

OCTOBER 2022 BRECKINRIDGE CO 4-H NEWSLETTER



IN THIS ISSUE

Making the Best Better

Hello Everyone,

I am extremely excited to officially introduce myself and be here in Breckinridge County, Kentucky! My name is Anna Denny and I am your Extension Agent for the 4-H Youth Development Education program.

4-H has always been a large part of my life, as I was a ten year 4-H member and continued my involvement as an adult volunteer and coach. I started my career in Cooperative Extension as the summer intern for the Purdue University Extension in Harrison County while attending Murray State University, majoring in Science of Agriculture. I continued my career with Cooperative Extension as a Program Assistant. During that time, I found my passion for positive youth development, creating programs to help shape young people's futures as it did mine years ago.

When I'm not working or volunteering with 4-H, I can typically be found amongst the trails hiking with my dog, or tending to my small farm of sheep, goats, and horses. While I love educating young people on my personal favorite topics relating to animal science and the natural world, I always enjoy finding ways to inspire others to learn and grow in topics they're passionate about.

With that being said, I am looking forward to meeting people in our county and take opportunities to grow and strengthen the Breckinridge County 4-H program. Please do not hesitate to stop in at the office, or if you see me out and about in the community to say hello!

Anna Denny

- Important Dates
- Passport Kitchen
- Remind
- Clubs
- Projects
- Club Happenings
- Horse and Pony Call Out
- Awards Night
- Piggy Bank Contest
- Volunteer
- National 4-H Week
- Contact Info



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development

MARK YOUR CALENDAR IMPORTANT DATES



October

- 2-8 National 4-H Week
- 3-7 Fall Break
- 5-16 Tractor Supply Paper Clover Drive
- 10- Treble Chorus 4-H Club Rehearsal
- 13- Rabbit Club Meeting
- 17- Treble Chorus 4-H Club Rehearsal
- 17- Deadline to Register- Passport Kitchen
- 21- 4-H Community Conversations
- 24- 4-H Horse & Pony Call Out Meeting
- 27- 4-H Awards Night

November

- 7- Passport Kitchen
- 11- Veteran's Day Concert
- 14- Passport Kitchen
- 17- Rabbit Club Meeting
- 21- Passport Kitchen
- 24- Office Closed- Thanksgiving Day
- 25- Office Closed- Day After Thanksgiving
- 28- Passport Kitchen



PASSPORT KITCHEN

Explore cultures, countries, and food with 4-H with this 5-week program. Youth who register will receive a kit filled with interactive materials and ingredients.

Registration Ends:

MONDAY, OCTOBER 17TH

Kits ship October 28th | **COST: \$20**

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, marital status, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES COOPERATING. LEXINGTON, KY 40506



DATES MONDAYS

5:00 PM - 7:00 PM

- November 7- Mexico
- November 14- Brazil
- November 21- Germany
- November 28- Laos
- December 5-South Africa



**Breckinridge County
Extension Office
Hardinsburg, KY**

Program Fee and Registrations are due **October 17**

Space is Limited, so RSVP soon!

(270) 756-2182

Anna.Denny@uky.edu

STAY CONNECTED WITH 4-H REMIND



Remind has updated! Please sign up even if you are a returning 4-H Family! All members are encouraged to sign up for the General Breckinridge County 4-H Remind. Please sign up for club specific reminders as well! Signing up is as easy and simple as an email or text to the appropriate addresses or phone number below.

