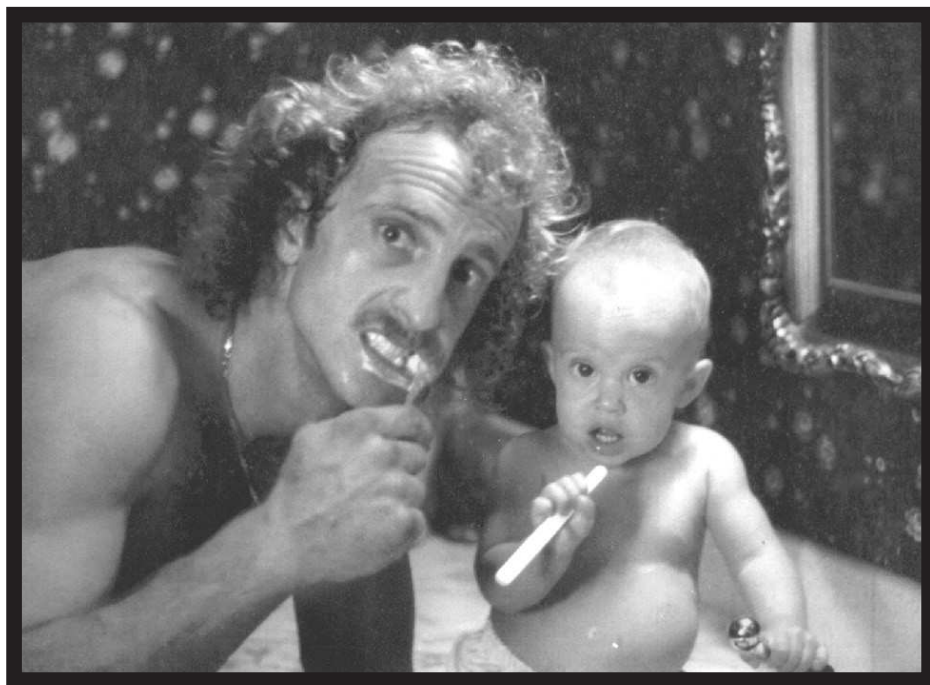


SEPTEMBER 2016

Parents Page



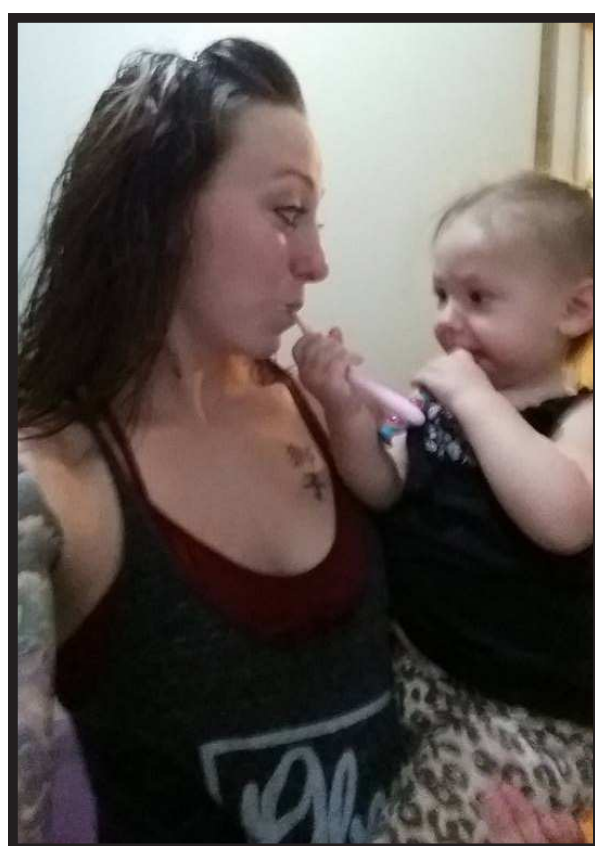
A lifetime of healthy teeth starts at home. Everyone can appreciate the bright healthy smile of a child



Make sure you are keeping your kids teeth in tip top shape! Healthy teeth begin with healthy habits. A good diet, brushing 2-3 times daily and flossing daily are great habits to start early. Good dental or oral care is important to maintaining teeth for a lifetime and it starts with keeping baby teeth healthy. Healthy habits prevent cavities, bad breath, plaque, tartar buildup, stained teeth and more.

You want your little ones to really dig going to the dentist for check-ups and cleanings. Talk about healthy choices and how important a good diet is for healthy teeth. Play dental themed games with your child like a game of "Eat this, not that!" Cut out food pictures from magazines. Ask your child to pick out healthy foods, such as fruits, vegetables, nuts, milk, fish and meats. Then look for unhealthy foods, like sugary foods, candy and soda. Put all these pictures into a large pile. Take two little brown bags and draw a "happy tooth" on a bag and a "sad tooth" on the other bag. Together have fun, sorting the pictures and place them in the correct bag. Healthy teeth make happy, healthy smiles!

Hooray for healthy smiles!
 Melanie DeJong RDH
 Norm DeJong DDS MPH PC
 132 W Front St.
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10 Children's Dental Health Statistics

- According to the Centers for Disease Control and Prevention, almost 20% of kids between the ages of two and 19 have cavities that have not been treated.
- New York Presbyterian Hospital states that tooth decay is found in 20% of children ages four and five, with 86% having some form of tooth decay by age 17.
- More than 51 million school hours are lost each year due to dental related problems.
- Dental problems can affect the self-esteem of children, making them reluctant to smile or engage in conversation.
- Poor dental care can result in poor nutrition and sleep problems for children.
- Tooth decay is five times more common than asthma in young children.
- Tooth decay can be caused by formula, breast milk and juice sitting against the teeth. Children should not fall asleep with a bottle, and continuous use of a sippy cup with sweet drinks should be avoided.
- Drinking water is ideal for developing teeth.
- Children should begin regular dental visits at age one.
- Children should have their teeth brushed as soon as they appear.