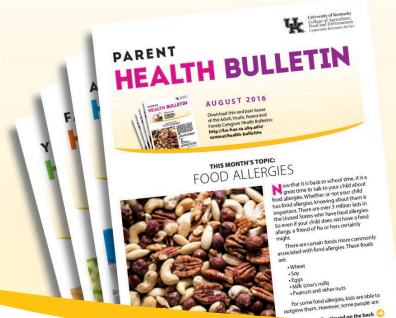


PARENT

HEALTH BULLETIN



OCTOBER 2016

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: HEALTHY TEETH



It is very important that your child has healthy teeth. It may be hard to know what dental needs your child has. Here are some tips to help your child have healthy teeth and smiles.

Going to the dentist

The American Dental Association recommends that you take your child to see a dentist two times a year. During this visit, the dentist will look closely at your child's teeth. The dentist will make sure that your child has healthy teeth, gums and mouth. The dentist will also be on the lookout for potential problems. If your child does have a cavity, the dentist can help.

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Preventing cavities

Cavities happen when food sits on the teeth for a long time without being cleaned off. Brushing the teeth and flossing are some of the best ways to protect the teeth from cavities.

- **Make sure your child brushes two times a day.** Brushing at least two times a day with a fluoride toothpaste is important for everyone. You may even want to watch your child to make sure that they are getting all four corners in their mouth.
- **Fluoride is important for children.** Fluoride is important because it makes the enamel of the tooth stronger. The enamel is the outer part of the tooth, the surface that makes contact with food and drink.
- **Avoid or limit sweet foods and drinks.** Certain foods and drinks are more likely to cause cavities. Sticky or chewy foods can get into the teeth and are tougher to get out. Also, sweetened drinks like sodas and juices can harm the enamel on the teeth.

Talking to your child if he or she has a cavity

If your child has a cavity it is important to talk about what is going to happen at the dentist's office.

- The dentist will first numb the area so that your child will not feel pain while the dentist removes the decayed part of the tooth.
- Once the tooth is numb, the dentist will remove the area with the cavity. He will do this with a special drill.

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- Now that the area is clean and there are no signs of decay, the dentist will put a filling in the hole. The filling is made to protect the area where the cavity was located.

No one likes to hear that they have a cavity. If your child has one, it is important to get it taken care of before it causes pain for your child. By taking care of the teeth and mouth, your child is less likely to have a cavity. Happy brushing!

SOURCE:

<http://kidshealth.org/en/parents/healthy.html>

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