



Smile SBC is the Local Oral Health Program for San Bernardino County. We help to expand community oral health efforts and connect those who need oral health resources to those that can provide them. We also provide oral health education at community events and to community-based organizations to educate residents and those who serve them about how to improve oral health and how to connect to a Medi-Cal or other low-cost dentist.

Oral Health Tips

- Brush 2 times a day for 2 minutes
• Floss at least once a day
• Visit the dentist every 6 months
• Ask about sealants and fluoride varnish
• Drink water and eat nutritious food

Tips for Pregnancy

Visiting the dentist during pregnancy is safe and important for mom and baby. During pregnancy, changes in hormones can affect oral health and lead to gum disease (periodontal disease). This can lead to:

- Preterm birth
• Low birthweight
• Preeclampsia
• Higher risk of tooth decay for child

Facebook, Instagram, TikTok icons with handles and website/email info: smilesbc_dph, www.smilesbc.org, Info@smilesbc.org



California Home Visitation Program (CHVP)

CHVP uses trained paraprofessionals to implement an evidence-based model virtually or in the family's home. The program focuses on positive parenting, early detection of child developmental delays and health concerns, prevention of child abuse and neglect, and increasing school readiness and success.

Who qualifies for CHVP services?

- Families within San Bernardino County
• Pregnant or newly parenting families who are 18 years and older (Must be enrolled within the first three months after an infant's birth)
• Those exposed to risk factors*

To enroll in or refer a participant, contact Abby Trejo. Phone:(909) 884-3735 E-mail: abimaeltrejo@elsolnec.org

What services are offered?

- Teaching parenting skills and modeling parenting techniques
• Providing information about safe sleep, injury prevention and nutrition
• Providing referrals to address health and community-based services
• Screening children for developmental delays and needed interventions
• Parent support groups

*One or more risk factors:

- High risk of domestic violence
• Inadequate income
• Unstable housing
• Education less than 12 years
• Substance use disorder
• Depression and/or mental health related issues



Information about Intimate Partner V

LGBTQ+ Community and Intimate Partner Violence

Intimate partner violence (IPV) occurs when a person asserts power and control over their partner in a current or former relationship. IPV tactics include emotional abuse, physical abuse, sexual abuse, isolation, identity/cultural abuse, and financial abuse.

IPV is also called domestic violence, partner abuse, or dating violence. Fear of discrimination causes many LGBTQ+ people to avoid seeking care. And when they do get treatment, studies have shown that LGBTQ+ people are often not treated with the respect or cultural competence that all patients deserve.

Tips for screening and referral

Routine IPV screening and interventions in primary care can improve a survivor's safety and health.

- Screen clients in private
- Utilize IPV screening tools, such as The Partner Violence Screen
- Become familiar with the national IPV services listed in the Resources section

DOs and DON'Ts

Do:

- Mirror the terms a patient uses to describe their partner, identity, and anatomy
- Be aware of your areas of discomfort and implicit biases

Don't:

- Tell abused patients they must leave their partner
 - Ask a patient what they did to provoke the abuse

Debunking myths about IPV

Myth: Only women are abused in relationships.

Reality: A person of any gender can be abused.

Myth: They must secretly want to be hit; otherwise they would leave.

Reality: Victims might not leave for a number of reasons. This does mean they agree with abuse.

Resources

National Domestic Violence Hotline
Hotline:

1-800-799-SAFE
www.ndvh.org

National LGBTQ Institute on IPV:
LGBTQIPV.org

Fenway Health Violence Recovery Program
and Training: fenwayhealth.org

August is National Immunizations Awareness Month

How to celebrate:

- Ensuring everyone catches up on routine vaccination
- Encourage vaccination catch-up through reminders, recall, and outreach
- Provide education on the benefits of immunizations

Schedule a vaccine appointment with your primary care physician or San Bernardino County health centers today!