Club, Project, or Subjects	Text this Message	To This Number
General Breckinridge Co. 4-H	@general4-h	81010
4-H Arts, Foods, Needlework, Sewing	@artcultura	
4-H Dog, Poultry, Rabbit	@4hsmall	
4-H Cloverbuds	@4hbud	
4-H Council	@council4	
4-H Livestock, Ham, and Horse	@4hlives	
4-H Shooting Sports	@4hsho	
4-H Performing Arts, Music, Chorus	@4hmusik	
4-H Teen, Leadership, and Career	@4hteencar	
4-H Natural Resources, Entomology, Forestry, etc	@4hnatural	

Club, Project, or Subjects	Send Email To...
General Breckinridge Co. 4-H	general4-h@mail.remind.com
4-H Arts, Foods, Needlework, Sewing	artcultura@mail.remind.com
4-H Dog, Poultry, Rabbit	4hsmall@mail.remind.com
4-H Cloverbuds	4hbud@mail.remind.com
4-H Council	council4@mail.remind.com
4-H Livestock, Ham, and Horse	4hlives@mail.remind.com
4-H Shooting Sports	4hsho@mail.remind.com
4-H Performing Arts, Music, Chorus	4hmusik@mail.remind.com
4-H Teen, Leadership, and Career	4hteencar@mail.remind.com
4-H Natural Resources, Entomology, Forestry, etc	4hnatural@mail.remind.com

ENROLL NOW AND JOIN!

4-H CLUBS



Art Club

Let's get creative! This club will explore the wonderful world of art. Fiber arts, painting, drawing, and more! All youth ages 9 through 18 are welcome.



Dog Club

The Breckinridge County 4-H Dog Club meets each month to learn how to care for and show a dog, while completing community service projects and developing leadership skills. This club offers youth the opportunity to attend

Kentucky 4-H Dog Camp, Dog Bowl Contest, Dog Skillathons, and the Kentucky 4-H State Dog Show!



Rabbit Club

Animal science projects can be a rewarding experience for 4-H members that teach responsibility, leadership, care and record keeping. However, not every 4-H member has the space or interest to keep a large animal. The 4-H Rabbit project is an exciting way to share the lessons learned from animal science projects with youth from any background whether they live on a farm or in the city. Breckinridge County 4-H Rabbit Club meets monthly. Members, whether they are 4-H age or cloverbud members, learn skills to care for and show rabbits, while developing leadership, communication, responsibility, and cooperation.



Next Rabbit Club Meeting:
October 13, 6 PM CT
Community Building

Home School Club

This club is open to homeschoolers of all ages. Activities are geared toward elementary school ages, and older members are encouraged to take a leadership role as we touch on a variety of topics throughout the year.

Livestock Club

4-H livestock programs and projects have a long history in Kentucky. These livestock activities provide youth with opportunities to learn about livestock and develop the life skills that are needed to be positive contributors to society. Through livestock programs and projects youth learn about livestock selection and evaluation, nutrition and feeding, health and daily care, reproduction, marketing, career opportunities, and much more. In addition, youth learn the importance of hard work and responsibility, and also develop important life skills, such as, critical thinking, decision-making, and communication.

Currently, the Breckinridge County Youth Livestock Club meets monthly with activities to help members complete beef, goat, lamb, and swine projects. Many local youth show livestock at the County Fair, District Shows, and KY State Fair; gaining experience caring for and showing livestock, while developing leadership, teamwork, communication, and other life skills.



ENROLL NOW AND JOIN! 4-H CLUBS



Treble Chorus Club

4-H Members in grades 3rd, 4th, and 5th are invited to join! Rehearsals will be on Mondays at the Breckinridge County Extension Community Building at 1377 S HWY 261 in Hardinsburg, KY at 5 PM CT. Those members unable to attend will rehearse online through a link on the Breckinridge County Extension Website or a QR Code to be provided later. **Rehearsals:** October 10 & 17. Rehearsals will prepare for the **Veteran's Day Concert on Friday, November 11, 2022.**



Shooting Sports Club

The purpose of the Breckinridge County 4-H Shooting Sports Club is to give instruction, advice and guidance in the safe operation of firearms and bows and to make opportunities available for youth development. The program is to provide a knowledge base, skill development and wholesome attitude about safely handling firearms, recreational shooting, citizenship, scholarship and leadership.



