



HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER PARENT VERSION NOVEMBER 2021

NUTRITION

Nutrition Resources for Parents

[Talking to Kids About Food](#)

[Vegetables: A kid-friendly approach](#)

INJURY PREVENTION



Guard Your Mouth

Sports mouthguard use is influenced by the attitudes of players, coaches, and parents. Research shows that orofacial injury in sports is prevalent but preventable. Studies evaluating the effectiveness of sports mouthguards have shown the overall risk of injury is 1.5 to two times greater when a sports mouthguard is not worn during athletic activity. Mouthguards are a cost-effective investment in protection. Read about the [benefits of mouthguards](#) and other important information. Help spread the word to protect teeth by including mouthguards in educational health promotion and injury prevention discussions.