

Children open wide for month of dental fun, learning



February was National Children's Dental Health Month. Children are always a very important part of our program at the Warm Springs Dental Clinic. This month was even more special for the children who got to join in dental health activities that were both fun and educational.

The month kicked off with several public service announcements done by Dr. Rick Vaughn, Chief Dental Officer and Erica Foster, Dental Hygienist. Our main goal was for the Warm Springs community to become familiar with February as National Children's Dental Health Month. The radio announcements also focused on the importance of dental sealants. A KWSO interview with Louise Littlejohn, Dental Assistant Supervisor, Renee Silversmith, dental assistant and Foster highlighted the second annual Dental Sealant Week planned for the second graders at Warm Springs Elementary. The dental staff is very grateful to Helena Jones, community liaison for WSE, for helping set up the Sealant Week program. The dental clinic plans for Sealant Week to become a yearly activity honoring children during February. As the parents learn about dental sealants and their benefits Sealant Week is becoming more successful. This year parents were asking when we were going to screen the elementary children for sealants. It was nice to know parents remembered last year's Sealant Week.

baby teeth will be falling out.

Prior to the dental sealant week, the Warm Springs Dental Clinic hosted a dental open house. All Head Start and kindergarten through second grades were invited to attend. Over 300 children toured the dental clinic and watched an oral health puppet show. The stars of the puppet show were Howard the Hygiene Hound and Dinomite the Dinosaur. The children enjoyed watching the puppets dances to the James Brown tune, "I Feel Good". After all, brushing is good for our teeth and that makes us feel good. Every 30 minutes, two classes arrived. One class watched the puppet show while the other toured the clinic. There are six dental units and each was set up with a dental educational activity. These activities ranged from showing the children the suction straw, water squirter, tooth tickler (polisher), how x-ray pictures are taken, why the dentists counts your teeth, proper brushing and flossing. They even got to hold real dentures, the end result of poor oral hygiene. At the end of the dental tour, each child received a gift bag with a Dudley dental coloring book, two dental health book markers, Power Ranger stickers, a Power Ranger tattoo and a new toothbrush. The dental staff was thankful for the help of Henry Walden's Community Health Educators. We transferred dental funds into their budget which allowed us to order the necessary items for the month a lot easier and quicker. This was the first time the dental clinic has worked so closely with the Community Health Educators and Tribal purchasing department. Corrina Sohappay and Anita Davis offered with support in so many ways. They helped stuff around 450 gift bags and direct the flow of traffic on the day of our open house. One hundred Dudley dental posters were ordered and each WSE classroom received one along with the Head Start classrooms and Children's Protective Services. thanks to Madeline Queahpama, Vital Statistics Supervisor, for having all 100 posters laminated and even paying for half the cost. Laminating will preserve the posters so they may be used for years to come.

Dudley the Dental Health Dinosaur is the American Dental Association's mascot for National Children's Dental Health Month. The complete an event-filled month the dental clinic hosted a Dudley coloring contest at the Warm Springs Elementary. For each grade, there were first, second and third place winners. The winning children were announced at the February 28 awards assembly. Winners received an award ribbon, Dudley award certificate, dental gift bag and their own Dudley poster. Each child's photo and their winning picture were displayed in the dental waiting area.

We really had a lot of fun with this and especially enjoyed the thank-you pictures and comments the classes sent back to us. We look forward to doing this again next year.

Erica Foster, Dental Hygienist

Kids offer advice on how to care for teeth

Warm Springs children learned much during their visit to the Warm Springs Dental Clinic

"We learned that if you have too much plaque on your teeth, they will get black spots; these sugar bugs may cause tooth decay and the too may have to be pulled." April Scott-5th

"The dentists are nice!" Dennis Doney-Kindergarten

"The dentist helps your teeth." Ryan Smith-Kindergarten

"Thank you for giving my tooth a silver cap. My puppy needs a silver cap too!" Sheldon Leonard-Kind.

Brush your teeth everyday! Jose Alvarez, Jr.-Kindergarten

"The puppets were fun to watch." Celestine Charley-1st

"I learned that teeth can become rotten. I learned how to brush, floss and how x-rays are taken." Kristina Anderson-2nd

"I learned about sealants, the dental clinic, how to brush and the dentists needs to check my teeth for cavities." Kaylyn Wolfe-2nd

"You have to brush your teeth everyday and don't eat too much candy." Sharda Miller-2nd

