



The Official Poko Loko Newsletter  
February 2026



# February Fun

February

Dental Health Month

February 2

Groundhog Day



February 2

Visit from Dentist

February 5

Vision and Hearing

Screening

February 8

Super Bowl Sunday



February 12

Lincoln's Birthday

February 13

Valentine's Day Party

February 14

**Happy Valentine's Day**

February 16

Presidents' Day

February 22

Washington's Birthday



**Happy  
Valentine's  
DAY**



## Calendars, Songs, & Newsletters are Online!

If you're wondering what Show & Tell is for this week or what the words for that Finger Play your child is trying to teach you are, you can find our calendars, songs, and newsletters online at [www.pokolokochildcare.com](http://www.pokolokochildcare.com)



# Winter Fun at Poko Loko



# Smile Savers

by Gina Roberts-Grey  
From Parents.Com

**Yes, eating too much candy can cause cavities -- but did you know that many other foods actually strengthen kids' teeth?**

## Foods That Help Oral Health

**Oranges, kiwis, strawberries, limes, and peppers** — There are several different types of bacteria in your child's mouth, and some of them can cause gingivitis, which is the first stage of gum disease, says Melvin Pierson, DDS, a spokesperson for the Academy of General Dentistry. Vitamin C in fruits such as oranges, limes, kiwis, cantaloupe, papaya, and strawberries helps kill these bacteria, and it also promotes a healthy supply of collagen in the gums. Other good vegetable sources: red, yellow, and orange peppers; tomatoes; and sweet potatoes. However, dentists say that kids should wait at least 30 minutes before brushing their teeth after having citrus foods or drinks. That's because citric acid in the fruit can temporarily weaken tooth enamel and leave teeth vulnerable to erosion caused by brushing.

**Milk, yogurt, and cheese** — Starchy carbohydrates like bread, white potatoes, and pasta break down into sugar. This sugar feeds other types of bacteria in your child's mouth that produce cavity-causing acid. When your child drinks milk or eats yogurt or cheese -- which are rich in calcium, vitamin D, and phosphate - - it raises the pH level in his mouth, lowers acid levels, and reduces the risk of tooth decay, says Ray J. Jurado, DDS, director of pediatric dentistry at Children's Memorial Hospital, in Chicago. Calcium is also beneficial in several other ways: It mixes with plaque and sticks to teeth, further protecting them from lingering acid; it repairs damaged enamel; and it

strengthens the bones around your child's teeth, making them more resistant to periodontal disease later in life.

**Raw carrots, celery, cauliflower, green beans, and snap peas** — Crisp veggies are "chewing foods" that mechanically clean your child's teeth and gums. "These foods naturally scrape away plaque that builds up between meals or that kids miss when brushing," says family dentist Jimmy Wu, DDS, of San Diego. Encourage your child to eat slowly and to completely chew each crunchy mouthful.

**Sesame, sunflower, and pumpkin seeds, and nuts** — Nuts and seeds contain natural fats that coat teeth and help shield against bacteria, says Dr. Wu. The oils in the seeds help strengthen enamel, making teeth more resistant to cavities, and most seeds also contain calcium. Kids older than 4 can eat trail mix as a healthy snack.

**Sugarless gum** — The next time your child begs for a pack in the checkout line, you can say yes. Saliva loosens plaque, increases the number of natural antibodies in the mouth, and keep gums hydrated. Chewing any food stimulates saliva production, but chewing sugarless gum for 20 minutes after meals can help prevent tooth decay, according to the American Dental Association (ADA). In fact, the ADA recently gave its Seal of Acceptance to Orbit, Extra, and Eclipse gums after Wrigley conducted studies demonstrating its brands' benefits. However, kids shouldn't chew gum until at least age 4, when you can trust them not to swallow it.





# Good Times

summer day camp

**June 8 to August 7**

- Swimming 3 Days a Week
- Exciting Sports
- Fantastic Field Trips
- Special Events
- Based Out of Libertyville Sports Complex

***A Sensational Summer Experience Awaits...***

## **Register for Summer 2026!**

**Remember, if you have a child at camp and Poko Loko, you still get the additional 10% family discount off both children!!**

**This year will mark the twenty-second summer of Good Times Day Camp in Libertyville! The schedule is packed with non-stop fun and excitement for kids ages 4 thru 12. Camp drop off and pick up will be based out of the Canlan Libertyville Sports Complex across the street from Poko Loko. Campers will have access to the indoor basketball gym with equipment, soccer fields, board games & more.**

**Campers will swim three days a week at Rainbow Falls, Hawthorn Woods Aquatic Center, Mundelein's Barefoot Bay, and the Vernon Hills Aquatic Center. Every Monday the camp goes on a fun half day field trip and on Wednesdays a full day field trip. Some trips scheduled this summer include Lake County Fair, Santa's Village, Milwaukee Zoo, and everyone's favorite Action Territory.**

**Every Tuesday and Thursday campers will have fun during the special guests and events time. This year the camp will enjoy teddy bear stuffers, root beer floats, and water balloons.**

**Remember spots fill up fast. If you have any questions please talk to Peggy, Matt, Paulette, or Heidi at the front desk.**

**{Brochures will be available in late January!}**



Go online at [www.goodtimesdaycamp.com](http://www.goodtimesdaycamp.com) to see the 2026 Calendar