| | Birth | 2 months | 4 months | 6 months | 12 months | 15 months | 18 months | 4-6 years | 6 months and older |
|--|-------|----------|----------|----------|-----------|-----------|-----------|-----------|--|
| Hepatitis B | ✓ | ✓ | | ✓ | | | | | <ul style="list-style-type: none"> • COVID-19 vaccine(s) • Flu vaccine every fall* |
| Diphtheria, Tetanus, Pertussis | | ✓ | ✓ | ✓ | | ✓ | | ✓ | |
| Polio | | ✓ | ✓ | ✓ | | | | ✓ | 11-12 years <ul style="list-style-type: none"> • Tetanus, Diphtheria, Pertussis • Human Papillomavirus (can start at age 9) • Meningococcal (groups ACWY) |
| Pneumococcal & Hib meningitis | | ✓ | ✓ | ✓ | ✓ | | | | |
| Rotavirus | | ✓ | ✓ | ✓ | | | | | |
| Hepatitis A | | | | | ✓ | | ✓ | | 16 years <ul style="list-style-type: none"> • Meningococcal (groups ACWY) • Meningococcal (group B) <p>Persons aged 16-23 years (16-18 years preferred) may get a vaccine series for short-term protection against most strains of serogroup B meningococcal disease.</p> <p>*Children 6 months-8 years who have received fewer than 2 flu vaccine doses should receive 2 doses of flu vaccine.</p> |
| Varicella (chickenpox) & Measles, Mumps, Rubella | | | | | ✓ | | | ✓ | |



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August is also National Breastfeeding Month!

San Bernardino County WIC Breast Pump Program



WIC participants who breastfeed may take part in the pump loan program or receive a personal use pump to keep. After a review with WIC staff, they will recommend the best pump for you. There are many options to meet your breastfeeding needs.

Availability of breast pumps is based on inventory. Not all breast pumps listed are available with the San Bernardino County WIC Program.

For more information, visit <https://wic.sbcounty.gov/breastfeeding/breastpumps/> or call 1-800-472-2321



RESOURCES AND EVENTS



The National Maternal Mental Health Hotline can help. Call or text 1-833-TLC-MAMA (1-833-852-6262). TTY users can use a preferred relay service or dial 711 and then 1-833-852-6262.

Get help paying your water bill
through CAPSBC's Low-Income Household Water Assistance Program (LIHWAP)
Apply today!
capsbc.org/lihwap

DROWNING IS SILENT

Signs of Distress

- HEAD TILTED BACK
- CAN'T CALL FOR HELP
- HAIR OVER FOREHEAD
- CAN'T WAVE FOR HELP
- BODY IS VERTICAL
- "CLIMBING LADDER" MOTION

There are **NO WARNING** or **splashing SOUNDS** associated with a drowning accident.

<5 Children under age 5 are at a higher risk of drowning in a pool.

Six ways to have a safe summer...

- 1** Swim Skills: Teach your child(ren) to swim at an early age, as backyard swimming pools account for over half of drowning deaths for children 0-5 years old each year.
- 2** Install Alarms: Install alarms on house doors and around pool area.
- 3** Layers of Protection: Include adult supervision, fences, gates, latches, safety pool covers, education, throwing aids, and rescue techniques.
- 4** Eye: Adults should keep a constant eye on children in or near any water including bathtubs, buckets, toilets, ponds, spas and pools.
- 5** Never Leave a Child Alone: Never leave a child alone near water. Check the pool first if a child is missing.
- 6** Touch: Designate an adult to be close enough to reach out and touch the child.

DID YOU KNOW...
Drowning is the leading cause of death for toddlers 1-4 years old.

68% In general, boys are two times more likely to drown in a pool than girls.

2/3 2/3 of fatal drownings occur between May and August for most age groups.

Immediate Treatment

- Yell for Help
- Call 911
- Perform CPR

Visit: www.dds.ca.gov/drowning | www.drowningpreventionfoundation.org | www.cdph.ca.gov

The Drowning Prevention Foundation, Department of Developmental Services, Department of Public Health and Department of Social Services.

California's parenting website

Visit First 5 for their parenting guide!

References

- https://www.hopkinsmedicine.org/diversity/_documents/igbtq_pride_heritage_guide.pdf
- <https://www.cdph.ca.gov/Programs/CID/ORH/Pages/immunizations.aspx>
- <https://mchb.hrsa.gov/national-maternal-mental-health-hotline>



Public Health

Family Health Services Section Quarterly Newsletter is an internal publication for local CHDP and CPSP providers and others interested in improving maternal, child, and adolescent health

For more information about MCAH, please email us at askMCAH@SBCounty.gov or call 1-800-227-3034