

Parents Page

MARCH 2017

DENTAL CARE FOR CHILDREN

www.webmd.com/oral-health/dental-care-for-children-directory

Taking care of your child's teeth is an important part of taking care of their overall health. Cavities and tooth or gum infections can lead to more serious health problems if ignored. Experts recommend that your child's dental care start at 12 months of age, or when their first teeth appear. As your child gets older, he or she should have their teeth professionally examined and cleaned by a dentist every 6 months.

WHEN SHOULD KIDS START BRUSHING?

Good dental care begins before a baby's first tooth appears. Just because you can't see the teeth doesn't mean they aren't there. Teeth actually begin to form in the second trimester of pregnancy. At birth, your baby has 20 primary teeth, some of which are fully developed in the jaw.

HERE'S WHEN AND HOW TO CARE FOR THOSE LITTLE CHOPPERS:

- Even before your baby starts teething, run a clean, damp washcloth over the gums to clear away harmful bacteria.
- Once your baby gets teeth, brush them with an infant toothbrush. Use water and a tiny bit of fluoride toothpaste (about the size of a grain of rice). Use fluoride toothpaste that carries the American Dental Association's (ADA) seal of acceptance. (If you are using baby toothpaste without the fluoride, keep it to the same amount because you still want to minimize any toothpaste that is swallowed.)
- Once your baby's teeth touch, you can begin flossing in between them.
- Around age 2, your child should learn to spit while brushing. Avoid giving your child water to swish and spit because this might make swallowing toothpaste more likely.
- Kids ages 3 and up should use only a pea-sized amount of fluoride toothpaste.
- Always supervise kids younger than 6 while brushing, as they are more likely to swallow toothpaste.

Even babies can develop tooth decay if good feeding habits aren't practiced. Putting a baby to sleep with a bottle might be convenient, but can harm the baby's teeth. When the sugars from juice or milk remain on a baby's teeth for hours, they can eat away at the enamel, creating a condition known as **bottle mouth**. Pocked, pitted, or discolored front teeth are signs of bottle mouth. Kids with severe cases might develop cavities and need all of their front teeth pulled (permanent teeth will grow in later).

MOUTH AND TEETH

The mouth and teeth help with digestion by chopping up food, but they're also crucial for speech.

Tongue The taste buds that sense the four major tastes are grouped in different areas of the tongue

Incisors Incisors help you bite and tear off pieces of food.

Canine The four canine teeth, also called the eyeteeth or cuspids, are the largest teeth you have.

Bicuspid The bicuspid are also called the first and second premolars.

Molars Located behind the bicuspid, the first and second molars are important for grinding food.

Third Molar Third molars, also called wisdom teeth, sometimes need to be removed because they can crowd the other teeth.

Blood Vessels and Nerves Blood vessels and nerves supply nourishment and sensation to the teeth.

Root The root is the part of the tooth that's below the gum, and it anchors the tooth in place.

Gum Inflammation of the gum is called gingivitis.

Crown The crown is the part of the tooth above the gum.

Enamel Enamel is the protective covering of the teeth and is the hardest substance in the body.

Dentin The hard as bone dentin is the largest part of the tooth and surrounds the soft pulp.

Pulp The pulp is the soft central part of the tooth; it contains blood vessels, nerves, and connective tissue.

Cementum Cementum is like a cement that anchors the tooth to the jawbone.

© 2017 The Nemours Foundation/KidsHealth. All rights reserved.

Parents and childcare providers should help young kids set specific times for drinking each day because sucking on a bottle throughout the day can be equally damaging to young teeth. Babies as young as 6 months are encouraged to switch from a bottle to a sippy cup (with a straw or hard spout). By 12 months of age, they'll have the motor skills and coordination to use the cup on their own.

NUTRITION AND YOUR CHILD'S TEETH

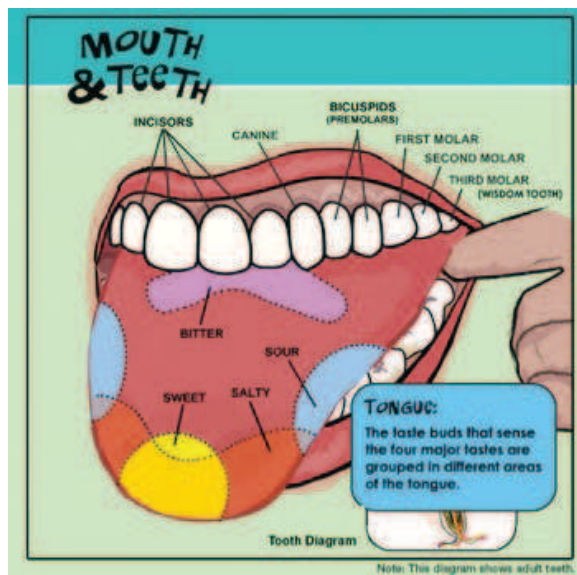
What your child eats affects his or her teeth. Too many carbohydrates, sugar (for example, from cake, cookies, candies, milk, and other sugary foods and beverages), and starches (for example, pretzels and potato chips) can cause tooth decay. How long carbohydrates remain on the teeth is the main culprit that leads to tooth decay.

