

KidsFirst

February 2018



A publication of **Texas Children's Health Plan CHIP and STAR Members** ages 7-12 and their parents.

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We're teaming up!

Boys & Girls Clubs of Greater Houston now offers school year and summer membership to active Texas Children's Health Plan members between the ages of 6 and 12...
at no cost to your family!

To learn how to sign up, visit your local Boys & Girls Club, call **713-868-3426**, or visit www.bgclubs-houston.org

Questions? Visit www.TexasChildrensHealthPlan.org or contact Member Services at **1-866-959-2555 (STAR)** or **1-866-959-6555 (CHIP)**.



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February is **American Heart Month**

Heart disease is the leading cause of death in the United States. Every year, 1 in 4 deaths is caused by heart disease.

The good news is that heart disease can often be prevented by making healthy choices! Encourage your family and friends to get active to keep their hearts healthy.

Exercise makes your heart happy

You may know that your heart is a muscle. It works hard by pumping blood every day of your life. **Exercising every day for at least 60 minutes keeps your heart strong and healthy.** Staying active can help decrease your risk of developing certain diseases, including diabetes and high blood pressure.

Play basketball with your friends, ride your bike with your family, or dance to your favorite song - **it's easy to get active!**

Here are a few simple exercises to get you moving!

Chair Squats

- Stand tall and place chair behind you.
- Lift your arms straight in front of you at shoulder level.
- Slowly lower your bottom toward the chair without sitting down.
- Slowly rise to standing.



High Knees

- Stand straight with feet shoulder width apart.
- Jump from one foot to the other at the same time lifting your knees as high as possible.



Sit Backs

- Sit on the floor with your legs bent.
- Place your arms straight out front.
- Keep your arms straight and your stomach tight.
- Slowly lean back as far as comfortable.
- Slowly return to sitting position.



6 ways to show your smile some love

February is National Kids' Dental Health Month! Everyone wants to have a healthy smile. Brushing and flossing properly, along with regular dental checkups, is the best way to keep yours free from cavities and tooth decay. **Show your smile some love by following these easy steps.**

1

Gently brush from where the tooth and gum meet to the chewing surface in short strokes. Brushing too hard can cause receding gums, tooth sensitivity, and, over time, loose teeth.

2

Use the same method to brush all outside and inside surfaces of your teeth.

3

To clean the chewing surfaces of your teeth, use short sweeping strokes, tipping the bristles into the pits and crevices.

4

To clean the inside surfaces of your top and bottom front teeth and gums, hold the brush almost vertical. With back and forth motions, bring the front part of the brush over the teeth and gums.

5

Using a forward-sweeping motion, gently brush your tongue and the roof of your mouth to remove the decay-causing bacteria that exist in these places.

6

Play your favorite song while brushing your teeth to get used to brushing for a full 2 to 3 minutes. Some electronic toothbrushes have timers that let you know when 2 minutes are up.

Don't forget to floss!

Brushing is important but it won't remove the plaque and particles of food between your teeth, under the gum line, or under braces. You'll need to floss these spaces at least once a day.

Carefully insert the floss between two teeth, using a back and forth motion. Gently bring the floss to the gum line, but don't force it under the gums. Be careful you don't cut your gums! Curve the floss around the edge of your tooth in the shape of the letter "C" and slide it up and down the side of each tooth. Repeat this process between all of your teeth.

Berry sweet Muffins

Ingredients:

1 1/3 cup all-purpose flour
1 cup rolled oats
1/4 cup brown sugar
1 tbsp. baking powder
1/2 tsp. cinnamon
1 cup skim milk
1 egg
3 tbsp. vegetable oil
1 1/4 cup blueberries
3/4 cup raspberries

Instructions:

1. Preheat oven to 425°.
2. Spray muffin cups with non-stick cooking spray.
3. Combine flour, oats, brown sugar, baking powder and cinnamon in a mixing bowl.
4. In a separate bowl, beat the egg. Add milk and vegetable oil to the beaten egg.
5. Mix the egg mixture into the flour mixture.
6. Fold in berries.
7. Spoon the mixture into the muffin cups, making sure each cup is approximately 2/3 full.
8. Bake for 25-30 minutes or until light golden brown.

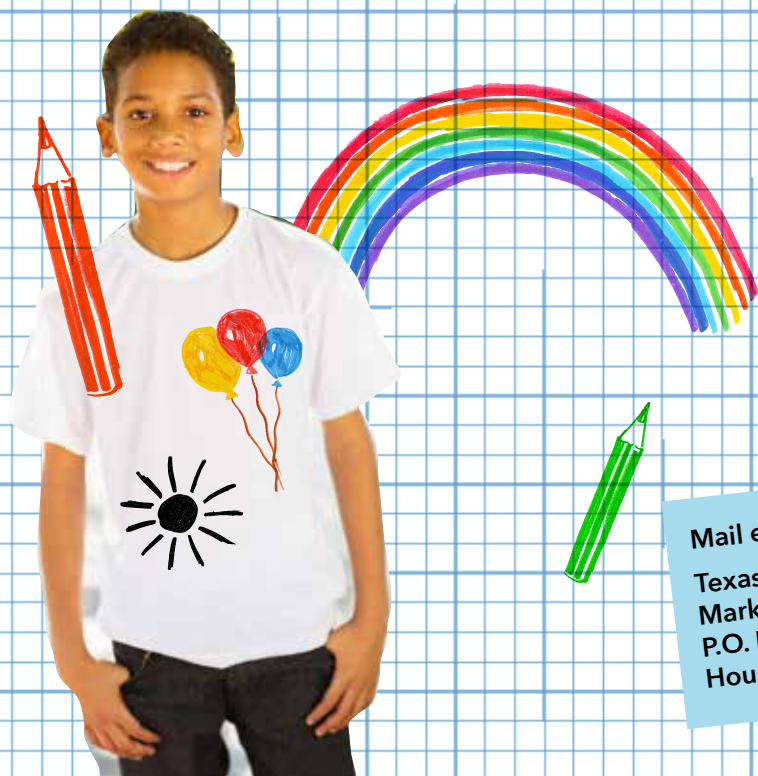
Source: KidsHealth.org



Get ready, get set,

DRAW!

We want you to enter our annual T-shirt design contest!



Your child won't want to miss the chance to be the winning artist for our 2018 T-shirt contest. Every member who enters the contest will get a soccer ball! We will pick a winner in March 2018.

The winner's design will be printed on a Texas Children's Health Plan T-shirt. The winner will also receive an art set and have his or her drawings published in future editions of our newsletters.

Entries should be sent in on unlined, white letter-sized paper. You can use crayons, markers, pencils or paints. The deadline is March 1, 2018.

Don't forget to include your child's name, age and Texas Children's Health Plan Member ID number with each entry. Also, please make sure your child's drawing has our name, Texas Children's Health Plan, on it.

Mail entries to:

Texas Children's Health Plan
Marketing Department
P.O. Box 301011, WLS 8366
Houston, Texas 77230-1011