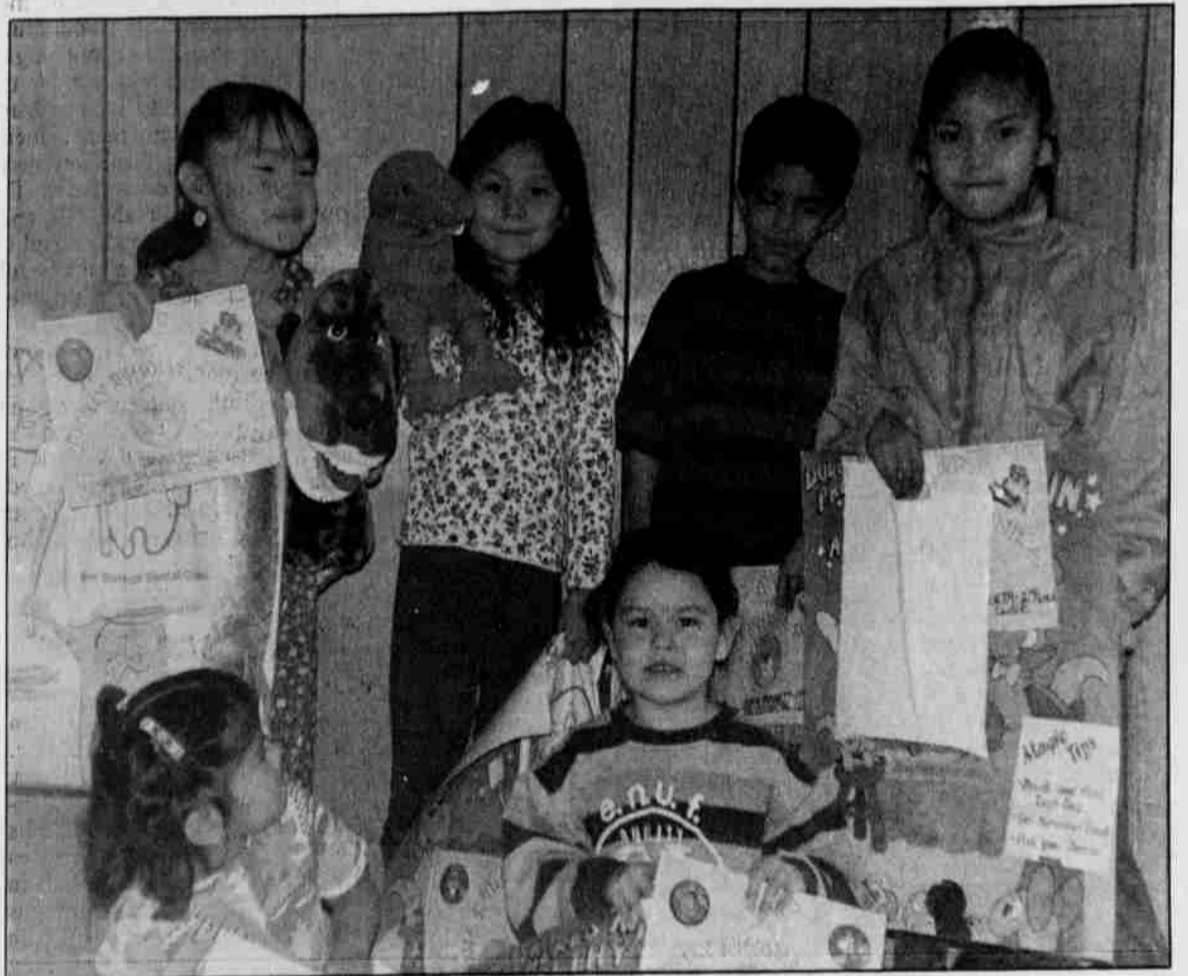
"Once you lose a permanent tooth, another tooth will not grow in its place." Felicity VanPelt-3rd

"You need to brush, floss, eat nutritious foods and drink plenty of water." Ikie Heath-3rd

"Brush your teeth two to three times a day and floss regularly." Jayleen Main-3rd



Parents are becoming more involved with their children's oral health. They realize a healthy child starts at home. Parents should schedule regular dental exams for their child. A child should have their first dental exam by age one and definitely by age two. Dr. Beemer, children's dentist, stresses that early dental care is the key to preventing baby bottle tooth decay and other dental disease. Baby teeth are very important even though they eventually fall out. But if a child loses his teeth too soon, it may cause other problems. Baby teeth save space in the jaw for permanent teeth, help to guide permanent teeth into place and help children form sounds and words. Usually around six to eight months, baby teeth will appear. As soon as a baby's teeth come in, they need to be wiped clean two to three times a day. By ages two or three, a child will have all twenty baby teeth and should be brushing regularly, having an adult thoroughly brush their teeth for them. Around six years or so, the first permanent teeth grow into the mouth. Usually, by second grade, they six-year molars are fully in the mouth and are able to be sealed. From ages six to 12, the child's permanent teeth will be growing into place while their



Coloring contest winners noted

Kindergarten winners:

- 1st—Elsie Blackwolf; Ms. Fuentes, Room 2, a.m.
- 2nd—Armando Ruiz; Fuentes, Room 2, p.m.
- 3rd—Justine Wallulatum; Hendryx, Room 9, a.m.

1st Grade Winners:

- 1st—Jennie VanPelt; Doby, Room 11
- 2nd—Samantha Gomez; Graham, Room 5
- 3rd—Stephen Vaeth; Simnasho

2nd Grade Winners:

- 1st—Robbie Bennett; Miller, Room 24
- 2nd—Tiyanna Tuckta; Adams, Room 7
- 3rd—Charlene Moody; Simnasho

3rd Grade Winners:

- 1st—Martina Stwyer; Gallagher, Room 12
- 2nd—Tommy Dickson; White, Room 18
- 3rd—Eugene Bill; Hensley, Room 10

4th Grade Winners:

- 1st—Kayleen Clements; Moore, Room 14
- 2nd—Jessi Fuentes; Moore, Room 14
- 3rd—Monica Cuevas; Davidson, Room 25

5th Grade Winners:

- 1st—Camille Clements; Cooper, Room 21
- 2nd—Daleena Frank; Cooper, Room 21
- 3rd—Tilden McDonald; Cooper, Room 21