Poultry Club

Poultry-related activities provide a wide range of learning opportunities. There are several low cost poultry projects that require very little space, making them a suitable project for those interested in animal science but don't have the resources to keep a cow, sheep or pig. There are also large-scale poultry projects (e.g., managing a breeding flock), but no matter the cost of the birds or the facilities used, they have the same learning value. 4-H poultry projects provide youth and their families with diverse learning environments – poultry are an excellent model to teach nutrition, physiology, genetics, record keeping, production and health management. Participation in competitive events teach sportsmanship, and character. Because a poultry project involves living creatures, it requires regular care and management developing these life skills in the participants.



Cloverbuds

This club is designed to introduce you and your child to the 4-H program. This is an excellent way for children to learn by doing and to exhibit projects at the fair. Cloverbuds are open for all Breckinridge County youth ages 5 to 8. Topics that members may learn throughout the year include: Science and Technology, Community, Expressive Arts, Healthy Living, Environmental/Earth Science, Personal Development, Citizenship /Civic Education, Consumerism/ Family Science, Plants & Animals.

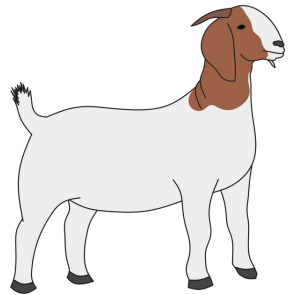


STATE ELIGIBLE 4-H PROJECTS



Here's a list of all of the projects you could participate in the 4-H program, whether it is through a Project Club, through a workshop, or completed individually.

Livestock



In order to be eligible to show and sell your animal at the Breckinridge County Fair, 4-H members must complete six hours of education within the Breckinridge County Livestock Club. Completed Educational hours with a High School FFA program may count towards your hours. All livestock that are intended for show at a county, district and/or state show must be properly identified. Watch for dates in the coming months! Here are the livestock projects you can participate in here in Breckinridge County 4-H:

Beef Goat Poultry Rabbit Sheep Swine

Arts

Kentucky 4-H believes that all youth should have opportunities for positive youth development in our four guiding concepts: mastery, belonging, independence, and generosity. This program fosters mastery by teaching youth the basic principles of art, belonging by giving them the opportunity to work with others, independence by allowing them to use their skills to create their own works of art, and generosity by identifying ways they can use their art to make a difference.

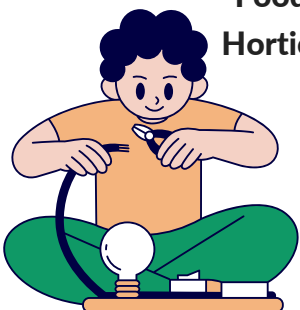


**Basket Making | Clover Photography | Drawing | Fiber Arts | Graphic Design
Jewelry | Leather Craft | Mixed Media | Nontraditional Needlework | Painting
Printing | Sculpting | Crochet | Hand Embroidery | Knitting | Quilting | Photography**

More State Eligible Projects

All of these projects listed below can be exhibited at the Breckinridge County Fair and the Kentucky State Fair!

**Cake/Cupcake Decorating | Civic Engagement | Consumer & Financial Education
Corn | Country Ham | Dog | Dog Poster | Electric | Entomology | Food Preservation
Foods | Forestry | Garden | Geology | Hay | Home Environment | Honey
Horticulture & Plant Science | Leadership | Sorghum | Soybeans | Upcycling
Wheat | Wood Science | Workforce Preparation**



BRECKINRIDGE 4-H CLUB HAPPENINGS



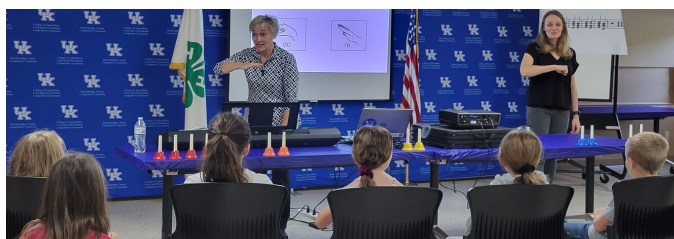
Breckinridge County Well Represented at State Competition

