

Dental questions answered concerning child's teeth

No matter what the age, good dental health is nothing to kid about. Until your children are old enough to take on the responsibility themselves, it's up to you to make their dental future as healthful as it can be.

Following are answers to questions often asked about young teeth.

Why should I worry about baby teeth that are just going to fall out anyway?

Baby teeth lost unnaturally to cavities or injury can lead to big problems later. The space left behind often affects the way permanent teeth grow in, causing trouble with chewing, speech and/or

appearance.

If a baby tooth is lost prematurely, talk to your dentist about the possibility of using a space maintainer to hold the space open for the permanent tooth.

How do I know if a loose tooth is primary or permanent?

Permanent teeth start erupting about age six behind the last baby (primary) teeth. Permanent teeth do not come loose unless they've been injured, so ask your child about injuries. And keep track of which teeth have come out and which have grown in.

How can I get my kids to floss?

First of all, set a good example for your children by flossing daily yourself. Kids who get into the flossing habit are more likely to do it throughout life. So start them early.

Make an all-out effort...In addition to helping them master the flossing technique, hang remember-to-floss signs in their rooms and how-to-floss posters in the bathroom; monitor their progress and give token rewards as incentives; maintain their interest by giving lots of praise and attention.

Should sealants be applied to baby teeth as well as permanent

teeth?

Generally, sealants—plastic coatings that protect teeth enamel—are applied to the chewing surfaces of children's permanent back teeth to seal off bacteria.

Applying sealants is a simple procedure and should be considered for baby teeth, too, in children who have a high tooth decay rate.

Is it possible for children to grow up cavity-free?

Absolutely. Thanks to advanced technology and good home dental care, one in three children in this country today has grown up without cavities.

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Teach youngsters about safety when they're alone

Ah, summer! Picnics, swimming, freedom from teachers! And scores of latch-key children.

Annually, millions of youngsters, most of them five to 13 years of age, go it alone in the summer while their parents work. Sometimes neighbors keep an eye on the youngsters, but many are strictly on their own.

When any youngster is left alone he or she needs coaching in how to handle emergencies that might arise, whether home alone all day or just a short time while parents run errands.

Being alone can cause anxiety for these kids and being prepared to cope will lessen the worry.

SUGGESTIONS:

Make sure the child knows how to use the telephone, both push button and rotary dial, for both long distance and local calls. Teach the child how to call 911 or the operator and post all emergency numbers near the phone so a caller can find it when frightened and unable to think clearly. 911 stickers

are available from crime prevention units.

Tell children never to hesitate to call for emergency help, especially when an accident or illness has occurred.

Teach children to lock all doors after they arrive home and have them check in with a trusted adult. Teach them to work all door and window locks and practice an emergency plan in case of fire.

Children should carry a house key with them, not hide it somewhere outside. The key should not have an identification tag. Because if it were lost, whoever found it would know just where to go for an easy burglary. If a key with an address tag is lost, change locks immediately.

Emphasize to the children that they should never go anywhere with an adult, even one who says he's been sent by the parent (unless the parent and child have prearranged it, of course). Tell them that going for a walk with a stranger is just as dangerous as going in a car.

How to treat those picnic food stains

Picnics produce great memories. They also can produce ugly food stains that turn favorite garments into fond memories.

Be prepared for picnic food stains.

Catsup, tomato-based stains and chocolate: Sponge with a non-flammable dry-cleaning solvent, or apply a pre-wash soil-and-stain remover. Launder. These stains often contain oil more easily removed with

dry-cleaning solvents than water. If the stain remains, apply a light-duty liquid detergent and launder. If the stain remains, soak it for 30 minutes in an enzyme pre-soak. Launder.

Teed tea: Sponge immediately with cool water. Soak 15 minutes in cool water. If stain remains, soak in warm water with an enzyme pre-soak. Launder.

Fruits and berries: Do not use

soap on a fruit stain. It will set the stain. Rinse the stained area under cool running water. Soak at least 30 minutes in warm water with an enzyme pre-soak. Rinse and launder.

Ice cream: Blot excess while stain is fresh. Sponge with dry-cleaning solvent or a pre-wash soil-and-stain remover. Launder. Repeat if necessary. If stain remains, apply a few drops of light-duty liquid detergent and a few drops of ammonia. Blot with absorbent material. Rinse. Soak in an enzyme pre-soak for 30 minutes. Launder.

Milk or cream: Sponge with a non-flammable dry-cleaning solvent, or apply a pre-wash soil-and-stain remover. Rinse. Soak 30 minutes or longer in warm water with an enzyme pre-soak. Launder.

Mustard: Treat immediately.

Scrape off excess mustard. Sponge with a non-flammable dry-cleaning solvent or apply a pre-wash soil-and-stain remover. Rinse. Work a light-duty liquid detergent and a few drops of vinegar into stain. Rinse well. If the stain remains, apply three percent hydrogen peroxide. Rinse and launder.

