

hapitimes



Kids' Dental Health What Are Sealants?

Sealants are thin, plastic coatings painted on the chewing surfaces of the back teeth. They are applied in dentists' offices, clinics and sometimes in schools. Application is simple and painless. Sealants are painted on as a liquid and quickly harden to form a shield.

The most important reason for getting sealants is to avoid tooth decay. Fluoride in toothpaste and in drinking water protects the smooth surfaces of teeth, but back teeth need extra protection. Sealants cover the chewing surfaces of the back teeth and keep out germs and food. Having sealants put on teeth before they decay will also save time and money in the long run by avoiding the need for fillings, crowns or caps.



Generally speaking, a dentist may recommend sealants on a child's permanent molars as soon as the teeth come in, before decay becomes an issue. Talk with your dentist about what is best for your child.

Source: National Institute of Dental and Craniofacial Research

Baby Safety Alert Strings, Cords and Necklaces Can Strangle Infants

The U.S. Consumer Product Safety Commission has received numerous reports of infants who have been strangled by strings, cords, ribbons or necklaces around their necks. These items can become caught on a product, such as a crib or play yard, or they can become tightly wrapped or twisted around a child's neck.

Never tie pacifiers, necklaces, toys or other items around a child's neck. Never leave cords (such as those used to raise and lower household blinds) of any kind near an infant. Take off bibs or other clothing tied around a child's neck before putting the child in a crib or play yard. Cut drawstrings out of hoods, jackets and waistbands in your baby's or toddler's wardrobe.



Source: Consumer Product Safety Commission

Inside The Landmark

In the Garden

Thanks to local master gardener Curtis Bloodworth for joining us in June for work in the garden! Curtis helped us remove nutgrass and plant 5 rows of purple hull peas and one row of okra.



On the Field

Our exercise of the month: the obstacle course! The kids will be crawling and jumping over several different obstacles. In addition to providing lots of laughs, the activity is good for developing teamwork and communication skills, and testing physical endurance.

In the Classroom

Our Hapi "Student of the Month" is Camden (pictured with Hapi at the Landmark Director Michael Cook).

Age: 8

Favorite exercise or sport:

Jumping jacks

Favorite fruit: Strawberries and apples

Favorite vegetable: Carrots

Favorite subject in school: Math

What makes you happy?: Riding my bike



Hapi Meals

Chef KJ's Coconut Chicken Soup



INGREDIENTS

- 1 1/2 lbs. boneless skinless chicken breast, diced
- 1 can coconut cream
- 1 jalapeño, diced
- 1/2 red onion, diced
- 2 stalks of celery, diced
- 2 cloves of garlic, minced
- 2 sprigs of marjoram, minced
- 3 roma tomatoes, diced
- 1/2 can chipotle peppers, diced
- 1/8 tsp. allspice
- 1 tbsp. grapeseed oil
- 2 tbsp. flour
- Salt and pepper to taste

INSTRUCTIONS

Saute vegetables and aromatics in grapeseed oil, until soft.

Add tomatoes and chipotle peppers, and cook for 5 minutes.

Sprinkle with flour and add coconut cream and 2 cups water and simmer for 15 minutes.

Add and chicken cook for 10 minutes.

The Landmark Property Deal:

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for 2 bedrooms!