



# Stories That Will Make You Smile!



The official newsletter of

## SMILE Humboldt



February  
2026  
Second  
Edition

### ***Hello From Smile Humboldt!***



Hello once again! We're so excited to inform you of all the activities we've been up to and to share about all the fun and important things we have planned for February.

### ***Stay In the Smile Loop***



Follow us online for more updates, photos and upcoming events:  
Facebook, X and Instagram:  
**@SmileHumboldt**  
Website: **SmileHumboldt.com**

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### ***Save The Date!***



**Dental Advisory Group  
DAG Meeting  
Tuesday, March 10  
noon - 1 p.m.**

**Email for invite  
smilehumboldt@co.humboldt.ca.us**



# Smile Humboldt Program Highlights



Smile Humboldt has made tremendous progress during the first half of the 2025–2026 school year, continuing its commitment to improving access to dental care for children throughout Humboldt County. So far this school year, **Smile Humboldt has completed 845 dental screenings in local schools.** These screenings help identify dental concerns early and ensure children receive the care they need to maintain a healthy mouth. When dental issues are identified, the Smile Humboldt Family program works to connect children and their families with dental providers. To learn more about the dental care coordination program visit [smilehumboldt.com/smile-humboldt-family](https://smilehumboldt.com/smile-humboldt-family).



**RDHAP Eva Adams and Smile Humboldt member staff, Dawn Rossman, screening students at Hoopa Elementary School. October 2025**

In addition to direct services, **Smile Humboldt completed an important milestone this year by finalizing its five-year Needs Assessment update for the California Department of Public Health.** The assessment reviews data and information that will inform decisions, improve programmatic activities and support future data collection priorities for the Humboldt County’s Oral Health Program and local stakeholders. Visit [HumboldtGov.org/655/Oral-Health](https://HumboldtGov.org/655/Oral-Health) in March to view the report.

Community outreach has also been a major focus during the first half of the school year. Smile Humboldt staff participated in several local Halloween events, engaging families and sharing oral health resources in fun and spooky ways. These events included:

- **Black Humboldt Trunk or Treat**
- **City of Eureka Halloween Scavenger Hunt**
- **TAY Trunk or Treat Event**
- **Garberville Halloween Night Event**

Our Smile Humboldt mascot, Molarie, captured plenty of smiles at the Blue Lake Elementary School Health and Wellness Fair in January. Through outreach events, Smile Humboldt connects with families, promotes oral health awareness and strengthens relationships with community partners.

As the school year continues, Smile Humboldt remains dedicated to expanding its school-based screenings, supporting families in accessing dental care and maintaining a strong presence in the community. The progress made during the first half of the year reflects the program’s ongoing mission to improve children’s oral health and create healthier futures—one smile at a time.

# Program Spotlight - Children's Dental Health Month



## **Celebrating Children's Dental Health Month: Spreading Love and Awareness for the Month of February**

Each February, communities, schools and healthcare providers across the country observe National Children's Dental Health Month (CDHM) – a month dedicated to raising awareness about the importance of oral health in childhood. We hope you will join us in celebrating by sharing information about the [Love Your Teeth events](#), promoting [CDHM resources](#) and/or supporting our Third Annual [Smile Drive](#).

### **CDHM Resources:**

Don't Forget Your Smile coloring activity sheet: [English](#) | [Spanish](#)

Healthy Smile Land coloring activity sheet: [English](#) | [Spanish](#) | [Farsi](#)

Sealant coloring sheet: [English](#) | [Spanish](#)

Dental Superhero coloring sheet: [English](#) | [Spanish](#)

Molar Sealants Coloring Activity: [English](#) | [Spanish](#)

SMILE HUMBOLDT AND THE HUMBOLDT COUNTY LIBRARY  
PRESENTS:

# LOVE YOUR TEETH

FOR CHILDREN'S DENTAL HEALTH MONTH

JOIN US FOR ORAL  
HEALTH-RELATED FUN  
AT THE FOLLOWING  
TIMES AND  
LOCATIONS

SMILE HUMBOLDT IS  
COMING TO A LIBRARY  
NEAR YOU TO  
CELEBRATE  
CHILDREN'S DENTAL  
HEALTH  
MONTH!

RIO DELL LIBRARY - SATURDAY, FEB. 7- 10:30 A.M.

BLUE LAKE LIBRARY - WEDNESDAY, FEB. 11- 3 P.M.

