

WIC REFERRALS AND PARTNERS: DENTAL IS DYNAMITE!

We make many referrals at the WIC office. We're all about nutrition, but we branch out in our conversations with clients to make sure they're all-around healthy! We know that families who use WIC are more likely to seek all healthcare services, including dental, compared to families who have the same income but don't use WIC. This month, we're highlighting our dental education and partnership!



SHOW OFF THAT GREAT GRIN!

Ask your WIC staff for a referral to a dentist.

During an educator's time with a client, they ask them a series of questions related to health and wellness. Here is an example of an interview question: "Do you have a hard time chewing or eating certain foods?" WIC staff are also trained to listen and ask for: routine oral health care, tooth decay, tooth loss, impaired

ability to eat, and gingivitis. A dental referral is made with the client's permission when they express any of the concerns mentioned, or have not established care with a dentist.

Since nutrition is our specialty, we regularly cover appropriate milk consumption, and discourage sugary beverages. We teach that only water should be given between meals. The biggest topic we counsel on is juice and milk in bottles and sippy cups for kids over 1 year—WIC parents are instructed to use only water in bottles and sippy cups.

Some other topics we touch on are: not sharing mouth germs with your child, fluoride education, and gum care in infants. We recommend all kids see a dentist by the time they get their first tooth.

We know that dental health is an important part of good nutrition and we're lucky to have great dental partnerships!

Thank you to our dental partners: Sunrise Dental, Smile Academy Greeley, Pediatric Dental Group, Open and Affordable Dental Hudson, and Salud Dental!

EMPLOYEE SPOTLIGHT



Kayla Thorngate is a registered dietitian and lactation counselor. Though she just began working with Weld County WIC last summer, she is not new to the WIC program. She previously interned with Weld County WIC in 2014 and has worked for other nearby WIC agencies over the past 2 years, including those in Larimer, Boulder and Broomfield County. She now works primarily in the Evans WIC office but also sees clients in Ft. Lupton and Firestone from time to time. Kayla's favorite aspect of her job is helping mothers overcome breastfeeding challenges in the early weeks with their newborns and connecting them with additional support to make their breastfeeding experience successful. When not at work, Kayla enjoys spending time with her husband and son, who just turned 6 months old! She also enjoys traveling and exploring locally-owned coffee shops wherever she goes!