



Tooth Talk

by Linda Kreutzer, RDH

Your Child's First Dental Visit

When should I first take my child to the dentist?

Before age 2. Baby teeth are very important. Strong, healthy baby teeth help your child chew food, learn to speak, and look attractive. Decayed baby teeth can affect your child's total health. If a baby tooth is lost too early because of decay, permanent teeth may come in crooked.

What will happen during the first visit to the dentist?

We call this a "look-see" visit. The dentist will do a visual exam. Usually, no instruments are used except a small mouth mirror. The parent is encouraged to hold the child as the dentist looks in the child's mouth. The dentist will tell the parent if the child needs further treatment or if the teeth look okay. The dentist may discuss fluoride use, ways to help keep the child's teeth clean, and tips about diet and eating habits that effect the health of baby teeth so much.

Is there a "best" time of day for my child to come to the dental clinic?

Mornings are best because children are rested. They usually feel better and are more cooperative. Mornings visits don't conflict with mealtimes or naps.

What should I tell my child about seeing the dentist?

Tell your child that a dentist is a friendly doctor who helps his/her teeth stay healthy and feel good. Tell your child that the doctor will look in

his/her mouth with a bright light and count the number of teeth.

Never tell your child that "It won't hurt." Saying that alarms the child into thinking that something "may" hurt, when in fact it won't. Children easily sense their parents' fears and can quickly adopt them. It helps a child to stay **positive** about his/her visit to the dentist. **Never** threaten to use a visit to the dentist as punishment or in a teasing manner. A visit to the dental clinic should be a fun adventure for your child. The dental staff will do their best to help the experience be just that.



Dixie Morford, Barbara Danna, and Laura Bremner staff the first aid tipi during the Nesika Illahee Pow-Wow.

SEPTEMBER

It's Happening at Chinook Winds

Bingo Hot Line 1-888-Chinook						
Sun - Regular	Mon - Regular	Tue - Nevada	Wed - Regular	Thu - Nevada	Fri - Regular	Sat - Regular
	Play Daily - Chance to win trip to Las Vegas to World Bingo Championship 1 lucky winner and friend will fly to Las Vegas Nov. 20, 2001, and play Bingo for \$1.5 Million				On Fridays, Bingo during matinee or evening session and receive a game card for the World Bingo Championship Session Oct. 21, 2001	1 1 p.m. Matinee 5:30 p.m. Super Saver
2 1 p.m. All U Can Play	3 1 p.m. Matinee	4 1 p.m. Matinee 5:30 p.m. Evening Bingo Bonus Double Points Tuesday	5 Free Square 1 p.m. 11 a.m. Nevada 1 p.m. Matinee 5:30 p.m. Evening	6 1 p.m. Matinee Bingo Bonus Point Redemption Day	7 1 p.m. Matinee 5:30 p.m. Evening	8 1 p.m. Matinee 5:30 p.m. Super Saver
9 1 p.m. All U Can Play	10 1 p.m. Matinee	11 1 p.m. Matinee 5:30 p.m. Evening Bingo Bonus Double Points Tuesday	12 11 a.m. Nevada 1 p.m. Matinee 5:30 p.m. Evening	13 1 p.m. Matinee Bingo Bonus Point Redemption Day	14 1 p.m. Matinee 5:30 p.m. Evening	15 1 p.m. Matinee 5:30 p.m. Super Saver
16 1 p.m. All U Can Play	17 Closed ATNI Conference	18 Closed Williams & Ree Concert	19 Free Square 5:30 p.m. 11 a.m. Nevada 1 p.m. Matinee 5:30 p.m. Evening	20 1 p.m. Matinee Bingo Bonus Point Redemption Day	21 Closed Sha Na Na Concert	22 Closed
23 Bonanza Blow Out! 1 p.m. Special Session Casino Motorcycle Drawing	24 1 p.m. Matinee	25 1 p.m. Matinee 5:30 p.m. Evening Bingo Bonus Double Points Tuesday	26 Pull Tab Drawing Win \$300 if your Pull Tab is drawn! 11 a.m. Nevada 1 p.m. Matinee 5:30 p.m. Evening	27 1 p.m. Matinee Bingo Bonus Point Redemption Day	28 Closed Pegasus Orchestra Symphony	29/30 Closed

2001

Muscle Cramps

Muscle cramps are painful spasms that occur most commonly in the legs. It is believed that cramps occur because a lack of oxygen and/or a build-up of waste products cause the muscle to contract and harden.

Although muscle cramps can occur at rest, they most commonly occur during exercise. Stretching, drinking water, and proper nutrition can help prevent muscle cramps. If you suffer from muscle pain regularly, see your doctor.

Source: <http://www.emazing.com/>