ARCATA LIBRARY - WEDNESDAY, FEB. 18- 11 A.M.

MCKINLEYVILLE LIBRARY - THURSDAY, FEB. 19- 10 A.M.

FORTUNA LIBRARY - FRIDAY, FEB. 20- 10:30 A.M. AND 3:30 P.M.

TRINIDAD LIBRARY - TUESDAY, FEB. 24- NOON

EUREKA LIBRARY - FRIDAY, FEB. 27- 10 A.M.

FERNDALE LIBRARY - SATURDAY, FEB. 28- 10:30 A.M.



**Educational Videos Available at:**



[Smile, California](#)



# Third Annual Smile Drive

Share  
the  
Love



## Third Annual Smile Drive

Smile Humboldt places a spotlight on Children's Dental Health Month by partnering with Redwood Community Action Agency (RCAA) to coordinate the Humboldt County Dental Advisory Group's annual Smile Drive. Between 2024 and 2025, the annual Smile Drive has collected and distributed over 5,000 dental items to local families. Monetary contributions received through the online Smile Drive supplied an additional 5,600 children's toothbrushes.

For the last two years, we've been able to count on our community partners like, Eureka Grocery Outlet, Christ Episcopal Church of Eureka and Evolve Youth Services to host drives to collect supplies. Many wonderful dental practices in the area have generously donated dental supplies or money to support the Smile Drive. With each passing year, we have additional locations hosting Smile Drives and this year is no different - this year we have Murphy's Grocery Markets, Lima's Pharmacy and the Fortuna Grocery Outlet joining us for the supply drive. We're so fortunate to have business participation in our Smile Drive during Children's Dental Health Month. When you shop, consider sharing the love by thanking them for supporting the annual Smile Drive!

## Smile Drive 2026 - Help Us Share the Love!

Help Humboldt County children and families get oral health supplies:

- Donate oral health supplies (like toothbrushes, floss and toothpaste) at any of the locations listed [here](#)!
- Make a monetary donation [here](#) - every \$1 donated in February = 2 children's toothbrushes!
- Purchase items from our wish list [here](#)!



**DONATE  
HERE!**

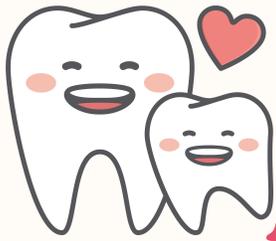
This is a great opportunity to be the change that you want to see in the community. If you are unable to donate, please spread the word of our Smile Drive to your friends, family, neighbors, and colleagues!



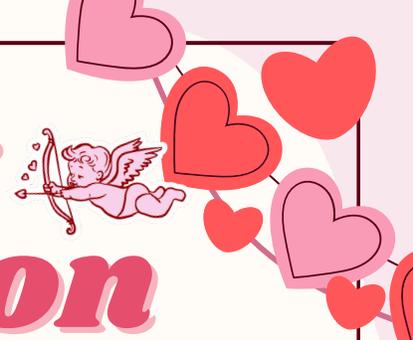
Smile Humboldt staff, Dawn Rossman, Angela Winogradov, and Sarah Vogel counting 2024's Smile Drive donations.

Share  
the  
Love





# Toothy Tips for the Season



## **Love Your Teeth for February!**

Love is certainly in the air, but February is when we need to pay extra attention to our teeth! Parents and guardians need to show their love for little one's smiles not just with candy and Valentines cards, but by placing a strong emphasis on daily dental habits. Healthy dental habits start early! Parents and caregivers play a vital role in helping children develop positive oral health routines. Here are some foundational practices:

### **Brushing Twice a Day**

Children should brush their teeth for two minutes, twice daily, using a pea-size amount of fluoride toothpaste. Younger kids need supervision or hands-on help until they can brush effectively on their own. Dental experts recommend parental supervision until age 8.

### **Daily Flossing**

Flossing removes plaque and food particles that a toothbrush can't reach. Starting to floss as soon as two teeth touch teaches children it's a normal part of their routine.

### **Regular Dental Checkups**

Dentists recommend that children have their first dental visit by their first birthday and continue with regular checkups every six months. These visits help detect issues early and prevent future complications.

### **A Tooth-Friendly Diet**

Encouraging children to enjoy fresh fruits, vegetables, whole grains and water sets them up for better oral and overall health. Harmful bacteria in the mouth feed on the sugar and starches found in junk food and sugary beverages.

