

## Julie Parnell

**From:** Oral Health Kansas [jparnell@oralhealthkansas.org]  
**Sent:** Wednesday, May 11, 2011 12:01 PM  
**To:** jparnell@oralhealthkansas.org  
**Subject:** Oral Health Kansas Weekly Wednesday Update



**Our Mission:**  
To improve oral health in Kansas through advocacy, public awareness and education.

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### Pew Center on the States



The Pew Center on the States will release a new 2011 50-State Report Card later this month. OHK will share details about

### Text 4 Baby

Each year in the U.S., more than 500,000 babies are born prematurely and an estimated 28,000 children die before their first birthday. In response to this national public health crisis, the National Healthy Mothers, Healthy Babies Coalition (HMHB) has launched text4baby, a free mobile information service that provides pregnant women and new moms with information to help them care for their health and give their babies the best possible start in life.

Women who sign up for the service by texting **BABY** to **511411** (or **BEBE** in Spanish) will receive free SMS text messages each week, timed to their due date or baby's date of birth. These messages focus on a variety of topics critical to maternal and child health, including birth defects prevention, immunization, nutrition, seasonal flu, mental health, oral health and safe sleep. Text4baby messages also connect women to prenatal and infant care services and other resources.

This service is made possible by a partnership between the nonprofit HMHB and private sector and government partners including the White House Office on Science and Technology Policy, the U.S. Department of Health and Human Services (HHS), CTIA - The Wireless Foundation, and Voxiva. Johnson & Johnson is the program's founding sponsor.

Please spread the word about text4baby and help ensure that every pregnant woman and new mom gets the most important information she needs to ensure her child's healthy development. For more information, visit [www.text4baby.org](http://www.text4baby.org)

Here is a sample of the messages that will be sent out via text

Kansas' report when it's available. To review last year's report on Kansas, please [CLICK HERE](#).

## Delta Dental Grant Contest

OHK did not win the Delta Dental of Kansas Foundation mini grant contest, but we sincerely appreciate the votes of all our supporters!

### Congratulations to the great winners:

**Wichita Children's Home**

**Wichita State University**

**Douglas County Dental Clinic**

**Kansas Association for the Medically Underserved**

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message when signed up to receive text messages from text4baby.

### Pregnancy Messages

You need calcium to build your baby's teeth & bones. Good sources of calcium are low-fat or fat-free milk, yogurt & hard cheeses (like cheddar).

Brush & floss your teeth each day. When you're pregnant, your gums can swell and bleed. See a dentist to check. Call 800-311-2229 to find a dentist.

### Infant Messages

Week 9: Your baby's mouth needs cleaning now—even before the first tooth! Wipe your baby's gums each day with a wet washcloth or use a soft baby toothbrush.

Week 24: Teething babies get sore gums. Rub them gently with a clean finger or cold washcloth. Cold teething rings can also help.

Week 26: Keep your baby's mouth healthy! Never put your baby to bed with a bottle. That can cause tooth decay.

Week 29: When baby gets his first tooth, begin brushing his teeth twice a day with a tiny smear of toothpaste. Find a dentist at 877-543-7669.

Week 43: Help keep your baby's mouth healthy! Don't chew food in your mouth & then give it to baby. This can spread germs to your baby.

Week 45: Keep brushing your child's teeth twice a day. Use a tiny smear of toothpaste.

Week 49: Got teeth? Most 1-year-olds do. If you haven't taken your baby to the dentist, it's time to go! Find a dentist by calling 877-543-7669.



If you have an idea, story or suggestion for a Oral Health Kansas Weekly Wednesday Update please send an email to [jparnell@oralhealthkansas.org](mailto:jparnell@oralhealthkansas.org)

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