The Breckinridge County Shooting Sports 4-H Club took twenty competitors to the Shotgun/Trap competition in Berea, Kentucky on September 11, 2022. The members did phenomenally well, and I couldn't be more proud of the sportsmanship our young people displayed. Thank you to the coaches, volunteers, parents, and youth who made this program great!



Treble Chorus Rehearses for Veteran's Day Concert

If you hear beautiful sounds coming from the community building, it's most likely our Treble Chorus 4-H Club! These 3rd through 5th grade 4-H members have been learning new songs, practicing their vocal talents, and having a great time during their rehearsals and club meetings. These talented young people are preparing themselves to perform a Veteran's Day Concert on November 11th. Their 4-H Club Leader, Kathy Tabor, has done an excellent job helping



these young singers shine!

The Treble Chorus 4-H Club plans to perform in more community events throughout the year. Although sign up's are closed for the Veteran's Day concert, if you or a youth you know is interested in joining, contact the Extension Office! All 3rd, 4th, and 5th graders are invited to join.

Breckinridge County 4-H Horse and Pony Call Out Meeting Youth ages 9 to 18

Explore what the Kentucky 4-H
Horse Program has to offer!

- Horse Bowl
- Hippology
- Horse Presentation
- Horse Public Speaking
- Horse Crafts Contest
- Horse Photography Contest

Mon. October 24, 6 PM CT

RSVP
270-756-2182
Anna.Denny@uky.edu





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Cooperative Extension Service



4-H Youth Development

Breckinridge County 4-H Awards Night October 27, 2022 6 pm (ct)

**Breckinridge County Cooperative Extension
Community Building**

We will be celebrating this 4-H year
and recognizing all our
4-H members and leaders.

To insure that we get all the information correct for certificates,
please return the attached form to
the Breckinridge County Extension Office.

If you have questions, please call: 270-756-2182

Deadline to be guaranteed a certificate is October 14th!

Anna Denny

Extension Agent
For 4-H Youth Development Education
Breckinridge County

Breckinridge County 4-H Awards Night

Please return this form to the Breckinridge County Extension Office. To guarantee a certificate, return this form by Friday, October 14th.



Member's Name: _____

Telephone Number: _____

T-Shirt Size: YS YM YL AS AM AL AXL A2XL A3XL

Awards Night souvenirs will be available first come first serve. Please circle all 4-H Activities or 4-H Clubs your child has participated in for the 2021-2022 year:

County	District	State
Adventure Club Art Club Country Ham Project Livestock Club – Beef Livestock Club – Goat Livestock Club – Sheep Livestock Club – Swine Poultry Club Rabbit Club Shooting Sports- Rifle Shooting Sports- Trap 4-H Cloverville Exhibits(County Fair) Achievement Program Other:_____	Livestock Club – Beef Livestock Club – Goat Livestock Club – Sheep Livestock Club – Swine Teen Summit Achievement Program Other:_____	Country Ham Project Livestock Club – Beef Livestock – Goat Livestock Club – Sheep Livestock Club – Swine Poultry Showmanship Rabbit Club Shooting Sports – Trap State Fair Cloverville Exhibits Achievement Program Other:_____

KENTUCKY SAVES

2023 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



WHAT: The 2023 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **October 1, 2022**
and ends on: **January 1, 2023**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during February 2023. Winners also will receive a certificate.