### **The Role of Fluoride and Sealants**

Fluoride strengthens enamel and helps prevent tooth decay. Many communities have fluoridated tap water and dentists highly recommend fluoride treatments for additional protection.

Dental sealants—thin, protective coating applied to the chewing surfaces of molars—are another preventative tool. Sealants can reduce the risk of cavities by up to 80% in molars.

February is  
**NATIONAL CHILDREN'S  
DENTAL HEALTH MONTH**

This month is a perfect time to highlight the importance of oral health! One of the most powerful tools in preventing cavities and keeping the Mouth Monsters at bay is **fluoride**, a natural mineral that strengthens enamel and helps fight tooth decay.

**HOW YOUR CHILD CAN GET FLUORIDE**

<b>FLUORIDATED WATER</b> Most tap water has fluoride to help fight cavities	<b>FLUORIDE TOOTHPASTE</b> Brush twice a day! * (Rice-sized for under 3, pea-sized for 3+)	<b>FLUORIDE TREATMENTS</b> Your pediatric dentist can apply fluoride for extra protection	<b>FLUORIDE SUPPLEMENTS</b> If your water isn't fluoridated, ask your pediatric dentist about supplements
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**If you'd like more information about Children's Dental Health Month visit: [MyChildrensTeeth.org](http://MyChildrensTeeth.org)**

# Outreach Showcase

Smile Humboldt has had tons of fun during the Halloween season and at the Blue Lake Health and Wellness Fair in January. We let our mascot, Molarie, loose for a photo shoot at Blue Lake Elementary. Families and local organizations enjoyed taking pictures with our extraordinary inflatable mascot.

If your school, office or service group wants a photo with Molarie to support CDHM, please email us at [smilehumboldt@co.humboldt.ca.us](mailto:smilehumboldt@co.humboldt.ca.us)



**Blue Lake Health and Wellness Fair**



Smile Humboldt staff member, Amethyst Forrest, kept it spooky as the "Tooth Witch" at the Eureka Halloween Scavenger Hunt, Black Humboldt and TAY's Trunk or Treat events Halloween weekend 2025.



# Redwood Community Action Agency's Oral Health Program

FREE DENTAL  
KITS FOR ALL  
PARTICIPANTS!

# TOOTH

Online

## 2026 SPRING LESSONS FOR TK-6<sup>TH</sup> GRADE AVAILABLE NOW!

TOOTH virtual lessons are back for Spring 2026! It's as easy as 1, 2, 3!  
Lessons start in February.

1. Schedule your virtual lesson on Doodle today! →
2. Watch the TOOTH Oral Health video associated with your grade!
3. Attend the 30-minute virtual Q&A lesson on Zoom!
4. Tell other educators about TOOTH!



<https://doodle.com/bp/rcaatooth/tooth-virtual-qa-spring-2026>

**“**  
We had SUCH a wonderful time with you. It really exceeded our expectations. TOOTH is AMAZING!!  
-Elementary School Teacher  
**”**

For questions, email [ldahl@rcaa.org](mailto:ldahl@rcaa.org) or call 707-601-4105.



# Dental Well Child Clinic

## Your Child's First Dental Visit

### A Warm Welcome

Our friendly team will greet your child with a big smile! We know the first visit can feel a little scary, but we make sure the experience is fun, relaxed, and comfortable.

### Knee-to-Knee Dental Exam

One of the most important parts of the visit is the knee-to-knee dental exam. This position allows the dentist to gently check your child's teeth and gums while keeping them calm and secure. We use soft tools and gentle techniques to make sure the exam is quick and easy.

### Clean Teeth and Fluoride Treatment

We will gently clean your child's teeth depending on their comfort level. To help keep those teeth strong and healthy, we will also apply a fluoride treatment, which protects against cavities and strengthens enamel.

### Fun and Education

Your child will also have a chance to learn about brushing, flossing and taking care of their teeth. We'll give you tips and advice on how to make tooth care fun at home and we'll even give your child a special prize for being so brave!



### Please call to schedule your child's Dental Well Child visit:

Burre Dental Center

**Well Child Clinic - Third Wednesday of each month**

Address: 959 Myrtle Ave., Eureka

Phone: 707-442-7078

Fortuna Dental Center

**Well Child Clinic - Second Wednesday of each month**

Address: 3750 Rohnerville Road, Fortuna

Phone: 707-725-4477