Soft drinks: Some soft drinks are invisible after drying; but they may yellow with age or heat. The yellow stain may be difficult to remove. Sponge the spill immediately with cool water to remove all of the stain. If any remains, soak 15 minutes in a solution of lukewarm water, light-duty liquid detergent and a few drops of white vinegar. Launder. If the stain remains, soak in a solution of warm water and an enzyme pre-soak for 30 minutes. Launder.

Mow safely this summer

If you mow the grass with an old-fashioned, muscle-powered mower, you've little to worry about but sunburn. But last year, 14,500 people were injured by power mowers, so if you've upgraded or about to, here are a few pointers to keep you safe.

When mowing, wear close-fitting trousers and shoes that both protect your feet and give you traction. Sandals or cloth sneakers are not adequate. Avoid voluminous sleeves, dangling jewelry or anything likely to get caught in the mower. Since a riding mower may hoist you up to tree branch level, safety goggles are a good idea.

Clear the area of stones, large twigs and other debris. These can break the blades—or can become high-speed missiles if the blades pick them up.

Don't pull any mower backward. You may pull it to close to your feet.

Store gasoline in a UL-labeled container. Fill the mower while the engine is cool, and always handle gasoline outdoors.

Use an electric mower only on dry grass. Choose an extension cord with a UL seal that is intended for outdoor use.

If it's a walk-behind mower, cut across slopes, not up and down them, to minimize the risk of the mower rolling back on you. But do the opposite with a riding mower

to reduce the risk of tipping sideways.

Keep children and pets out of the area, and don't offer rides on a riding mower. If children are outdoors while you are mowing, insist that they wear shoes.

When buying a mower, look for the triangular emblem with the letters OPEI (Outdoor Power Equipment Institute). It's usually affixed to the mower near the discharge chute. This assures you that the mower meets minimum safety standards for machines with revolving parts and blades.

Swimming young

Teach your children to swim at an early age.

Don't leave young children unattended near bodies of water even if they have had swimming lessons.

Learn cardiopulmonary resuscitation (CPR). Call the Fire and Safety department to find out where and when CPR classes are given.

Control stinging, flying insects

Hungry yellow jackets and other wasps can give summer outings real sting. Barbecues and picnics tend to attract these pests, especially if they have nests nearby.

These stinging insects are often more than a mere annoyance. Their sting can cause allergic reactions in some people, which may lead to serious health problems.

Wasps, unlike bees, can sting many times. Bees sting only once because they leave the stinger in the victim.

Wasps commonly nest in trees, large bushes, on the exteriors of buildings, on roofs, in spaces in walls and in small holes in the ground. Nests may be made of mud or paper depending on the type of wasp. Paper nests as large as basketballs have been found in shrubs and trees around home landscape.

Control of these pests involves the use of insecticides or traps. Insecticides registered for wasp

control usually contain diazinon or pyrethrin. Several of these products are sold in pressurized cans. For more information check with your local nursery or garden store.

Nests should be treated after dark when the wasps are in for the night. Be careful if flashlights or lanterns are used because yellow jackets may be aroused by the light and leave the nest. Treat the nest with insecticide following label directions.

If the nest cannot be located, traps containing an attractant may be the next best control. Commercially prepared traps are available at most nursery and garden stores. Place traps away from areas of outdoor activity so they draw the wasps away from people.

June is busiest month of year for many people

What's the most frenetic month of the year? If you answered December, read on. According to Dr. Keith Farrington, a sociologist at Whitman College in Walla Walla, Washington, the pace of social life varies considerably throughout the year. The pace of life is tied to change, which of course is tied to stress.

To measure these changes on a large scale, Dr. Farrington devised an overall index of the pace of social life in America. For a 10-year period he graphed 30 phenomena that can be measured by standard government statistics on a month-by-month basis—including marriages, births, deaths, divorces, hospital admissions, job changes, claims for unemployment insurance, end or beginning of school terms, bank loans closed, mortgages foreclosed and money spent on liquor.

Surprisingly, June consistently has the highest cumulative number of such events. September, January, and July (in that order) rank next in the index of feverish activity. March is as quiet as a tomb. And, believe it or not, November, December, April, October and February are hardly hectic at all. May and August are a little more active, but nothing compared to the big four.

Is there anything you can do about June, apart from rescheduling your daughter's wedding from March 15? Since you may not be able to postpone a hospital stay, a job change, signing a note at the bank or other such events, at least save some time for gardening, reading and napping, in what you still may wish to call the merry month of June.

each family is great for keeping updated mailing lists and sending notices of reunions. It even may assist a family history buff.

* As families arrive, have each update your card file. Give everyone a nametag. It's uncomfortable not to recognize others.

* Develop some plans for introductions and get-acquainted activities. A new in-law can feel ill at ease if not made to feel welcome.

* Plan a variety of events that will get everyone involved. Some families prefer competitive sports, others enjoy music, and some appreciate seeing home movies and photograph albums.

* Awards can be a special feature of a reunion. Recognize the youngest, oldest, ones coming the longest way, the most athletic, graduating seniors, newest retirees and other categories you think appropriate.