Kentucky Saves Week:
February 27-March 3, 2023

Kentucky Saves:
www.kentuckysaves.org

MoneyWi\$e:
fcs-hes.ca.uky.edu/moneywise

Breckinridge County
Cooperative Extension Office
1377 S Highway 261
Hardinsburg KY
40143
(270) 756-2182

KENTUCKY SAVES

2023 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



MONEYWi\$E
VALUING PEOPLE. VALUING MONEY.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

2023 Piggy Bank Design Contest Official Rules

ADMINISTRATOR: University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: k.may@uky.edu

CONTEST DESCRIPTION: Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

ELIGIBILITY: Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

HOW TO ENTER: To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <http://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **January 3, 2023**
3. Winning Entries at the area level must be selected by January 15, 2023.

CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: **January 3, 2023** to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

ENTRY REQUIREMENTS: Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
 - b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
 - c. Piggy banks must be created or decorated by the youth contestant.
 - d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.
- The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.
- Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.

KENTUCKY SAVES



2023 Piggy Bank Design Contest Entry Form

Directions: Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

Participant's Name: _____

County: _____

Gender: _____

Grade: _____

School: _____

Piggy Bank Name/Description: _____

Print Parent/Legal Guardian Name: _____

Signature: _____

Date: _____

Home Address: _____

City: _____

County: _____

Zip: _____

Email: _____

Parent Phone: _____

To be filled out by the Extension Agent accepting the entry:

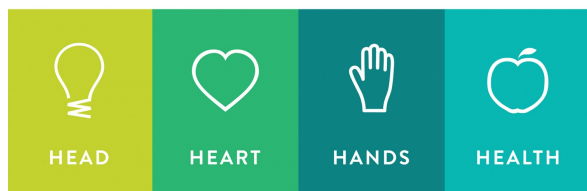
County: _____ Extension Area: _____

Agent Name: _____ Circle One: FCS 4-H Other

HELP US GROW... **VOLUNTEER!**

The HEART of 4-H

One thing that is certainly clear in Breckinridge County and all of Kentucky: The 4-H Program would not exist without all of our wonderful volunteers. In every part of the state, 4-H volunteers coordinate 4-H community clubs, lead 4-H projects, and help to plan and conduct local, regional, state, and national 4-H events. There are a variety of ways in which people may volunteer for 4-H. Many volunteer roles involve working directly with others; others do not. There are seven specific types of 4-H volunteer roles in Kentucky.



Community Club Leader

A person who works with a 4-H community club's function is to assist the club's members in planning the annual club program, conducting club business and enrolling individually or as a group in one or more 4-H projects. Members of a community club are usually from a small geographic area. Clubs must have a minimum of five members, at least three officers and a volunteer leader.

Special Emphasis Volunteer

This is an individual who works with a 4-H group and offers a series of activities designed to meet the needs and interests of youth within a community or county. This is different than a Project Club Leader in that the youth do not belong to a "club." (Officers are not elected and the activities are generally shorter term and culminate in the completion of an activity.) An example could be a County Ham Volunteer, who organizes the CountyHam project, but doesn't engage the members in club meetings or activities. The special emphasis volunteer often coordinates the program or a part of it. A second example would be a camp volunteer.

4-H Committee Member

Individuals may participate as members of standing (long-term) or special (temporary, ad hoc) committees. Committee members often have less direct involvement with youth and serve in more of an administrative role in the 4-H program.

Project Club Leader

This position is nearly identical to the Community Club Leader with two important exceptions:

- the project leader is an "expert" or serves as a resource in one specific project area
- project clubs are usually county-wide and are not restricted to specific locations within the county.

Project Clubs must have a minimum of five members, at least three officers and a volunteer leader. An example of a Project Club Leader includes a Horse Club Leader or a Livestock Club Leader, in which on-going programming is offered, membership is county-wide, club officers are elected and conduct the meeting.

School Enrichment Volunteer

Any individual, often a classroom teacher, who works with a 4-H program in a formal classroom setting. This program may be either short- or long-term (throughout the school year). School enrichment programs are offered during school hours to enrich the formal education experience. A school enrichment program focuses on hands-on experiences and provides real life application of knowledge gained, increasing the understanding of difficult concepts, development of life skills and fosters the development of youth as young adults. Examples include Reality Store Volunteers, Speech or Demonstration Judges, etc.

