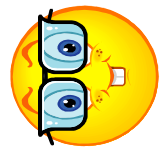


November

Healthy Tips

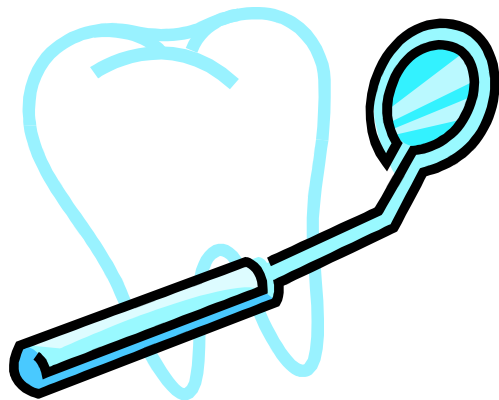


Dental Hygiene

What Kind of Dentist Should Your Child See?

* You may want to take your child to a dentist who specializes in treating children. Pediatric dentists are trained to handle the wide range of issues associated with your child's dental health. They also know when to refer you to a different type of specialist such as an orthodontist, to correct an overbite.

* A pediatric dentist's primary goals are prevention, taking care of potential oral health problems before they occur; and maintenance, ensuring through routine checkups and proper daily care, that teeth and gums stay healthy.



How Can I Prevent Cavities?

* The American Dental Association recommends that your child's first visit to the dentist take place by his or her first birthday. At this visit, your child's dentist will explain proper brushing and flossing techniques and conduct a modified exam while your baby sits on your lap. These visits can help detect potential problems early on.

* Brushing at least twice a day and routine flossing will help maintain a healthy mouth. Children as young as 2 or 3 can start using toothpaste when brushing, as long as they are supervised. Parents should always make sure the child spits the toothpaste out, instead of swallowing.

* If you are prone to tooth decay or gum disease, your child may be at higher risk as well. Be sure to call your dentist if your child complains of pain in his or her teeth. The pain could be a sign of a cavity that needs to be treated.

Resources:

www.kidshealth.org



BOYS & GIRLS CLUBS