The best thing you can do as a parent is to teach your child to make healthy food choices. Here are some tooth-friendly foods to serve your children along with some other tips:



TEACH YOUR TODDLER TO BRUSH

- **Fruits and vegetables:** Offer fruits and vegetables as a snack instead of carbohydrates. Fruits and vegetables that contain a high volume of water, such as pears, melons, celery, and cucumbers are best. Limit banana and raisin consumption as these contain concentrated sugar or if you serve these fruits, try to brush your child's teeth immediately after they are eaten.
- **Cheese:** Serve cheese with lunch or as a snack, especially cheddar, Monterey Jack, Swiss, and other aged cheeses which help to trigger the flow of saliva. Saliva helps to wash food particles away from teeth.
- **Avoid sticky, chewy foods:** Raisins, dried figs, granola bars, oatmeal or peanut butter cookies, jelly beans, caramel, honey, molasses, and syrup stick to teeth making it difficult for saliva to wash the sugar away. If your child consumes these types of products, have them brush their teeth immediately after eating.
- **Serve sugary treats with meals, not as snacks.** If you plan to give your child any sweets, give them as desserts immediately following the meal. There's usually an increased amount of saliva in the mouth around mealtime, making it easier to wash food away from teeth. The mealtime beverage also helps to wash away food particles on teeth.
- **Get your children in the habit of eating as few snacks as possible.** The frequency of snacking is far more important than the quantity consumed. Time between meals allows saliva to wash away food particles that bacteria would otherwise feast on. Frequent snacking, without brushing immediately afterwards, provides constant fuel to feed bacteria, which leads to plaque development and tooth decay. Try to limit snacks as much as possible and to no more than one or two a day. Brush teeth immediately after consuming the snack if possible.
- **Avoid sugary foods that linger on the teeth.** Lollipops, hard candies, cough drops, and mints all contribute to tooth decay because they continuously coat the teeth with sugar.
- **Buy foods that are sugar-free or unsweetened.**
- **Never put your baby to bed with a bottle filled with milk, formula, juice, or soda.**
- **Offer your child plain water instead of juice or soda.** Juices, sodas, and even milk contain sugar. Water does not harm the teeth and aids in washing away any food particles that may be clinging to teeth.
- **Include good sources of calcium in your child's diet to build strong teeth.** Good sources include milk, broccoli, and yogurt.



BIO SMILE

Family, Cosmetic & Implant Dentistry

165 NW 1st St., | Open Monday-Thursday
John Day | Kids ad...Free Orthodontic
541-575-0363 screening for children 7-17

DrJ@BiosmileDental.com

ADVERTISE HERE
Call the

EAGLE
today
541-575-0710

Precious Smiles
Deserve Special Care
Comprehensive, gentle dental care through the years.

NEW PATIENTS and EMERGENCIES welcome

Dr. Norm DeJong DDS, MPH, PC
Melanie DeJong, RDH
541-820-4369 -OR- 888-820-4369
Prairie City, Oregon
prairiecityoregon.com

Strawberry Wilderness Community Clinic

Zachary Bailey, M.D. David Hall, M.D.
Emily Lieuallen, DO Shawna Clark, DNP
Nora Healey, FNP Dana Shuey, DNP

541-575-0404

Our full-service pediatric care center specializes in children's health needs, from birth to adolescence, with a focus on putting kids at ease.

FRONTIER
Early Learning
HUB

Harney & Grant Counties
541-573-6461 | 541-620-0622

Families First
PARENT RESOURCE CENTER

- Creating Great Beginnings
- Inspiring Possibilities
- Ensuring Bright Futures

• Healthy Start and Parents as Teachers Home Visiting
• Classes • Workshops • Parent-Child Playgroups
• Car Seats • Parent Resource Library

401 S. Canyon Blvd., John Day • 541-575-1006
ffedta@gmail.com • www.familiesfirstofgrantcounty.com

Community Counseling Solutions

CCS Changing Lives
NO COST SCREENING

High Quality Services Include:
Mental Health
Alcohol and Drug
Developmental Disability

528 E. Main • John Day • 541-575-1466

OLD WEST
Federal Credit Union

Where people are more important than money.

650 W. Main • John Day 575-0264
162 NW Front • Prairie City 820-4601
2036 Broadway • Baker City 523-5535
800 SW Dorian • Pendleton 278-6805

ADVERTISE HERE
Call the

EAGLE
today
541-575-0710