4-H Council Member

4-H Council members oversee the county-wide 4-H program. This is a formal, decision-making group serving in an administrative role. Councils generally schedule from 6 to 12 meetings each year and have broad discretion in programmatic oversight.

HELP US GROW... VOLUNTEER!

Volunteer Application Process

Interested in becoming an official Breckinridge County 4-H Volunteer? Reach out to your 4-H Youth Development Education Extension Agent, Anna Denny. All new volunteers will need to go through this application process to be eligible for approval:

1. Completed and returned Volunteer Application Packets
2. All reference forms returned to the office
3. Motor Vehicle Records and required Background checks completed
4. In person interview with the 4-H Youth Development Educator



The HEART of 4-H

One thing that is certainly clear in Breckinridge County and all of Kentucky: The 4-H Program would not exist without all of our wonderful volunteers. In every part of the state, 4-H volunteers coordinate 4-H community clubs, lead 4-H projects, and help to plan and conduct local, regional, state, and national 4-H events. As a 4-H Volunteer, you might...

- **Lead a 4-H project in a subject area that excites you!** If you have a passion or specialty in a subject, such as, robotics, horse and pony, fashion, foods, and more, you can help 4-H'ers develop life skills in this project area!
- **Teach workshops!** Have a skill or a fun craft that you wish to share with our 4-H members? I'm encouraging volunteer led workshops that keep our 4-H members active and engaged throughout the year.
- **Judge at the county fair or at livestock events.** If you have expertise in a 4-H project area, judging is a great way to help our 4-Hers grow in showcasing their hard work.
- **Manage a 4-H community club.** Schedule club meetings, train club officers, recruit parents to help out, be the communication link between your club and the extension office.
- **Become a Certified Kentucky Livestock and Horse Volunteer.**
- And much more

Livestock and Horse Volunteer Certification Program

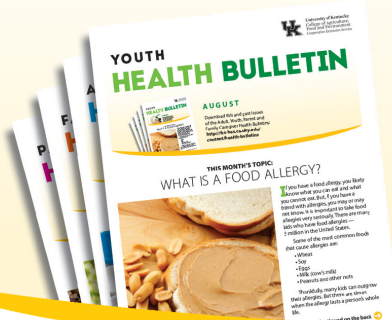
4-H livestock and horse programs/projects may seem to be about animals, but in reality they are about kids. Young people are important to us and we want to make sure that we provide the very best educational experience that we can. For most, animal and animal-related programs/projects will provide a wide variety of life lessons which will positively impact them for the rest of their lives, no matter what career path they choose to follow. For a few, an animal science project will lead to a career. While it is important for youth in livestock and horse programs/projects to gain a basic understanding of animal anatomy, daily care, nutrition, reproduction, and marketing, it's the learning from hands-on experience—making decisions, then seeing the results, and accepting responsibility for the care of a living animal—where lives of youth are forever changed.

In an effort to make sure that every young person involved in a 4-H animal science program/project has the best possible learning experience, Kentucky 4-H put into place a system of "certification" for 4-H volunteers. In order for a county to offer livestock and horse projects through 4-H, at least one volunteer per club/group must complete specific specialized training. That volunteer must continue to hone his/her knowledge and skills in youth development and animal science to continue as a "certified" volunteer. This is a step toward providing the finest educational experience for youth that we can.

Interested in becoming a Livestock or Horse Volunteer in Breckinridge County 4-H?

Contact Anna Denny at 270-756-2182 or Anna.Denny@uky.edu.

