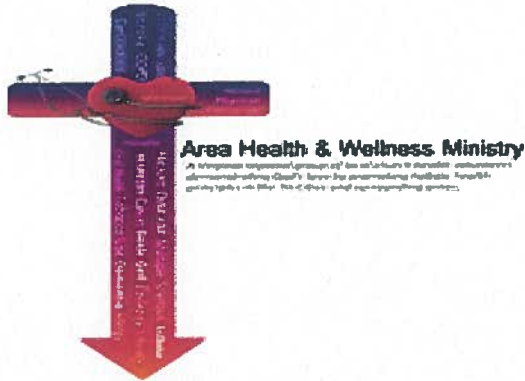
- Welcome/Opening PrayerMs. Damaris M. Johnson, RN
- The Purpose..... Ms. Shirley Dobie, RN
- Dental FactsMs. Angela M. Harris, LPN
- Introduction of Special Presenter.....Ms. Florence Jones Clarke, RN

Special Oral Health Presentation

Dr. Eugene Richardson, III

Questions & Answers

Refreshments



Area Health and Wellness Ministry
presents

Connecting Faith and Oral Health

(For the Community)

October 29, 2016
3:00 pm – 6:00 pm

Demonstrations
Handouts
Refreshments

First Baptist Church
236 Harrison Street
Petersburg, VA 23803
Pastor Jeremiah Tilman

To register contact:
areahealthwellnessministry@gmail.com