

# Filling You In



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## BABY TEETH ARE IMPORTANT

Many parents think that because baby teeth are soon replaced, caring for them is not as important as caring for the permanent teeth. In fact, baby teeth are important. From six months to 12 years of age, baby teeth contribute to children's overall oral and physical development. They do more than simply help your child to chew their first solid foods. Baby teeth help children form sounds and words. Children learning to speak need their upper front teeth to help place their tongue properly when learning to say words. If children prematurely lose their baby teeth to dental disease, it's possible their speech could be affected. Baby teeth save spaces in the jaw, so that the permanent teeth growing underneath can be guided into their proper positions. This assures better alignment and proper chewing. Baby teeth enhance a child's physical appearance by giving shape to the face. This helps a child feel good about the way he or she looks and helps promote positive self-esteem.

Mouth care should begin at birth. After each feeding, gently massage the baby's gums with a soft, damp washcloth. Start brushing as soon as the first tooth appears. Wet a baby toothbrush and gently rub it in circles on the surface of the tooth and along the gum line. Toothpaste isn't necessary at this time but if you do use it, make sure it's a tiny amount and fluoride-free. For toddlers, brush their teeth for 30 to 60 seconds after breakfast and before bed. Lean their head on your lap and place the brush at a 45 degree angle to the teeth. Ideally, a child should have their first dental exam between the ages of 1 and 2. This gives the dentist a chance to look for early mouth problems. It also helps your child feel comfortable in the dentist's office. Start using a small amount of fluoride toothpaste, about the size of a pea, when they're 2 years old. Begin flossing teeth for them when two of their teeth are touching. Have preschoolers brush at the same time that you brush. Give them lots of positive feedback. School age children can start brushing and flossing at about age 7. Continue to coach brushing and flossing until age 11, when most children can brush and floss on their own. They should brush for 2 minutes. Look for food and plaque around the gum line of their teeth to see whether they're doing a sufficient job. You can also let them chew gum that is sweetened with xylitol, a natural sweetener with anti-plaque properties.

Don't give in to children that whine or cry about tooth brushing. Make it a habit from birth and you'll have little to no resistance. Bring your child to the dentist every 6 months for routine exams and professional dental cleanings and fluoride treatments. You'll be setting your children up for a lifetime of good oral health.

## WIN AN IPOD IN OUR REFERRAL LOTTERY

Simply Refer a New Patient/Family to our office. The more referrals you make, the more tickets you'll have in the lottery.

1 Referral = 5 Tickets

2 Referrals = 10 Tickets

3 + Referrals = 25 Tickets each

JUST BE SURE YOUR REFERRAL GIVES US YOUR NAME!

**The lucky winner of the IPOD will be announced on  
June 30, 2010.**

## QUOTE OF THE MONTH

*"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."*

Baron Pierre de Coubertin

## HELP YOUR CHILD TO SWALLOW MEDICATIONS & VITAMINS

Although many medications and vitamins for children come in liquid, chewable, or even sprinkle-able formulations, you'll want to teach your child to swallow them in pill form eventually. Age 8 to 10 is a good time to introduce pill swallowing. Start by practicing with candy, and make a game out of it. Begin with the smallest candy you can find, such as sprinkles. Have your child swallow one with a couple of sips of water, juice, or lemonade. (Sipping through a straw can make the process even easier.) Then move on to Tic-Tacs and so on. As an incentive, promise to reward your child with a small privilege afforded to "grown-up girls and boys" once they can take meds the way that adults do.

Source: SCHOLASTIC PARENT & CHILD, Oct. 2009

### NEW YEAR'S RESOLUTIONS

As we start 2010, invite your children to brainstorm some New Year's **family resolutions**.

- ✓ *Set Goals Together:* A child can resolve to keep their room neater on their own. It's important to make resolutions that apply to everyone, like sitting down for more family dinners.
- ✓ *Look Back at the Past Year:* Identify areas where you'd like to see improvement. If getting out the door on time each morning is too chaotic, have everyone pitch in to streamline the morning routines.
- ✓ *Be a Good Role Model:* You can't resolve to eat healthier and then let your children catch you regularly with your hand in the cookie jar.

### BRAIN GAMES...Online

These sites combine fun with learning - plus they're free!

- ✎ **funbrain.com**  
Mad Libs, web books, math arcade
  - ✎ **funschool.kaboose.com**  
Wild Word West, Lightning Librarian, Action Fraction
  - ✎ **animalplanet.com**  
Pet Detective, Mutt Maker, Meerkat Match-up
  - ✎ **kids.nationalgeographic.com**  
Kung Fu Trash Master, Recycle Roundup & more
- Source: SCHOLASTIC PARENT & CHILD, Jan. 2010

### NO CAVITY CLUB

**Congratulations** to the following lucky winners:

**October 2009**

**Max Perrin and Paul Garcia, Jr.**

**December 2009**

**Joshua Arndt and Chelby Thomas-Lynn**

*Prizes awarded were:*

**Gift Cards for GameStop, Build-A-Bear, Blockbuster, and McDonald's**

Winners were eligible for the **No Cavity Club** drawing because they take good care of their teeth and gums and were deemed cavity free by Dr. Diamond at their 6 month checkup.

For more information on how to join, call our office or inquire during your next visit.

### REMEMBER...

In addition to the Referral Lottery to win an **IPOD**, we'll give you **TWO FREE MOVIE TICKETS** for each new patient/family that you refer to our office, just be sure they give us your name as their referring source. Since we are a referral only practice, we need the support of our patients by referring your friends and loved ones to our office. If you know of someone that is looking for a high quality "dental home", please give them our card or website information ([www.MyDiamondDental.com](http://www.MyDiamondDental.com)). **We promise to give them the same quality care that we always give to each patient.**

### DID YOU KNOW?

Studies show that **3 out of 10 kids will grind or clench their teeth in their sleep**, with the highest incidence occurring in kids under 5. Scientists have not yet discovered a cause; it may be related to uneven tooth alignment. Most kids outgrow it naturally.