YOUTH HEALTH BULLETIN



OCTOBER 2022

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Breckinridge County
Extension Office
1377 S HWY 261
Hardinsburg, KY 40143
270-756-2182

THIS MONTH'S TOPIC: KEEPING TEETH HEALTHY



A healthy mouth and teeth are important parts of a healthy body. There are many things that you can do to keep your teeth clean, strong and healthy. Do you know how to keep your teeth healthy? That's right; keeping your teeth healthy includes brushing, visiting the dentist, good food and drink choices and flossing.

Brushing your teeth

Dentists say you should brush your teeth for at least 2 minutes twice a day. Be sure to use a child-size toothbrush that is easy to hold, has soft bristles, and is comfortable to use.

- Gently brush all areas of your teeth, gums, and tongue. Move the brush back and forth gently in short strokes. Brush the top, front, and backsides of each tooth.
- Brush for 2 to 3 minutes. Use a timer or play a favorite song while brushing your teeth to let you know when 2 minutes are up.

Continued on the back ➔



Use a timer or play a favorite song while brushing your teeth to let you know when 2 minutes are up.

➔ Continued from page 1

- Brush twice a day with a fluoride toothpaste. Fluoride prevents cavities by strengthening and protecting tooth enamel.
- After you have brushed your teeth, spit out all the toothpaste! Do not swallow it. Toothpaste is for cleaning your teeth, not your stomach!

Flossing your teeth

To keep your teeth and gums as healthy as possible, you need to use dental floss. Dental floss is a special kind of string for cleaning between your teeth. Cleaning between your teeth is just as important as brushing. Flossing helps remove bits of food and plaque from between the teeth where your toothbrush cannot reach. It helps keep your teeth and gums healthy. Flossing is not easy, so you should ask your parents or another grown-up to help you floss. You should floss your teeth very gently, once a day.

- Insert the floss in between two teeth and use a back and forth motion to clean. Gently bring the floss to the gum line, but do not force it under the gums.
- Repeat this process between all your teeth.



Proper nutrition

Brushing and flossing are very important ways to keep teeth clean and healthy, but there are a few more things that each of us can do. The foods we eat and the beverages we drink are very important for keeping our teeth healthy. Eating a nutritious mix of foods from all the food groups is the best way to keep your teeth and body healthy.

Dental visits

Visit your dentist regularly. Dentists help take care of your teeth by checking your teeth to see if they are healthy. They show you how to take good care of your teeth and fix cavities or repair teeth. Your dentist will tell you when your next visit should be.

Taking good care of your teeth is something that each of us can do. When you take care of your teeth, they can last a lifetime. Remember, healthy teeth are part of a healthy body.

REFERENCES:

- <https://kidshealth.org/en/kids/teeth-care.html>
- <https://www.cdc.gov/oralhealth/basics/childrens-oral-health>

ADULT
HEALTH BULLETIN

Written by:
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Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)



Celebrate National 4-H Week

October 2-8, 2022



Join us as we celebrate our amazing members, tireless volunteers, and dedicated professionals. Here's how you can celebrate!

Send a 4-H 'Thank You'

We all have a reason to thank our local 4-H leaders. Whether you grew up in 4-H, you have kids in 4-H, or you've witnessed the positive work of 4-H in your community, send a 'thank you' note to show your appreciation.

Wear Your 4-H Gear

Nothing says 4-H pride like sporting your favorite 4-H T-shirt! Dress yourself (or entire family, pet included!) in 4-H green.

Invite Others to Join

Display 4-H posters, hand out flyers, or showcase the work of local 4-H'ers.. Invite a friend, classmate, or relative to join you.

Share your 4-H Story

Take to social media to share a 4-H memory, express how 4-H shaped who you are today, describe what 4-H means to you, post an old 4-H photo, or shout-out your 4-H club.

Use and follow the hashtag #InspireKidstoDo, share your story, or read stories similar to yours.

Connect with Us!

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Office Hours

Monday through Friday
8:00 AM - 4:30 PM CT

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University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



4-H Youth Development

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