

February 2020

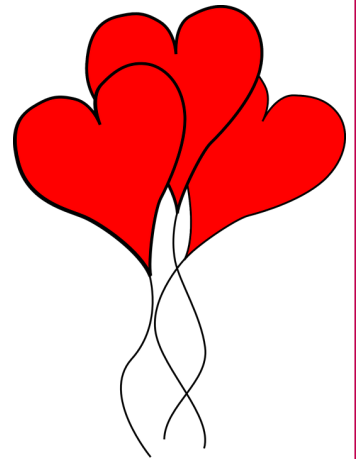
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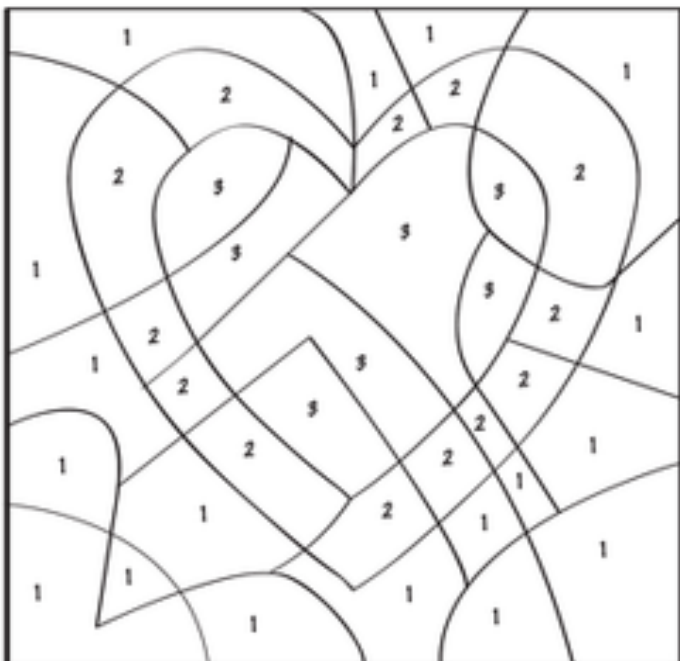
February is National Heart Month

Even in these winter months it is important to stay active to keep your heart healthy. Try out these fun activities to be an active family!

- Spend quality time together building a snowman or snow fort
- Find a hill and go sledding
- Go to an ice rink to ice skate or play some hokey
- Bundle up and go for a family walk—grab some snow shoes for more exploring
- Take a family trip for a fun weekend skiing



Heart Color by Number



1-white 2-red 3-pink

Heart Shaped Dog Valentine Craft



What You Need:

- Pink and white card stock paper
- Scissors
- 2 white pom poms
- 1 black pom pom
- Glue
- Googly eyes

Direction: Cut out a white heart for the dog's face and two pink hearts for the ears. Glue them on as well as the pom-poms and a pink paper tongue! Add the googly eyes and he's ready to go!

Source: craftymorning.com

February is Also Kid's Oral Health Month!

1. **Fluoride:** Fluoride is in Sheboygan's Tap water and prevents tooth decay. Bottled water does not have enough fluoride in it to prevent tooth decay. Your dentist can also offer fluoride supplements.
2. **Brushing:** Make sure that both you and your children brush with fluoride toothpaste at least twice a day for 2-3 minutes. Help your children brush their teeth and double check that they did a good job until they are 7 or 8 years old.
3. **Flossing:** Make sure that your children floss once a day. Flossing daily prevents both tooth decay and gum disease. Keeping your mouth healthy impacts your whole body, including your heart.
4. **Nutrition:** Serve healthy meals and snacks. Eating healthy food promotes overall health and keeps teeth healthy too! Save candy, soda, and other sweets for special occasions. Limit fruit juice and do not send kids to nap or to bed with bottles of milk or juice.
5. **Dentists:** Take your children to the dentist for regular check-ups.
6. **Sealants:** Ask your dentist for more information about dental sealants. These prevent cavities.

Information from the National Institutes of Health

Recipe of the Month

Healthy Chocolate Hummus!

Ingredients:

- 2 cups chickpeas (garbanzo beans)
- 4 tablespoons cocoa powder, unsweetened
- 2 tablespoons peanut butter, all-natural
- 1/4 cup maple syrup, pure
- 1 teaspoon vanilla extract

Instructions:

Add all ingredients into a large food processor and puree until smooth. Serve with fresh fruit, crackers, or pita chips



Source: superhealthykids.com

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