Organization is key to successful reunion

Is your family part of the great family reunion revival? Whether the 1989 summer family gathering will be your first or your 51st, help the organizers make your reunion an event to remember rather than one to regret.

Family reunions are important functions. They allow younger generations to gain an appreciation of their family and learn about family heritage. However, reunions that are not well-planned can create stress.

Here are some ways to help your family reunion achieve its goal.

- * Plan well in advance.
- * Notify everyone early of the date, time and place of the reunion.
- * Assign a different family member to each important function such as food preparation and entertainment.
- * Draft a list of responsibilities for each person or committee.
- * Ask for suggestions. Everyone likes to be part of the fun.
- * Consider a location suitable for elderly and younger family members. Remember that you need child care for the very young.
- * A central index card file on

without your permission.

Don't leave a child alone in public or in a car.

Help your child feel comfortable discussing sensitive matters with you.

Make sure a young child knows his or her address and telephone number.

Listen when your child tells you he or she doesn't want to be with someone. There may be a good reason.

Listen carefully to his or her fears.

In a healthy, loving relationship, a parent can teach a child how to recognize potentially abusive situations and how to say "no" to invitation and touches. Being able to talk freely to you about any question or situation is one of the biggest helps in keeping your child safe. Harmelink stresses.

Have the house vacuumed frequently by someone other than the allergy sufferer.

Replace slatted blinds, drapes and other dust collectors with washable curtains or roller shades.

Close windows to keep out pollen.

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Before you cool off....

It is time to get air conditioners ready for summer. Before turning on a refrigerated air conditioning system, have the following maintenance functions performed by a professional cooling service person.

Clean condensing coil fins and condenser fan

Oil condensing unit fan motor

Check condensing unit and compressor for refrigerant leaks

Clean air supply fan motor housing

Lubricate fan motor

Check fan control switch for smooth, positive operation.

Keeping cool this summer need not waste a lot of energy if the following common-sense practices and habits are adhered to.

Keep windows and drapes or shades pulled when directly in sun

Install awnings over windows with southern and western exposure.

Summer stressful for trees

Summer can be a stressful time for trees in and around the home landscape.

Many tree problems appearing in the summer are caused by something affecting the tree's root system.

The most common cause of tree stress is the misuse of weed killers in lawns surrounding the tree. Another problem is lack of soil moisture, especially with young trees or trees planted this past spring.

An old tree usually has its roots deep enough into damp soil that

Be sure house is tight by caulking and weatherstripping

Utilize attic ventilation to remove trapped hot air

Turn off lights when not in use or needed

Set air conditioner thermostat at 78 or 80 degrees during the day when house is occupied, higher when unoccupied

Keep lamps and other heat sources away from thermostats

Replace or clean filters monthly during cooling season

Use ceiling fans or small electric fans to circulate air

Never run whole-house fans or small electric fans to circulate air

Vent clothes dryer and cooking stove to outdoors

Avoid using oven or dishwasher during hot part of day

Turn off air conditioner when leaving house for weekend or longer

summer watering isn't necessary. On the other hand, the tree needs to be watered monthly during its first year in the home landscape.

Apply enough water so it reaches and stimulates the deeper roots as well.

A tree's root system spreads out in all directions from the trunk. The roots will develop in whatever direction they find growing room, good soil and moisture.

As the tree develops, the roots continue to expand outdoors at a rate equal to or even greater than the top growth.

Bok choy recipe tempts the taste buds

Savory Lo Mein

2 Tbsp. oil
1 medium clove garlic, finely chopped
1 small head bok choy cut into two-inch pieces (about five cups)
1 onion soup mix or onion-mushroom soup mix
1 cup water
2 Tbsp. sherry
1 tsp. soy sauce
1/4 tsp. ground ginger
1/2 pound linguine, cooked and drained
In large skillet, heat oil and gar-

lic with bok choy over medium-high heat, stirring constantly, 10 minutes or until bok choy is crisp-tender. Stir in onion recipe soup mix blended with water, sherry, soy sauce and ginger. Bring to a boil, then simmer five minutes. Add hot linguine and toss lightly; heat through. Sprinkle, if desired, with toasted sesame seeds. Makes about four servings.

Substitution: Use five cups coarsely shredded green cabbage. Decrease 10-minute cooking time to three minutes.

Keep your children safe

About one of every four girls and one of every six boys have been sexually abused by the age of 18. Usually, the abuse is not a violent attack, but a situation that develops over time.

Abusive incidents may occur again and again, with the abuser using bribery or threats to keep the child from telling anyone else about the situation. The child or young adolescent can feel trust, admiration and love along with fear of his or her abuser, observes Ruth Harmelink, OSU Extension Family Life Specialist.

Harmelink suggests the following guidelines for parents to help a child avoid sexual abuse.

Talk to your child, not just to him or her.

Let your child know you're always concerned for his or her safety. Teach your child not to get into a car or go into someone's house

without your permission.

Don't leave a child alone in public or in a car.

Help your child feel comfortable discussing sensitive matters with you.

Make sure a young child knows his or her address and telephone number.

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